

# Loving Hat vegan restaurant

# DINE-IN & CARRY OUT

www.LovingHutCharlotte.com
Phone: 980. 219.4339

Inside Golden Green Hotel
3024 E Independence Blvd.
Charlotte, NC 28205



11.95

5.95

6.95

Gluten Free (GF) | Gluten Free Option (GFO)

#### APPETIZER

#### A1.BUFFALO DRUMSTICKS 4.95

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

#### A2.PARTY DRUMSTICKS

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

#### A3.CHA CHA

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

# A4.ANGEL HAIR WITH 4.95 CUCUMBER & SESAME

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

#### A5.DOUBLE SLIDERS

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 of broccoli, red bell peppers, artichokes, red onions, topped with a house pesto sauce.

#### A6.GOLDEN NUGGETS

Vegan chicken nuggets in batter, flash fried to golden brown; served with our signature No-Honey Mustard dipping sauce.

5.95

5.95

3.50

4.95

4.95

#### A7.MINI DOGS

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

#### A8.SPRING ROLL

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

#### A9.SUMMER ROLL

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

#### A9G.SUMMER ROLL (GF)

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.

#### SPECIAL DISHES

#### SD1.SALISBURY STEAK (GF)12.95

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

#### SALADS & SOUPS

#### S1.HOUSE SALAD (GF) 5.95

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

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 . Lemon Vinaigrette

#### S2.CAESAR SALAD 5.95

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

#### S3.RAINBOW SALAD (GF) (L)11.95

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

#### S4.GRILLED CHICKUN 12.95 CAESAR SALAD

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

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#### S5.VEGAN TUNA SALAD

7.95

A scoop of vegan tuna over lettuce, topped with red onion as optional. The tuna mixture consists of imitated tuna from soy and wheat, mixed with vegenaise, mustard, celery and ginger.

#### S6.CORN CHOWDER SOUP(GF) 4.95

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

#### S7.SOUTHERN VEGETABLE SOUP (GF) 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.





#### **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 broccoli, red bell pepper, artichoke, red onion and topped with house pesto sauce; served in lightly grilled artisan sour dough bread.

# B3G.GRILLED VEGGIES SANDWICH (GF)

13.95

Grilled broccoli, red bell pepper, artichoke, red onion and topped with house pesto sauce; served in lightly grilled gluten free multi-grain 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, tomato, red onion, lettuce, and house Thousand Island dressing; served on a burger bun.

#### B5G.BEYOND CHEESEBURGER (GF) 15.95

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 13.95 CHICKUN BURGER

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.CHEDDAR VEGAN FISH WRAP 12.95**

Batter fried vegan fish, grilled bell pepper, pickle, capers, and ranch sauce in a vegan cheddar wrap, lightly grilled.

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#### **B9.MEATY-BALL SUB**

13.95

Vegan meatballs topped with marinara sauce and vegan cheese; served on a hoagie roll.

#### **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, pickled carrots and daikon radish, cucumber, cilantro and jalapeno pepper; served on lightly toasted hoagie roll.

#### **PIZZAS**

#### 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

14.95

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

#### P3G.PIZZA CLASSIC MARGHERITA (GF)

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 12.95 WITH ARUGULA

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

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# FRESH INGREDIENTS



#### P5G.PIZZA MUSHROOM 14.95 WITH ARUGULA (GF)

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.PESTO SHRIMP PIZZA (GF) 15.95

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

#### P7.SAUSAGE PIZZA 13.95

Marinara sauce, vegan mozzarella cheese, Beyond sausage, black olives, roasted broccoli and fennel seeds.

#### P7G.SAUSAGE PIZZA (GF) 15.95

Cauliflower crust, marinara sauce, vegan mozzarella cheese, Beyond sausage, black olives, roasted broccoli and fennel seeds.

#### P8.VEGGIE PIZZA

11.95

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

#### P8G.VEGGIE PIZZA (GF) 13.95

Cauliflower crust, marinara sauce, vegan mozzarella cheese, mushrooms, red onion, bell peppers, roasted broccoli, jalapeno 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.

Each extra protein topping, add \$2; extra cheese, add \$1.50; each extra veggie topping, add \$1.

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

#### Toppings:

**Protein:** Vegan-sausage (GF), Ground Beef (GF), Shrimp (GF), Bacon, Chicken

Veggies: Tomato, Mushrooms, Red onions, Green and Red Bell Peppers, Broccoli, Artichokes, Olives, Capers, Caramelized onions, Fresh Basil, Fresh Arugula, Jalapeño Pepper, Banana Pepper



#### PASTA & NOODLES

#### N1.ALFREDO PENNE

13.95

Penne pasta in cashew alfredo sauce, with capers, garlic, crushed red peppers 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.VEGGIE PASTA 11.95

Penne pasta or angel hair, marinara sauce, garbanzo beans, sautéed with garlic and vegetables, including broccoli, red bell pepper, zucchini, and celery.

#### N4.SPAGHETTI & MEATY-BALLS 13.95

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

#### N5. SAINTLY STIR FRY (GFO) 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.

#### N6.PHO NOODLE SOUP(GFO) 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; served with Sriracha hot sauce and hoisin sauce.

#### N7. ROYAL NOODLE SOUP (GFO) 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.



#### RICE DISHES

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

#### R1.ORGANIC GOLDEN RICE (GF) 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 13.95 AND NUGGETS COMBO

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 pickled carrots and daikon radish, shredded lettuce; served with signature spicy aioli.

#### R4.CHA CHA RICE BOWL 13.95

Vegan shrimp sautéed with red bell peppers, scallions, and basil; served with rice, pickled carrots, daikon radish, and shredded lettuce.

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#### R5.GURU CURRY(GFO) 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.

#### R6.VEGGIE DELIGHT (GFO) 11.95

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

#### R7. HARVEST RICE BOWL (GF) 12.95

Carrots, potatoes, and squash baked with rosemary and olive oil; paired with seasoned rice and roasted broccoli. Rice is seasoned with tomato, bell pepper, and celery.



#### KIDS MENU

Includes a soft drink

#### K1.KID'S GRILLED CHEESE (GFO) 5.95

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 & MEATY-BALLS

6.95

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

#### AL A CARTE

AL1. ORGANIC BROWN RICE 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.EXTRA DRESSING 0.75

# SWEET

#### 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.

#### BROWNIE WITH ICE CREAM (GF) 5.50

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



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# REFRESHING

**BEVERAGES** 

FRESHLY SQUEEZED ORANGE JUICE	4.95	ICED COFFEE  Coffee over coffee-ed ice cubes with sweetener and plant-based milk.	3.50
ORGANIC APPLE JUICE FROM REAL APPLE	3.50	KOMBUCHA A bottle.	4.00
ORGANIC LEMONADE	3.00	ZERO ALCOHOL BEER The alcohol level is 0.00, not the commonly seen less than 0.05%. Taste like a beer.	4.00
SIGNATURE LEMONADE  House lemonade made with fresh lemon and fruits.	3.50		
INDIVIDUALLY BREWED HOT COFFEE Your choice of variety, including decaf.		ORGANIC HOT TEA  Premium organic loose-leaf tea in a 13- oz glass pot; hot water refills upon request.	3.50
<b>PEPSI AND OTHER SOFT DRINKS</b> Free refills available.	2.50	ICED TEA Free refills available.	2.50

ARNOLD PALMER

Ice Tea Lemonade Flavored.

2.50