

starters [small plates]



palm cakes11.5 *crispy hearts of palm cakes, spicy caper remoulade*

mushroom cheeze bites12.5 *english muffin, garlic basil butter, cashew 'goat' cheeze, shitake & oyster mushroom, cashew parmesan*

raw nachos14.5 *raw corn chips, nacho cashew cheeze, onion, lettuce, jalapeño, cashew sour cream, avocado, cilantro, pico de gallo*

nachos*14.5 *corn chips, queso, black beans, lettuce, guacamole, pico de gallo, sour cream, jalapenos*

add chick'n, 'steak' or tempeh taco meat ... 4.5

beet tartare*10.5 *roasted beets, avocado, cucumber, arugula, jalapeno ponzu*

add side millet chips... 3.5

wings10.5 *buffalo marinated chick'n, cayenne pepper sauce, house ranch, celery*

italian sliders11.5 *housemade black bean 'sausage', caramelized onion, red bell pepper, spicy paprika aioli*

goat cheeze & mushroom pizza*16 *thin gluten free crust, cashew goat cheeze, red onions, red peppers, mozzarella cheese, oyster & shitake mushrooms, cashew parmesan*

chick'n tenders 12 *crispy gardein nuggets(6) served with a full order of fries.*

quesadilla ... 12 *creamy daiya cheddar, daiya mozzarella, red bell peppers, caramelized onions, sundried tomato wrap served with pico de gallo, sour cream and guacamole*

grilled cheeze ... 12 *whole, wheat bread, creamy daiya cheddar, daiya mozzarella, tomatoes, moustard served with a full order of fries*

salads [organic]

house*...9.5 half....5.5 *baby greens, carrot, bell pepper, red onion, cherry tomato, sprouts, maple miso*

caesar11.5 half....6.5 *romaine hearts, crostini, cashew parmesan, roasted garlic aioli*

pear & gorgonzola*13.5 half....7.5 *romaine, arugula, sweet lemon infused walnuts, anjou pear, red onion, cashew gorgonzola, creamy lemon vinaigrette*

bibb and corn*13.5 half....7.5 *bibb lettuce, fresh corn kennels, red onion, diced avocado, spiced pepitas, almond cojita cheeze, lime cilantro dressing*

greek*13.5 half....7.5 *romaine heart, cherry tomatoes, cucumber, red onion, kalamata olives, almond feta cheeze, lemon vinaigrette*

dressings: caesar, ranch, maple miso, lime cilantro, creamy lemon vinaigrette, lemon vinaigrette

entrées [the main course]

barley risotto19.5 *barley, oyster & shitake mushrooms, cashew 'goat' cheeze, truffle oil, cherry tomatoes, cashew parmesan*

NY pasta19.5 *oyster & shitake mushrooms, garlic butter sauce, spinach, linguini, garlic bread, cashew parmesan*

eggplant scallops*17.5 *marinated pan seared chinese eggplant, sweet miso sake sauce, garlic mashed potatoes, baby bok choy*

'meatless' lasagna19.5 *lasagna noodles, housemade ground 'beef', tofu ricotta cheeze, spinach, pomodoro sauce, mozzarella cheeze, garlic bread, cashew parmesan*

parmigiana17.5 *panko-crusted chick'n, mozzarella cheeze, linguini, pomodoro sauce, basil oil, garlic bread, cashew parmesan*

wellington19.5 *filo wrapped 'steak' and mushroom duxelles, garlic haricot vert, mashed yukon potatoes, porcini gravy, balsamic reduction*

- **additional dressings are \$1.25 each**
- **additional sauces are \$2 each**

*Gluten Free Item

living food [raw]

raw avocado toast*15.5 *flax triangles, fresh avocado slices, cashew chipotle aioli, red onion, red pepper, sunflower seeds & sprouts*

raw bacon cheeze burger17.5 *sunflower walnut herb burger, nacho cashew cheeze, eggplant 'bacon', romaine, plum tomato, red onion, dill cashew mayo, flax bread*

curry tuna sandwich17.5 *pulled almond with ginger, celery, cucumber, red onion, dulse, curry powder, turmeric, white pepper, flax bread*

.... *side house salad included, if different salad or side kale chips is preferred ... \$2*

sandwiches [and wraps]

crispy chick'n sandwich....14.5 *lettuce, tomato, onion, spicy paprika aioli, challah bun, fried 'chick'n'*

buffalo wrap13.5 *fied crispy chick'n, cayenne pepper sauce, house ranch, lettuce, tomato, onion, celery, sundried tomato wrap*

parmigiana hoagie14.5 *panko-crusted chick'n, pomodoro sauce, mozzarella cheeze, garlic basil butter, cashew parmesan*

southwestern burrito12.5 *cilantro lime basmati rice, black beans, lettuce, tomato, cheddar cheeze, guacamole, sour cream, pico de gallo, sundried tomato wrap* **add chick'n, 'steak' or tempeh taco meat** 4.5

B.L.T. ... 14.5 *smoky marinated tempeh, avocado, lettuce, tomato, red onion, sprouts, veganaise, toasted rye bread*

black & bleu burger ...14.5 *beet, brown rice & lentil burger, tofu bleu cheeze, tempeh 'bacon', caramelized onion, lettuce, tomato, red onion, veganaise, balsamic ketchup, challah bun*

classic burger ... 13.5 *beet, brown rice & lentil burger, lettuce, tomato, onion, veganaise, challah bun*

philly cheeze 'steak'13.5 *'beef strips', caramelized onions, red peppers, veganaise, mozzarella & cheddar cheeze, hoagie roll*

*substitute gluten free bread or wrap with any sandwich 1.5
add small fries to any sandwich (no substitutions) 2.5*

sides

French fries* 4.5

sweet potato fries w/ smoked paprika aioli*5.5

beer battered onion rings w/ caper remoulade5.5

cashew mac & cheeze*5.5

palm cake (1)4.5

black beans and cilantro rice*4.5

roasted garlic mashed potatoes*4.5

seasonal vegetable *4.5

kale chips 6

drinks

herbal tea (hot or iced) 4

coffee (incl. refills)3.5

cold brew4.5

arnold palmer (incl. refills)3.5

iced tea (incl. refills)2.5

pellegrino/acqua panna6

locally made organic kombucha6

lemonade/orange juice3.5

blue sky cola4.5

virgils root beer 4.5

**Gluten Free Item*

Due to the high amount of allergens used in our kitchen, we cannot guarantee the absolute absence of these ingredients in any of our recipes. Please notify your server immediately if you have food allergies (i.e. Gluten, Nut, Soy, etc.) as we will not be liable for any food related allergic reactions.