

MUNCHIES 8

French Fries

Our amazing secret recipe: fresh hand-cut potatoes, fried

AVAILABLE OPTIONS

Sm: \$3.75

Lg: \$5.25

Sweet Tater Fries

Fresh hand-cut sweet potato fries dusted with cajun spices. Great with a side of our house-made chipotle ketchup!

AVAILABLE OPTIONS

Sm: \$4.00

Lg: \$5.75

Vegan Queso Basket

Ready without a wait! A house specialty! Vegan cheese dip served piping hot with a basket of tortilla chips

\$4.50

Nacho Platter

Tortilla chips layered with your choice of cheddar-jack blend or vegan queso and topped with our house made Pico de Gallo and pinto beans

AVAILABLE OPTIONS

\$8.75

Substitute Vegan Daiya Cheese For:

\$3.00

Chili Cheese Fries

A large order of french fries topped with our award-winning vegan chili and your choice of cheddar-jack blend or vegan queso

AVAILABLE OPTIONS

\$9.75

Substitute Vegan Daiya Cheese for:

\$3.00

Chips and Salsa

A basket of tortilla chips served with a side of our house-made salsa

\$4.50

Veggie Nuggets

All the good stuff, nuggetized! Order of six with your choice of honey mustard or ranch dipping sauce

\$4.50

Tempalo Wings

Hand-breaded and fried strips of Smiling Hara Hempeh in a spicy sauce. Served with organic carrot and celery sticks and a side of our house-made vegan ranch

AVAILABLE OPTIONS

\$10.50

Add an Extra Wing for: \$2.75

ENTREES 6

Family Favorite

Peanut butter-baked organic tofu, sautéed kale, smashed potatoes served with our signature gravy. A kitchen classic!

AVAILABLE OPTIONS

Sm: \$10.25

Lg: \$12.00

Sub BBQ Tempeh or Marinated Tempeh For: \$2.00

The Mountain		AVAILABLE OPTIONS
Layers of organic brown Long-grain rice, sauteed kale, and fried local Smiling Hara Hempeh, topped with our sweet and tangy, tahini-based Korean BBQ sauce	Sm:	\$10.50
	Lg:	\$12.50
Coconut Curry Plate		\$11.75
Creamy coconut curry with organic garbanzo beans, organic spinach, organic peas, potatoes, and peppers served over organic brown long-grain rice with a side salad and your choice of dressing		
Buddha Bowl		AVAILABLE OPTIONS
Organic spring mix, organic brown long-grain rice, sea veggie salad, tomatoes, avocado, and grilled organic smoky tofu, topped with our sweet and tangy tahini-based BBQ sauce and sprouts		\$11.00
	Substitute BBQ Tempeh or Marinated Tempeh for:	
		\$2.00
Bellyful		AVAILABLE OPTIONS
Organic brown long-grain rice and organic pinto beans over a bed of Lettuce topped with organic smoky tofu, fresh cilantro, and house-made salsa. Great with avocado or sour cream added		\$9.00
	Substitute BBQ Tempeh or Marinated Tempeh For:	
		\$2.00
Portobello Plate		\$12.50
An entire portobello mushroom cap marinated and grilled, served with sauteed kale, and your choice of either smashed potatoes or organic rice with gravy. Topped with grilled red onions		

SANDWICHES 6

Tempeh Reuben		\$11.50
Grilled, marinated local Smiling Hara Hempeh with classic house-cultured kraut smothered in our herb-walnut sauce on rye focaccia. Make it vegan by substituting avocado for the Swiss for same price or Daiya vegan cheese for \$1.50		
House Veggie Burger		\$9.75
Our signature house-made veggie burger served on a house-made whole wheat bun with lettuce, red onion, tomato and Vegenaise		
Organic Tofu & Avocado Sandwich		AVAILABLE OPTIONS
Baked organic smoky tofu with avocado, spring mix, red onion, and herb-walnut sauce on sourdough		\$9.50
	Substitute Marinated Tempeh for:	\$2.00
Organic Smoky Tofu Wrap		AVAILABLE OPTIONS
Strips of grilled organic smoky tofu and sauteed red onions with romaine lettuce, fresh cilantro, and Vegenaise wrapped in a toasted tortilla. Try adding our house-cultured kraut!		\$10.00
	Substitute Marinated Tempeh For:	\$2.00
Classic Grilled Cheese		AVAILABLE OPTIONS
Cheddar on locally-made sourdough	Half:	\$3.75
	Whole:	\$6.00
	Substitute Vegan Daiya Cheese - on Half:	\$0.75
	Substitute Vegan Daiya Cheese - on Whole:	\$1.50

Swiss Portobello Melt	\$11.50
Grilled marinated mushroom with melted Swiss, grilled red onions, lettuce, tomato, and Vegenaïse on a house-made whole wheat bun. Great with avocado added. Make it vegan by substituting avocado for the Swiss for the same price or Daiya vegan cheese for \$1.50	

SOUPS & SALADS 7

Salad Plate	AVAILABLE OPTIONS
A plateful of organic spring mix, romaine, tomatoes, red onions, sprouts, avocado, kraut, and two slices of organic grilled smoky tofu	\$11.00
	Substitute Marinated Tempeh for:
	\$2.00

Garden Salad	\$4.75
Organic spring mix, organic carrots, sprouts, red onions, and tomatoes	

Slaw	\$2.25
Sweet cider vinegar, roasted garlic slaw, southern style	

Sea Veggie Salad	AVAILABLE OPTIONS
Wakame and arame seaweed, daikon, and organic carrots tossed in a toasted sesame dressing	Cup: \$4.00
	Bowl: \$6.50

Cultured Kraut	\$3.00
House-cultured, live pink kraut with sea salt	

Soup de Jour	AVAILABLE OPTIONS
Made in house from scratch daily	Cup: \$4.25
	Bowl: \$6.50

Hearty Chili	AVAILABLE OPTIONS
Belly-filling, rib-stcking, and award-winning spicy vegan chili	Cup: \$5.00
	Bowl: \$6.50

SMALL PLATES 3

Tacos	\$7.50
Three crispy or soft corn tacos with vegan chorizo, romaine lettuce, and house-made salsa. Contains Peanuts	

Chili & Chips	\$6.00
A cup of our vegan chili, topped with your choice of cheese or vegan queso, and a basket of chips	

Cornbread & Greens	\$5.75
A slice of our home-made southern-style corn bread and a cup of sauteed kale smothered in Granny's gravy	

THE STAPLES - A 'LA CARTE 9

Brown Rice	AVAILABLE OPTIONS
Steamed organic brown, long-grain rice	Cup: \$2.50
	Bowl: \$3.75

Pinto Beans	AVAILABLE OPTIONS
Savory organic beans with onions and garlic	Cup: \$2.50
	Bowl: \$4.25
Sauteed Kale	AVAILABLE OPTIONS
Kale sauteed with olive oil, onions, garlic, and Braggs	Cup: \$4.00
	Bowl: \$6.00
Smashed Potatoes	AVAILABLE OPTIONS
Home-style and hearty! Comes with gravy	Cup: \$3.25
	Bowl: \$4.50
Granny's Gravy	AVAILABLE OPTIONS
Made with nutritional yeast and olive oil. Can be made gluten free upon request. Please specify	Cup: \$2.75
	Bowl: \$5.50
Peanut Butter Baked Tofu	AVAILABLE OPTIONS
	Cup: \$5.25
	Bowl: \$7.50
Korean BBQ Tempeh	AVAILABLE OPTIONS
Golden fried local Smiling Hara Hempeh with BBQ sauce	Cup: \$5.25
	Bowl: \$7.50
Coconut Curry	AVAILABLE OPTIONS
A lightly-spiced creamy coconut curry with potatoes, organic spinach, organic peas, organic garbanzos, and peppers.	Cup: \$5.25
Served over organic brown long-grain rice	Bowl: \$7.50
Iron Skillet Corn Bread	\$2.25
House-made organic, southern style, with Earth Balance. Toasted upon request	

ADD-ON MENU 26

Vegenaise	\$0.50
Herb Walnut Sauce	\$0.50
Whole Wheat Buns	\$1.00
Millet & Chia Bread	\$1.50
Millet & Chia Sliced Bun	\$1.50
Organic Beans	\$1.00
Red Onions	\$0.50
Sauteed Onions	\$0.50
Diced Jalapenos	\$0.50
Lettuce	\$0.50

Org. Carrot/Celery Stks	\$2.00
Organic Spring Mix	\$1.00
Mung Bean Sprouts	\$0.50
Tortilla Chip Basket	\$2.00
Earth Balance	\$0.50
Cheddar Cheese	\$1.00
Vegan Daiya Cheese	\$2.00
Swiss Cheese	\$1.00
Vegan Queso	\$1.00
Sour Cream	\$1.00
Salsa	AVAILABLE OPTIONS Sm: \$1.00 Lg: \$2.00
Pico de Gallo	AVAILABLE OPTIONS Sm: \$2.00 Lg: \$3.50
Diced Onions	\$0.50
Minced Garlic	\$0.50
Tomato	\$0.50
Avocado	\$1.50

ORGANIC PROTEIN SIDES 3

Organic Grilled Smoky Tofu (2)	\$4.25
Local Smiling Hara Marinated Hempeh	\$4.25
Portobello Mushroom	\$4.25

EVERYBODY EATS 1

Beans and Rice Plate	\$2.00
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A plate of organic long-grain brown rice and organic pinto beans served with your choice of tortilla chips or sweet southern-style slaw