

CHAMPS

Family Bakery

STARTERS & SIDE-KICKS

NACHOS BUT MINE <i>nacho cheese, black beans, diced tomatoes, pickled jalapeños, sour cream scallions</i>	\$7
<i>add seitan</i>	+\$2
<i>add chik'n</i>	+\$2
OVEN-ROASTED FRIES <i>with chipotle mayo</i>	\$5
<i>with bacon & cheese</i>	\$7
<i>with our award-winning chili & cheese</i>	\$9
PITA & HUMMUS	\$5
CREAMY HERBED POTATO SALAD	\$5
SIDE OF BLACK BEANS	\$5
SAUTÉED DAILY GREENS	\$5
SAUTÉED VEGGIES	\$5
PB&A GRANNY SMITH APPLE SLICES	\$5
<i>with peanut butter & agave</i>	
SIDE OF QUINOA	\$4
SIDE OF OUR AWARD-WINNING CHILI	\$5
CHEESY BROCCOLI	\$5
RAW KALE SALAD	\$5
<i>with red onions & creamy ginger-sesame dressing</i>	
BBQ SEITAN SKEWERS	\$7

SANDWICHES served with side salad

BANH MI CHAY	\$9
<i>grilled tofu, fresh cucumbers, pickled carrots, daikon, & jalapeños, cilantro, mayo on a hoagie. holler if you want it spicy!</i>	
BRO WRAP	\$9
<i>fresh broccoli, quinoa, lettuce, tomato, kale, pesto wrapped in an organic wholewheat tortilla</i>	
BUFFALO CHIK'N	\$9
<i>grilled buffalo chik'n cutlets, greens, tomatoes, sautéed onions, ranch dressing, hot sauce on a hero</i>	
CHIK'N PESTO	\$9
<i>house-made chik'n pesto salad, tomatoes, mozzarella on grilled rye</i>	
CLUB RACER	\$8
<i>hickory-smoked Tofurkey slices, tempeh bacon, greens, tomatoes, mayo on toasted rye</i>	
GRILLED CHEESE	\$7
<i>cheddar-mozza mix, tomatoes, pickled jalapeños or pickles, texas toast</i>	
UNCLE GARCIA'S TUNA MELT	\$9
<i>creamy herbed tuno salad, fresh tomatoes, melted cheese on sourdough</i>	

vegan
NOWS
we cook all of our food in organic sunflower oil

SALADS

SOUTHWEST CHIK'N SALAD	\$10
<i>mixed greens, black beans, sweet corn, grilled chik'n, tomatoes, avocado, creamy chipotle dressing</i>	
KITCHEN SINK SALAD	\$10
<i>mixed greens, kale, carrots, cucumbers, tomatoes, red onions, sprouts, sunflower seeds, mushrooms, bells, avocado + your choice of balsamic, ginger-sesame, ranch, cilantro-lime, or chipotle vinaigrette dressing</i>	
BUFFALO RANCH SALAD	\$9
<i>mixed greens, spicy chik'n, celery, cucumbers, tomatoes, cheddar, ranch</i>	
MEXICAN RAW KALE SALAD	\$10
<i>kale, quinoa, avocado, black beans, sweet corn, cherry tomatoes, chipotle vinaigrette</i>	
QUINOA SALAD	\$9
<i>quinoa, lightly steamed greens, fresh cucumbers, herbs, almond slivers, cilantro-lime dressing</i>	
BUENOS DÍAS SALAD	\$12
<i>mixed greens, kale, tomatoes, tofu scramble, tempeh bacon, avocado, creamy chipotle dressing</i>	

HOT CUBANO	\$9
<i>grilled ham, melted cheese, pickled jalapeños, pickles, mustard, mayo on a pressed hero</i>	
HUMMUS "TRIPLE-DEKE" CLUB	\$9
<i>fresh greens, cucumbers, tomatoes, avocado, tempeh bacon, sprouts, hummus special on grilled rye</i>	
PHILLY CHEESE STEAK	\$9
<i>grilled seitan, mixed saute of bell peppers, mushrooms, and onions with melted cheese on a warm hero</i>	
QUESADILLA	\$9
<i>black beans, diced tomatoes, cheddar-mozza mix, sour cream, chipotle mayo on organic wholewheat tortilla</i>	
REUBEN	\$9
<i>grilled seitan, sauerkraut, cheese, russian dressing on toasted rye</i>	
THE GRINDER	\$9
<i>grilled seitan, garlic, hot peppers, onions, mayo, melted cheese on a warm hero</i>	
THE WERKX	\$9
<i>grilled ham, hickory-smoked Tofurkey slices, hot peppers, greens, tomatoes, olive tapenade, chipotle mayo on a warm hero</i>	

BUILD-a-BURGER

all patties house-made and served with lettuce, tomato, McClure's Pickle



1st choose your patty

BOMBER house-made tempeh and seitan

CHIK FAUX-LE chik'n and pickles

SWEET & SMOKEY chipotle black beans, corn, red bells, mushrooms

2nd choose additional fixins

grilled onions & mushrooms +\$2

cheddar-mozza +\$2

tempeh bacon +\$2

avocado & sprouts +\$2

our award-winning chili +\$2

3rd transform it

make it a double-decker with extra patty and bun +\$4

make it a patty melt with grilled onions, cheese on sourdough +\$2

BREAKFAST

HOUSE-MADE GRANOLA with choice of milk or soy yogurt \$6

add fresh berries \$8

SAG faux "egg" & soysage on a kaiser roll \$5

add cheese \$6

add hollandaise or chipotle mayo \$6.50

on a bagel \$6

TOFU BENEDICT \$10

grilled tofu and ham, fresh spinach, multigrain English muffin, hollandaise served with garlic rosemary potatoes and salad

ALL VEGAN SLAM \$12

tofu scramble, tempeh bacon, soysage, garlic rosemary potatoes, with toast and salad

FRENCH TOAST SLAM \$12

2 french toast wedges, tofu scramble, soysage, tempeh bacon with salad

PANCAKE SLAM \$12

2 pancakes, tofu scramble, soysage, tempeh bacon with salad

CROQUE MADAME \$9

fried tofu egg-e cutlets, ham, melted cheese on a pressed hero with salad

CROQUE MONSIEUR \$9

ham and cheese on grilled sourdough with salad

BREAKFAST BURRITO \$12

"Field Roast" chorizo sausage, tofu scramble, mixed bells, garlic rosemary potatoes, cheese, chipotle dressing in an organic whole wheat tortilla with salad

DRUNKEN COWGIRL \$12

tofu scramble, garlic rosemary potatoes, our award-winning chili, cheese, avocado on texas toast

GET SCRAMBLED \$12

tofu scramble served with toast and salad + your choice of 3: potatoes, mushrooms, zucchini, onions, bells, garlic, cheese, ham, kale, tomatoes, soysage, chik'n, broccoli, tempeh bacon, spinach

TOFU RANCHEROS \$10

tortilla chips, cheese, black beans, tofu scramble, sour cream with salad

BISCUITS & GRAVY \$10

house-made biscuits, soysage, gravy with salad (only available on weekends)

BAGEL with butter \$1.75

with cream cheese \$2.50

with cream cheese special \$3

with PB & house-made jam \$2.50

with tuno salad \$4

BIONIC BREAKFAST \$8

garlic rosemary potatoes, sautéed mushrooms, mixed bells, soysage, chipotle dressing

SOLTERO BOWL \$12

"field roast" chorizo sausage, sautéed greens, quinoa, onions, mushrooms, mixed bells with garlic rosemary potatoes

AWESOME BOWL \$12

quinoa, tofu scramble, sautéed greens, mixed bells with garlic rosemary potatoes

HAND-SIFTED PANCAKES with mixed berry compote (3) \$5

make it a tall stack (6) \$8

add blueberries +\$2

add chocolate chips +\$2

FRENCH TOAST \$8

4 french texas toast wedges with mixed berry compote

MONTE CRISTO \$11

grilled ham, melted cheese on french texas toast with home fries, salad

A-LA-CARTE

tofu scramble \$3

pancake solo \$2.50

home fries \$4

2 soysage patties \$2

2 strips of tempeh bacon \$2

toast \$1

sunshine toast \$4

side salad \$5



HEY. check us out, too!

drinks

SMOOTHIES

BRR-BERRY SMOOTHIE \$6

black berries, strawberries, blue berries, banana with choice of almond or soy milk

PIÑA COLADA SMOOTHIE \$6

pineapple, banana, agave with choice of almond or soy milk

ORANGE DREAMSICLE SMOOTHIE \$6

fresh squeezed orange juice, banana, splash of vanilla with soy milk

COFFEE

*Brooklyn
Roasting Co!*



COFFEE \$2

ESPRESSO \$2

MAPLE LATTE \$4

MACCHIATO \$2.75

CAPPUCCINO \$3

LATTE \$3.50

CHAI LATTE \$3.50

COLD BREW ICE COFFEE \$3

BEVERAGES

ALL NATURAL BOYLAN SODAS \$2.50

FRESH-SQUEEZED ORANGE JUICE \$3.50

FRESH-SQUEEZED GRAPEFRUIT JUICE \$3.50

FRESH CARROT JUICE \$3.50

SWEET ICED TEA *bottomless* \$3

FRESH LEMONADE *with muddled berries* \$3.50

ARNOLD PALMER *1/2 lemonade + 1/2 iced tea* \$3.50

COCONUT WATER \$3.50

JUICES

GREEN FACE \$8

cucumber, broccoli, kale, spinach, green apple, celery, lime, pineapple

WAKE UP CALL \$8

apple, beet, orange, carrot, grapefruit, ginger

PURPLE RAIN \$8

carrot, beet, cucumber, ginger

JUICE CHAMP

custom blend

\$8



choose up to 6 items

CARROT

BEEF

GINGER

GARLIC

KALE

SPINACH

GREEN APPLE

ORANGE

BROCCOLI

CUCUMBER

PEAR

LEMON

LIME

SWISS CHARD

WATER CRESS

GRAPEFRUIT

PARSLEY

CELERY

TOMATO

BLUE BERRIES

STRAWBERRIES

BLACK BERRIES

PINEAPPLE

RASPBERRIES

PINEAPPLE

*new dinner theme
every month!*

DRIVE IN / DINE IN

*Join us every last Sunday of the month for
a candle-lit, 3-course pre-fixe' dinner + movie.*

Ask at the counter for details.

**because we offer a wide range of vegetarian foods, we are unable to guarantee food preparation with utensils that have not also come in contact with allergens*