



APPETIZERS 2

Fried Grits **\$7.50**

Fried cheese grits served with a fresh tomato sauce

Black Eye Pea Fritters **\$7.50**

Ground black eye peas lightly fried and served with your choice of sauce. Choose a sauce: Plum Habanero Sauce, Mango Habanero Sauce, BBQ Sauce

BURGERS AND WRAPS 11

Fried Oyster Mushroom **\$14.04**

Fried oyster mushrooms with lettuce, tomato, and garlic sauce

Black Eye Pea Burger **\$14.04**

Black eye pea burger served with lettuce, tomato, garlic and BBQ sauce

BBQ Roast Sandwich **\$14.04**

Thinly sliced Majani made roast grilled with onions and BBQ sauce

Crab Cake Sandwich **\$14.04**

Baked tofu burger topped with tartar sauce with an East Coast crab flavor

Falafel Burger **\$14.04**

Chickpea patty served with a creamy tahini sauce, cucumber and tomato

Chick'n Sandwich **\$14.04**

Spicy plant-based protein served with lettuce, tomato, pickles, and chipotle mayo

Gyro Sandwich **\$14.04**

Homemade Gyro with our own tzatziki sauce, lettuce, diced tomatoes and dice cucumbers and onions

Lentil Mushroom Burger **\$14.04**

Ground lentils made with fresh shiitake mushrooms, zucchini and secret spices. Served with ketchup and mustard

Sloppy Joe Sandwich **\$14.04**

Delicious sweet and smoky sandwich made with lentils mixed with bell pepper and onions, along with a savory sauce

Jerk Tofu Wrap **\$14.04**

Spicy jerk tofu with lettuce, tomato, garlic and bbq sauce

Jerk Tofu Sandwich **\$14.04**

Spicy jerk tofu with lettuce, tomato, garlic and bbq sauce

SOUL BOWLS 5

Bean and Rice Entree	AVAILABLE OPTIONS
Red beans, black beans or chickpeas announced daily. Served with beans, greens rice, cornbread, and a side salad.	\$18.93
	BBQ Cauliflower:
	\$2.50
Spaghetti Bowl	\$18.93
Capellini Pasta, served with your choice of protein, chick'n or mushrooms served with marinara and a side of greens, includes side salad	
Vegetable Gumbo & Mushroom Rice	\$18.93
Fresh vegetables with vegan shrimp & sausage served with greens and rice	
Jerk Tofu, Mac & Cheese, Greens, Candied sweet potatoes	\$18.93
Smoky jerk tofu, creamy mac & house-made soy cheese, cabbage, cane sugar sweet potatoes	
Stir Fry	AVAILABLE OPTIONS
Wok fried vegetables with garlic and ginger	\$14.25
	Add Tofu: \$2.00
	Add Rice: \$2.00

TACOS 6

Crab Cake Tacos	\$12.95
East Coast seasoned tofu served with lettuce, tomatoes, guacamole and tartar sauce	
Oyster Mushroom Tacos	\$12.95
Crispy fried mushrooms served with guacamole, lettuce, tomatoes and garlic sauce	
Jerk Tofu Tacos	\$12.95
Spicy jerk tofu with guacamole, lettuce, tomatoes and garlic sauce	
Black Eye Pea Tacos	\$12.95
Black eye pea fritter served with guacamole, lettuce, tomatoes, and garlic sauce	
Falafel Taco	\$12.95
Chickpea fritters served with lettuce, tomato, guacamole and garlic sauce	
BBQ Cauliflower Tacos	\$12.95
Lightly battered and fried with bold bbq sauce, with lettuce, tomatoes, guacamole and garlic sauce	

ENTREES 1

Beans and Rice, Greens and Cornbread	\$15.95
Red beans, chickpeas or black beans, announced daily. Served with a garden salad	

SOUPS 2

Orange Lentil & Vegetable Soup	\$7.50
Creamy lentil soup with fresh vegetables served with our gluten free hot water cornbread	

Hot Water Cornbread	\$2.00
vegan gluten-free	

SOUL SALADS 6

Jerk Tofu	\$10.38
Smoky tofu & spicy jerk rub	
Falafel	\$10.38
Ground chick peas and spices	
Jerk Chick'n	\$10.39
Smoky chick'n tenders in a spicy jerk rub	
Black eye pea fritter	\$10.38
ground black eyes peas and spices	
Crispy chick'n	\$10.38
house-made plant-based protein	
Smoked Mushroom	\$10.38
Add on as a protein	

SALADS 2

Garden Salad	\$5.72
Mesclun mix, cucumbers, shredded carrots, tomatoes and olives	
Taco Salad	AVAILABLE OPTIONS
Layers of lettuce, ground lentils, guacamole, tomatoes, soy cheese, jalapenos and tortilla chips. Add red or black beans	\$15.08
(decided daily) for an additional charge	Add Beans: \$2.00

SIDES 6

Lentil Soup	\$7.80
Cream lentil soup with fresh vegetables served with our gluten free hot water cornbread - contains sesame seed	
Collard Greens	\$9.36
vegan	
Mac & Cheese	\$8.32
Best selling item made in house with local organic soy milk	
Cabbage	\$7.00
16oz	
Soup of the Day	\$7.80
made fresh daily, includes cornbread	
Beans and Rice	\$8.84
Beans (decided daily) over yellow rice	

BEVERAGES 2

Sorrel	\$5.72
Hibiscus based beverage with seasonal fruits blended in	
Ginger Lemonade	\$5.72
House made lemonade with a feisty ginger kick	

DESSERT 14

Sweet Potato Cookie	\$2.00
vegan	
Sweet Potato Cookie with Frosting	\$2.00
vegan	
Chocolate Chip Cookie	\$2.00
vegan	
Oatmeal Raisin Cookie	\$2.00
vegan	
Lemon Cupcake	\$3.00
vegan	
Lemon Cake with Strawberry Compote	\$8.00
vegan	
Strawberry Cupcake	\$3.00
vegan	
Strawberry Cake with Strawberry Compote	\$8.00
vegan	
Double Chocolate Cupcake	\$3.00
vegan	
Double Chocolate Cake	\$8.00
vegan	
German Chocolate Cupcake	\$3.00
vegan	
German Chocolate Cake	\$8.00
vegan	
Carrot Cake Cupcake	\$3.00
vegan	
Carrot Cake	\$8.00
vegan	