



## APPETIZERS

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### A1. BUFFALO DRUMSTICKS

4.95

Drumsticks (2) coated with buffalo sauce; served with celery sticks and ranch dipping sauce.

### A2. PARTY DRUMSTICKS

11.95

Six pieces of drumsticks packed with buffalo and teriyaki dipping sauces.

### A3. CHA CHA

5.95

Vegan shrimp in batter, flash fried to perfection; served with signature spicy aioli or cocktail sauce.

### A4. ANGEL HAIR WITH CUCUMBER & SESAME

4.95

Cold angel hair noodles flavored with sweet chili sauce, cucumber, red bell pepper, sesame oil and sesame seeds.

### A5. DOUBLE SLIDERS

7.50

Enjoy sliders with 2 flavors - one has vegan sausage and caramelized onion, topped with spicy aioli sauce and the 2nd one has grilled mixed vegetables - bell pepper, zucchini, artichoke, red onion, topped with house pesto sauce.

### A6. GOLDEN NUGGETS

5.95

Vegan chicken nuggets in batter, flash fried to golden brown; served with our signature Honee Mustard dipping sauce.

### A7. MINI DOGS

5.95

Vegan mini hot dogs in batter, flash fried to golden brown; served with ketchup or mustard.

### A8. SPRING ROLL

3.50

Flash fried spring rolls (2) filled with veggies; served with sweet chili dipping sauce.

### A9. SUMMER ROLL

4.95

Wrapped in rice paper, containing leaf lettuce, fried tofu, vegan ham, refreshing carrot and daikon radish slaw, and fresh herbs, including basil and mint; served with peanut dipping sauce on side.





#### **A9G. GLUTEN FREE SUMMER ROLL**

**4.95**

Wrapped in rice paper, containing leaf lettuce, fried tofu, refreshing pickled carrots and daikon radish, and fresh herbs - including basil and mint; served with sweet chili dipping sauce on side.

#### **A10. MEATY-BALL SLIDERS**

**6.95**

Mini-buns, vegan smoked gouda cheese, plant-based meatballs and marinara sauce.



#### **A11. GLUTEN FREE ROASTED VEGGIES FLATBREAD**

**10.95**

Sharable by 4 to 6 people; vegetable topping of zucchini, bell pepper, jalapeno pepper, red onion, artichoke and olive, perfectly roasted over a gluten free flatbread, served with our refreshing parsley chutney.

### **SPECIAL DISHES**

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#### **SD1. GLUTEN FREE SALISBURY STEAK**

**12.95**

Grilled Beyond burger patty with steak sauce, served with steak fries and fresh salad with vinaigrette dressing.

### **NOURISHING SALADS AND SOUP**

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#### **S1. GLUTEN FREE HOUSE SALAD**

**12.95**

Add \$1 for a topping of mixed seeds - sunflower seeds, pumpkin seeds, and dried cranberries- remove.

Refreshing salad bowl filled with lettuce, carrots, purple cabbage, cucumbers, and tomatoes; served with a choice of dressing.

**All dressings are house made;** Ranch, Dijon, Balsamic, Thousand Islands and Lemon Vinaigrette

#### **S2. CAESAR SALAD**

**5.95**

Chopped lettuce and capers tossed in creamy vegan dressing; topped with croutons and vegan parmesan cheese.



#### **S3. GLUTEN FREE RAINBOW SALAD**

**L 11.95**

**R 7.95**

Shredded lettuce, carrots, purple cabbage, cucumbers, tomatoes, red bell peppers, avocado, and sweet corn; served with Dijon Balsamic dressing.

#### **S4. GRILLED CHICKUN CAESAR SALAD**

**12.95**

Chopped lettuce and capers tossed in creamy vegan dressing; topped with grilled vegan chicken, croutons, and vegan parmesan cheese.





### S5. SPINACH SALAD

7.95

Spinach, lettuce, arugula, topped with tamari glazed tofu and goji berries; served with Dijon Balsamic dressing.



### S6. GLUTEN FREE CORN CHOWDER SOUP

4.50

Creamy corn soup with vegetables of carrot, potato, and celery.



### S7. GLUTEN FREE SOUTHERN VEGETABLE SOUP

4.95

A hearty tomato-based vegetable soup with vegetables including cabbage, potato, okra, corn, carrot, and beans.

### S8. WONTON SOUP

4.95

House made wontons in a delicious vegetable broth with vegetables including broccoli, carrots, zucchini, and cilantro; dashed with sesame oil.

## SPLENDID SANDWICHES

**Serve with a side: French Fries or House Salad With Vinaigrette Dressing or Caesar Salad With Caesar Dressing**

### B1. BAKUN SANDWICH

11.95

Vegan bacon, lettuce, tomato, and avocado served on lightly toasted whole wheat with vegan mayo.

### B2. VEGAN TUNA MELT

11.95

Vegan tuna and melt vegan cheese on lightly toasted whole wheat bread with vegan mayo.



### B3. GRILLED VEGGIES SANDWICH

11.95

Grilled zucchini, bell pepper, artichoke, and red onion topped with house pesto sauce; served on lightly grilled artisan sour dough bread.



### B3G. GLUTEN FREE GRILLED VEGGIES SANDWICH

11.95

Grilled zucchini, bell pepper, artichoke, and red onion topped with house pesto sauce; served on lightly grilled artisan sour dough bread.

### B4. GRILLED CHICKUN SANDWICH

13.95

Grilled vegan chicken topped with caramelized onion, tomato, arugula, and signature spicy aioli sauce; served on lightly grilled artisan sour dough bread.

### B5. BEYOND CHEESEBURGER

13.95

Beyond meat burger topped with vegan cheese, lettuce, tomato, and red onion; served with Thousand Island dressing over a burger bun.

**B5G. GLUTEN FREE BEYOND CHEESEBURGER****15.45**

Beyond Meat burger topped with vegan cheese, tomato, red onion, lettuce, and house Thousand Island dressing; served on a gluten free multi-grain burger bun.

**B6. BUFFALO RANCH CHICKUN BURGER****13.95**

Battered fried vegan chicken tossed in buffalo hot sauce and topped with tomato, red onion, lettuce and house ranch dressing. Served in a burger bun.

**B7. FISHY SUB****12.95**

Batter fried vegan fish, lettuce, tomato, red onion, pickle, capers, and ranch sauce; served on a hoagie roll.

**B8. SMOKED GOUDA CHEESEBURGER****13.95**

Beyond Meat burger topped with vegan smoked gouda cheese, lettuce, pickle, and roasted onion; served with BBQ sauce over a burger bun.

**B9. MEATY-BALL SUB****12.95**

Beyond Meat burger topped with vegan smoked gouda cheese, lettuce, pickle, and roasted onion; served with BBQ sauce over a burger bun.

**B10. SHRIMP SUB****13.95**

Batter fried vegan shrimp, lettuce, tomato, pickle, capers, and spicy aioli sauce; served on a hoagie roll.

**B11. PHILLY CHEESESTEAK****12.95**

Juicy vegan steak, caramelized onion, red and green bell peppers, melted vegan cheese over a hoagie roll.

**B12. BANH MI****11.95**

Au Lac style sandwich – Juicy vegan steak, carrot and daikon radish slaw, cucumber, cilantro and jalapeño pepper; served on lightly toasted hoagie roll.

**B13. AVOCADO TOAST****12.95**

Mashed avocado dashed with black salt, which gives a smell of boiled egg, topped with tomato, jalapeño pepper and goji berry over toasted whole wheat bread. The side choice can be salad or fries or fresh fruit and berries.







## SUPREME PIZZAS

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### P1. STROMBOLI

13.95

Baked layered roll of tomato-based sauce, vegan cheese, vegan ground beef, vegan bacon and beyond sausage. Brushed with house garlic herb infused olive oil; served with roasted broccoli and marinara sauce.

### P2. BIANCA CHICKUN SUPREME

13.95

Homemade white sauce, vegan mozzarella cheese, grilled marinated vegan chicken, garlic, artichoke, capers, and oregano.

### P3. CLASSIC MARGHERITA

12.95

Marinara sauce, vegan mozzarella cheese, sliced tomatoes, fresh basil, and garlic and herb infused olive oil.



### P3G. GLUTEN FREE PIZZA CLASSIC MARGHERITA

14.95

Cauliflower crust, marinara sauce, vegan mozzarella cheese, sliced tomatoes, fresh basil, and garlic and herb infused olive oil.

### P4. MEATLESS LOVERS

14.95

Marinara sauce, vegan mozzarella cheese, vegan ground beef, sausage, bacon, and black olives.

### P5. PIZZA MUSHROOM WITH ARUGULA

12.95

House white sauce, vegan mozzarella cheese, mushrooms with garlic oil, crushed red peppers, capers, and topped with fresh arugula.



### P5G. GLUTEN FREE PIZZA MUSHROOM WITH ARUGULA

14.95

Cauliflower crust, house white sauce, vegan mozzarella cheese, mushrooms with garlic oil, crushed red peppers, capers, and topped with fresh arugula.

## P6. PESTO SHRIMP PIZZA

13.95

House pesto sauce, vegan mozzarella cheese, vegan shrimp, artichokes, and red onions.



## P6G. GLUTEN FREE PESTO SHRIMP PIZZA

15.95

Cauliflower crust, house pesto sauce, vegan mozzarella cheese, vegan shrimp, artichokes, and red onions.

## P7. PHILLY CHEESESTEAK PIZZA

13.95

White sauce, vegan mozzarella cheese, Philly vegan steak, bell pepper, and caramelized onion.



## P7G. GLUTEN FREE PHILLY CHEESESTEAK PIZZA

15.95

Cauliflower crust, white sauce, vegan mozzarella cheese, Philly vegan steak, bell pepper, and caramelized onion.

## P8. VEGGIE PIZZA

11.95

Marinara sauce, vegan mozzarella cheese, mushrooms, red onion, bell peppers, roasted broccoli, jalapeño peppers, and black olives.



## P8G. GLUTEN FREE VEGGIE PIZZA

13.95

Cauliflower crust, marinara sauce, vegan mozzarella cheese, mushrooms, red onion, bell peppers, roasted broccoli, jalapeño peppers, and black olives.

## P9. BUILD YOUR OWN PIZZA

START AT 9.95

Your choice of sauce and toppings built on a regular crust just to suit your taste, mozzarella vegan cheese included.

**Add pizza topping** - add \$3 for adding vegan chicken/sausage/shrimp/steak/ground beef/bacon

**Extra pizza topping** - add \$2 for extra cheese; add \$1 for each extra veggie topping.

**Sauces:** Marinara, White sauce, Pesto

### Toppings:

**Protein:** vegan -sausage [GF], ground beef [GF], shrimp [GF], steak [GF], bacon, chicken

**Veggies:** tomato, mushroom, red onion, green or red bell pepper, spinach, jalapeño pepper, banana pepper, broccoli, artichoke, black olive, capers, caramelized onion, fresh basil, fresh arugula







## FABULOUS PASTA & NOODLES

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### N1. ALFREDO PENNE

13.95

Penne pasta in cashew alfredo sauce, with capers, garlic, crushed red peppers, spinach and a choice of vegan chicken or vegan shrimp; topped with vegan parmesan cheese, and basil.

### N2. PESTO PENNE

11.95

Penne pasta in house pesto sauce sautéed with zucchini and mushrooms, topped with house parmesan cheese.

### N3. SPAGHETTI AND MEATY-BALLS

12.95

Spaghetti noodles topped with marinara sauce, vegan meatballs, dashed with house made parmesan and basil.

### N5. SAINTLY STIR FRY

12.95

Rice noodles or Udon noodles stir-fried with tofu, vegan ham and vegan shrimp and vegetables including cabbage, broccoli, carrots, zucchini, mushrooms, onion and scallions.



### N5G. GLUTEN FREE SAINTLY STIR FRY

12.95

Rice noodles stir-fried with tofu, and vegetables including cabbage, broccoli, carrots, zucchini, mushrooms, onion and scallions.

### N6. PHO NOODLE SOUP

12.95

Rice noodles in house pho broth with fried tofu, vegan ham, mushrooms, and broccoli; topped with cilantro, basil and a thin tofu crisp.



### N6G. GLUTEN FREE PHO NOODLE SOUP

12.95

Rice noodles in house pho broth with fried tofu, mushrooms, and broccoli; topped with cilantro, basil and a thin tofu crisp.

### N7. ROYAL NOODLE SOUP

12.95

Rice noodles in vegetable broth with lemongrass and mild spices, fried tofu, vegan ham, mushrooms, and broccoli; topped with cilantro, mint and a thin tofu crisp.



### N7G. GLUTEN FREE ROYAL NOODLE SOUP

12.95

Rice noodles in vegetable broth with lemongrass and mild spices, fried tofu, mushrooms, and broccoli; topped with cilantro, mint and a thin tofu crisp.



## DELIGHTFUL RICE DISHES

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**Our rice is mixed with red quinoa Add \$1 for organic brown rice**

- **R1. GLUTEN FREE ORGANIC GOLDEN RICE** **9.95**

Organic brown rice stir-fried, fried tofu, onions, mixed vegetables including carrots, peas, and sweet corn, with golden seasoning oil.
- R2. LEMONGRASS TOFU AND NUGGETS COMBO** **13.95**

Lemongrass seasoned nuggets, tofu, and zucchini paired with rice, a spring roll, pickled carrots and daikon radish, shredded lettuce, and fresh mint; served with sweet and sour chili sauce.
- R3. CRISPY CHICKUN RICE BOWL** **13.95**

Battered, fried vegan chicken over rice with carrot and daikon radish slaw, shredded lettuce; served with signature spicy aioli.
- R4. CHA CHA RICE BOWL** **13.95**

Vegan shrimp sautéed with lemongrass, scallions, red bell peppers, and basil; served with rice, carrots and daikon radish slaw, and shredded lettuce.
- R5. GURU CURRY** **12.95**

Mixed veggies including broccoli, red bell peppers, zucchini, mushrooms, onions, and minced garlic cooked with fried tofu and vegan protein in coconut milk and curry seasoning; served with rice.
- **R5G. GLUTEN FREE GURU CURRY** **12.95**

Mixed veggies including broccoli, red bell peppers, zucchini, mushrooms, onions, and minced garlic cooked with fried tofu in coconut milk and curry seasoning; served with rice.
- R6. VEGGIE DELIGHT** **11.95**

Stir-fried vegetables, including broccoli, bell peppers, snow peas, zucchini, carrots, mushrooms, cabbage; served with rice.
- **R6G. GLUTEN FREE VEGGIE DELIGHT** **11.95**

Stir-fried vegetables, including broccoli, bell peppers, snow peas, zucchini, carrots, mushrooms, cabbage; served with rice.



## KIDS MENU

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Includes a soft drink

### K1. KID'S GRILLED CHEESE

5.95

Vegan cheese lightly grilled on whole wheat bread and served with a side of French fries or veggies.



### K1G. GLUTEN FREE KID'S GRILLED CHEESE

6.95

Vegan cheese lightly grilled on whole wheat bread and served with a side of French fries or veggies.

### K2. KID'S BENTO

6.95

Rice, a vegan drumstick, spring roll, sweet corn and sweet peas in a Bento box; add \$.75 if replace regular rice with organic brown rice.

### K3. KID'S SPAGHETTI AND MEATY-BALLS

6.95

Spaghetti noodles topped with marinara sauce, vegan meatball, and sweet peas.

## AL A CARTE

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### AL1. ORGANIC BROWN RICED

3.50

### AL2. RICE WITH QUINOA

2.50

### AL3. ORGANIC SWEET CORN

3.00

### AL4. STEAMED VEGGIES

3.00

### AL5. MAC AND CHEESE

3.95

### AL6. FRENCH FRIES

3.95

### AL7. ROASTED YAM

3.95

### AL8. SOFT PRETZEL SERVED WITH MUSTARD (SALT OPTIONAL)

3.00

### AL9. EXTRA DRESSING

0.75



## SWEETS

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### CHEESECAKE

4.95

Creamy cheesecake with graham cracker crust and choice of toppings – blueberry, strawberry, Cherry or chocolate drizzle.

### COCONUT CAKE

5.50

Organic cake with coconut icing dashed with roasted organic coconut flakes.

### CHOCOLATE CAKE

5.50

Organic cake with chocolate icing or peanut butter icing.



### GLUTEN FREE BROWNIE WITH ICE CREAM

5.50

A scoop of ice cream drizzled with dark chocolate over a gluten free brownie.

## BEVERAGES

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### FRESHLY SQUEEZED ORANGE JUICE

4.95

### ORGANIC APPLE JUICE FROM REAL APPLE

3.50

### ORGANIC LEMONADE

3.00

### SIGNATURE STRAWBERRY LEMONADE

3.50

In house made with fruit and mint.

### INDIVIDUALLY BREWED HOT COFFEE

3.50

Your choice of variety, including decaf.

### ICED COFFEE

3.50

Coffee over coffee-ed ice cubes with sweetener and plant-based milk.

### KOMBUCHA A bottle.

4.00

### ZERO ALCOHOL BEER

4.00

The alcohol level is 0.00, not the commonly seen less than 0.05%. Taste like a beer.

### ORGANIC HOT TEA

3.50

Premium organic loose-leaf tea in a 13-oz glass pot; hot water refills upon request.

### ARNOLD PALMER

2.50

Sweet iced tea and lemonade mix.

### PEPSI AND OTHER SOFT DRINKS Free refills available

2.50

### ICED TEA Free refills available

2.50