

starters [small plates]



palm cakes... 11.5 *crispy hearts of palm cakes, spicy caper remoulade*

mushroom cheeze bites... 14.5 *english muffin, garlic basil butter, cashew 'goat' cheeze, shitake & oyster mushroom, cashew parmesan*

raw nachos... 16.5 *raw corn chips, nacho cashew cheeze, onion, lettuce, jalapeño, cashew sour cream, avocado, cilantro, pico de gallo*

nachos*... 14.5 *tortilla chips, queso, black beans, lettuce, pico de gallo, sour cream, jalapenos*

add guacamole... 4 **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

wings... 10.5 *buffalo marinated chick'n, cayenne pepper sauce, house ranch, celery*

italian sliders... 11.5 *housemade black bean 'sausage', caramelized onion, red bell pepper, spicy paprika aioli*

goat cheeze & mushroom pizza*... 16.5 *thin gluten free crust, cashew goat cheeze, red onions, red peppers, mozzarella cheeze, oyster & shitake mushrooms, cashew parmesan*

chips & guacamole*... 10.5 *fresh made guacamole, tortilla chips*

add pico de gallo... 3

quesadilla... 12.5 *cheddar & mozzarella cheeze, red bell pepper, caramelized onion, sundried tomato wrap, pico de gallo, sour cream*

salads [organic]

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

caesar... 11.5 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, red onion, 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 risotto... 19.5 *oyster & shitake mushrooms, cashew 'goat' cheeze, truffle oil, cherry tomato, cashew parmesan*

NY pasta... 19.5 *oyster & shitake mushrooms, garlic butter sauce, spinach, linguini, garlic bread, cashew parmesan*

eggplant scallops*... 20.5 *marinated pan seared chinese eggplant, sweet miso sake sauce, garlic mashed potatoes, baby bok choy*

'meatless' lasagna... 19.5 *housemade ground 'beef', tofu ricotta cheeze, spinach, pomodoro sauce, mozzarella cheeze, garlic bread, cashew parmesan*

parmigiana... 17.5 *panko-crusted chick'n, mozzarella cheeze, linguini, pomodoro sauce, basil oil, garlic bread, cashew parmesan*

wellington... 22.5 *filo wrapped 'steak' and mushroom duxelles, garlic haricot vert, mashed yukon potato, porcini gravy, balsamic reduction*

- **additional side dressing \$1.25**
- **additional side sauce \$2.5**

*Gluten Free Item

living food [raw]

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

raw 'bacon' cheeze burger... 17.5 *sunflower walnut herb burger, nacho cashew cheeze, eggplant 'bacon', romaine, plum tomato, red onion, dill cashew mayo, flax bread*

curry 'tuna' sandwich... 17.5 *chopped almond 'tuna', turmeric, ginger, lettuce, tomato, pickled onion, dill cashew mayo, flax bread*

small house salad included, if different salad is preferred... 2.5

sandwiches [and wraps]

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

buffalo wrap... 15.5 *crispy chick'n, cayenne pepper sauce, house ranch, lettuce, tomato, onion, celery, sundried tomato wrap*

parmigiana hoagie... 16.5 *panko-crusteD chick'n, pomodoro sauce, mozzarella cheeze, garlic basil butter, cashew parmesan*

southwestern burrito... 12.5 *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, 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' ... 16.5 *'beef strips', caramelized onion, red pepper, veganaise, cheddar & mozzarella cheeze, hoagie roll*

grilled cheeze... 12.5 *whole wheat bread, cheddar & mozzarella, tomato, dijon mustard*

*substitute gluten free bread, bun or wrap ... 2.5
add small fries to any sandwich ... 2.5*

sides

french fries* ... 4.5

sweet potato fries w/ smoked paprika aioli* ... 6.5

cashew mac & cheeze* ... 6.5

palm cake (1)... 4.5

roasted garlic mashed potatoes* ... 4.5

seasonal vegetable* ... 4.5

black beans and cilantro rice* ... 5.5

drinks

herbal tea (hot or iced)... 4.5

coffee (incl. refills)... 3.5

cold brew... 4.5

arnold palmer (incl. refills)... 3.5

iced tea (incl. refills)... 2.5

pellegrino/acqua panna... 6

locally made organic kombucha... 6

lemonade... 3.5

orange juice... 3.5

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.