Est. 2010



ALL VEGAN

# 

## Appetizers

#### FRENCH FRIES 6 •

with chipotle mayo ADD BACON & CHEESE + 3 ADD CHILI & CHEESE + 3

#### SWEET POTATO FRIES 6 •

with chili-lime mayo ADD BACON & CHEESE + 3 ADD CHILI & CHEESE + 3

#### TATER TOTS 6 •

ADD BACON & CHEESE + 3 ADD CHILI & CHEESE + 3

THREE-BEAN CHILI 🍳 CUP 5 OR BOWL 7

#### **CURRY FRIES 13** •

fries topped with curry, tzatziki sauce, parsley

#### MOZZARELLA STICKS ▼ 11

#### CAULIFIRE WINGS 12 4

fried cauliflower dipped in angry sauce topped with sesame seeds & chives with celery & ginger aioli

#### TEMPEH WINGS 12

buffalo or BBQ with crudité & ranch dressing

#### SEITAN ASADA FRIES 13

with seitan asada, sour cream, cheese, chives

#### MAC N CHEESE 11

ADD BROCCOLI + 2 ADD BACON + 3

#### TATERTACHOS 13 •

tater tots, nacho cheese, avocado cream, sour cream, jalapeños, chives, cilantro, radish

#### SPINACH-ARTICHOKE DIP 12

with crostini

## Salads

ADD GRILLED CHIK'N +3

#### KALE CAESAR 6 / 13

baby kale, garlic croutons, parmesan cheese, toasted sunflower seeds caesar dressing CONTAINS NUTS

#### SANCTUARY SALAD 14

romaine, cherry tomatoes, pickled red onion, avocado, seitan bacon, bacon bits, rye croutons sriracha aioli

#### FORAGER SALAD 14 °

baby kale, herbed almond ricotta, strawberries, apple slices. toasted pepitas, almond slices and sunflower seeds strawberry balsamic vinaigrette CONTAINS NUTS

## Rowls

ADD GRILLED CHIK'N +3

ADD SEITAN +3

#### AWESOME BOWL 14 •

quinoa, tofu scramble, bell peppers, sautéed kale, tater tots, lemon wedges with hollandaise sauce

#### **SOLTERO BOWL 14**

quinoa, No Evil Foods chorizo, onions, mushrooms, bell peppers, sautéed kale, chives, lime wedge, tortilla strips avocado cream

#### LUCKY BOWL 14 •

edamame, brown rice, shredded carrots, shredded cabbage, broccoli, sesame seeds, ginger aioli

#### BASIC BOWL 13 •

rice, carrots, black beans, broccoli, toasted sunflower seeds, avocado, tahini-miso dressing

#### SEITAN'S HELPER 15

seitan steak, mac n cheese, coleslaw, pickle and tomato, topped with BBQ sauce and chives

#### BELOVED BOWL 15 •

rice, cauliflower, coconut curry, tzatziki sauce, pickled red onion, cucumber, fresh parsley

Substitutions and modifications are subject to additional charges. Special requests cannot always be honored.

 $\nabla$  = notes a soy-free item



= notes a gluten-free item

## **Breakfast**

#### **SAG 10**

tofu scramble, soysage, & cheese on a roll ADD CHIPOTLE MAYO OR HOLLANDAISE +.50 SUB BISCUIT + 2

#### **CROQUE MADAME 10**

grilled tofu, seitan bacon, cheese, and hollandaise on a pressed hero ADD TOMATO +.50

#### **ALL VEGAN SLAM 13**

tofu scramble, soysage, hashbrowns, toast, and choice of seitan or tempeh bacon

SUB BISCUIT + 2

#### PANCAKE SLAM 14

2 pancakes, tofu scramble, soysage, hashbrowns, and choice of seitan or tempeh bacon ADD CHOCOLATE CHIPS OR BLUEBERRIES + 1/EACH ADD BANANAS OR STRAWBERRIES + 1.50/EACH

#### FRENCH TOAST SLAM 14

2 french toast wedges, tofu scramble, soysage, hashbrowns, and choice of seitan or tempeh bacon

#### FRENCH TOAST 7 / 12 V

chioce of 2 or 4 wedges topped with powdered sugar and fruit

**BIRTHDAY 11** 

sprinkles, Dandie marshmallows

CINNAMON SWIRL 11

cinnamon, cream cheese icing,

candied pecans

#### **BENEDICT 14**

grilled tofu, ham, hollandaise on an english muffin served with hashbrowns and salad

**GLUTEN FREE OPTION AVAILABLE** 

#### GRITS N GREENS 14 º

AVAILABLE 'TIL 5 PM

grits, sauteed kale, red onions, mushrooms, cherry tomatoes, cheddar cheese

#### KICKIN' COWGIRL 13

tofu scramble, tater tots, chili, cheese, avocado and texas toast SUB GF TOAST +2 SUB BISCUIT + 2

#### **BISCUITS & GRAVY 12**

AVAILABLE 'TIL 5 PM

house-made biscuits, soysage gravy, hashbrowns

#### **HUNGOVER HIPPIE 13**

tofu scramble with ham, tomato, broccoli, onion, mushroom, jalapenos, and scallions on a bed of hashbrowns

#### **BREAKFAST BURRITO 14**

crumbled chorizo, tofu scramble, bell peppers, cheese, tater tots, in whole wheat tortilla topped with chipotle mayo served with side salad

#### LOADED BREAKFAST BURRITO 16

crumbled chorizo, tofu scramble, bell peppers, cheese, tater tots, sauteed kale, in whole wheat tortilla topped with chives, enchilada sauce, sour cream, served with side salad

#### CHIK'N & WAFFLES 14

AVAILABLE 'TIL 5 PM

waffle topped with powdered sugar, breaded chik'n steak and maple butter

#### BELGIAN WAFFLE 13 OV



AVAILABLE 'TIL 5 PM topped with powdered sugar, fruit and whipped cream

#### BREAKFAST ENCHILADAS 14

tofu scramble, soysage, cheese, in corn tortillas topped with enchilada sauce, avocado cream, sour cream served with side salad **GLUTEN FREE OPTION AVAILABLE** 

## *Pancakes*

ADD WHIPPED CREAM +2 ▼

BANANARAMA 11 bananas, chocolate chips

#### CLASSIC PANCAKES 9

ADD CHOCOLATE CHIPS. BANANAS. STRAWBERRIES OR BLUEBERRIES +2/EACH

#### **COOKIE DOUGH 11**

cookie dough, chocolate chips

#### S'MORES 11

chocolate chips, Dandie marshmallows, graham crackers

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= notes a gluten-free item

## Sandwiches

SERVED WITH SIDE SALAD GET FRIES INSTEAD +\$4

#### **BUFFALO CHIK'N 13**

spicy buffalo chik'n steak, lettuce, tomatoes, pickled red onions, ranch dressing on a bun

#### CUBANO 14

grilled ham, marinated Blackbird seitan, melted cheese, pickles, mustard, mayo on a pressed hero

#### PHILLY CHEESE STEAK 16

grilled Blackbird seitan, sautéed bell peppers, onions, mayo, cheese on a hero

#### REUBEN 13

corned beef seitan, sauerkraut, cheese, russian dressing on rye

#### NASHVILLE HOT CHIK'N 13



hot chik'n steak, lettuce, pickle, mayo on a bun

#### THE GRINDER 16

grilled Blackbird seitan, banana peppers, mayo, melted cheese, onion, and garlic on a hero

#### MAMA MIA 14

meatballs, marinara, mozzarella on ciabatta

#### MUSHROOM PO BOY 13

deep fried oyster mushrooms, chili-lime mayo, coleslaw, tomato, pickle on a hero

#### O.M.V. CLUB 11

triple decker on rye with mayo, shredded cabbage, shredded carrot, cucumber, avocado, tomato, red onion, romaine ADD BACON +2 SUB GF TOAST +2

#### EASY CAPRESE 12 ▼



pesto chickpea mash, shredded mozzarella, roma tomatoes on ciabatta SUB GF TOAST + 2 O

# Burgers & Dogs

SERVED WITH FRIES

#### CHEESEBURGER 14

lettuce, tomato, onion, cheese, mayo and pickle ADD BACON + 2

#### SPICY GRILLED CHIK'N 14

grilled chik'n steak, chili-lime mayo, avocado, veggie bacon, lettuce, tomato

#### SMAUG BURGER 14



shredded seitan, angry sauce, scallions, cabbage, cilantro, ginger aioli

#### **ARTI'S DIP BURGER 15**

provolone, sauteed mushrooms, spinach & artichoke dip topped with onion rings

#### MONDO BURGER 18

two burger patties, jalapenos, tomato, chipotle mayo, cheddar & provolone slices, topped with onion rings

#### **DOUBLE TROUBLE 18**

two burger patties, cheddar cheese, seitan bacon, sriracha aioli, pickle slices, nacho cheese sauce

#### **'ZA DOG 14**

No Evil Foods Italian sausage, marinara, mozzarella, pepperoni, banana peppers

#### **ELOTE DAWG 14**

Yeah Dawg! hot dog with shredded parmesan, roasted corn salsa, chipotle mayo, elote seasoning, lime. **GLUTEN FREE OPTION AVAILABLE** 

20% gratuity added to checks split into 3 or more payments & parties of 6 or more

We kindly ask all guests to respect a 90-minute table time so everyone can have a seat

## **Shakes**

#### CLASSIC 8 •

vanilla or chocolate ice cream ADD COOKIE CRUMBLES, SPRINKLES, PEANUT BUTTER +.50/EACH WHIPPED CREAM + 1

#### S'MORES 9

chocolate ice cream, crushed graham crackers, Dandie marshmallows whipped cream

#### NUT CRUNCHER 9 •

chocolate ice cream, peanut butter, chick-o-sticks, shaved coconut whipped cream

S'MORES SUNDAE 13

three scoops of ice cream,

graham crackers, shaved chocolate,

toasted marshmallows, chocolate

sauce, cherry on top

#### **COOKIE DOUGH 9**

vanilla ice cream, chocolate chips, house-made cookie dough, whipped cream

#### STRAWBERRY CREAM 9 •

vanilla ice cream, strawberries, whipped cream

#### **BIRTHDAY CAKE 9**

vanilla ice cream, sprinkles, house-made funfetti cake, whipped cream

#### **GIRL SCOUT 9**

vanilla ice cream, mint, cookie crumbles whipped cream

#### **BANANA CREME PIE 9**

vanilla ice cream, fresh bananas, house-made pie crust, whipped cream

#### **BLACKBERRY COBBLER 9**

with vanilla ice cream, blackberry cobbler filling, streusel topping, whipped cream

#### **KEY LIME PIE 9**

vanilla ice cream, lime syrup, graham cracker crust, whipped cream

## Sundaes

#### CLASSIC SUNDAE 10 •

three scoops, chocolate sauce, whipped cream, cherry on top

#### **BIRTHDAY CAKE SUNDAE 13**

three scoops of ice cream, house-made funfetti cake, sprinkles, whipped cream, cherry on top

#### COOKIE DOUGH SUNDAE 13

three scoops of ice cream, house-made chocolate chip cookie dough, peanut butter cookie dough, cookie crumbles, chocolate sauce, whipped cream

## Vegan Treats

AVAILABLE WEDNESDAY THRU SUNDAY WHILE IT LASTS!

#### CAKE 7

Peanut Butter Bomb Devil's Food Cake

#### CHEESECAKE 6 •

NY Style with cherry toping White Chocolate Raspberry

#### **CANNOLIS 4**

**BROWNIES 5** 

## OPEN FROM 9AM-12AM EVERYDAY

Dining room closes at 11:30pm daily

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= notes a gluten-free item

## Drinks

#### COFFEE

#### MILKS: SOY, ALMOND, OAT, COCONUT

**Bottomless Coffee** 2.75

Espresso 3

Maple Latte 5

Macchiato 3

Cappuccino 4

**Latte** 4.50

Chai Latte 4

Cold Brew Iced Coffee 4.50

TEA 2

Earl Grey English Breakfast Green Tea

> **Peppermint** Chamomile

#### **BEVERAGES**

Orange Juice 4

Iced Tea 3.50

Lemonade 3.50

Arnold Palmer 3.50

Hot Chocolate 4

Ginger Shot 4

# Paper straws available

## upon request only.

## DRAFT SODA 2.75

100% CANE SUGAR

Cola

Root Beer

Ginger ale

Lemon-Lime

Orange

Cream

### FLOATS 7

Root Beer Orange Soda Cream Soda Iced Coffee

## **EGG CREAMS**

vanilla or chocolate 3 coffee <u>OR</u> maple 4

## **Sides & Extras**

SAUCES & DRESSINGS .75

TOFU SCRAMBLE 4

SOLO PANCAKE 3

COLESLAW 3

AVOCADO 3

SAUTEED KALE 5

SAUSAGE OR BACON 3

TOAST 2

**GLUTEN-FREE TOAST 4** 

HASHBROWN 5

**BISCUIT & BUTTER 3** 

**GRITS** 5

WHIPPED CREAM 3

**HOUSE SALAD** 3

PURE MAPLE SYRUP 1.50

All menu items are made on shared equipment. Alert your server of any allergens. No reservations, first come first serve!