

soup of the day

served with our house-baked bread

6.5 mac & cheesy

macaroni & broccoli cooked in our housemade cheesy sauce add bean curd bacon 2

fresh cut fries

large basket of fries! add housemade gravy 4 add jackfruit 5

poutine

8

15

fresh cut fries with housemade sunflower cheese & gravy add jackfruit 5

kimchi fries

fresh cut fries, grilled wakame & fried kimchi topped with sriracha mayo & green onions

tempeh wings

crusted & fried tempeh in your choice of sauce, carrot & celery sticks with ranch dressing

onion rings

basket of onion rings with our vegan remoulade sauce for dipping

avocado wedges

three servings of avocado deep fried, with pico de gallo salsa, pickled jalapeños & lime creme with lime garnish

salads & bowls

cobb salad

mixed greens & romaine lettuce, tofu, black beans, avocado, bean curd bacon bits, pickled onion, black olives, cherry tomatoes, & heart of palm with your choice of dressing

add tofu or tempeh 3

caesar salad optional (GF) side 5 | regular 12

romaine lettuce, housemade croutons, bean curd bacon bits, capers, & sunflower parmesan with caesar dressing

add tofu or tempeh 3

GF) optional (SF

wakame bowl

brown rice, steamed greens, wakame, kimchi, sauerkraut, avocado, & mixed seeds with sesame ginger dressing add tofu or tempeh 3

other bowl

brown rice, steamed greens, cherry tomatoes, purple cabbage slaw, avocado, black beans, sweet potato, dried cranberries & mixed seeds with creamy tahini dressing

add tofu or tempeh 3













12

12











marinated and grilled tempeh, avocado, pickled cucumber, sauerkraut, and russian dressing on grilled housemade bread

add brazen hot sauce 2.

marinated and grilled tofu, bean curd bacon strips, sliced tomato, romaine lettuce, and sriracha mayo on grilled housemade bread add avocado 3

15

sandwich & soup lunch special

15

your choice between the tempeh reuben or tofu club served with soup of the day available weekdays only (holidays excluded)

pulled jack

baked jackfruit sautéed in housemade bbg sauce with purple cabbage coleslaw, romaine lettuce, creamy ranch dressing, and topped with one of our signature onion rings on a housemade bun add brazen hot sauce 2 add housemade gravy 4

cauliflower po'boy

roasted cauliflower with giardiniera, lettuce, tomato, remoulade sauce on a housemade long bun add avocado 3

black bean mushroom burger

with bbg sauce:

black bean mushroom patty seared with our housemade bbg sauce and topped with lettuce, tomato, pickled cucumber, sweet onion, and mayo on a housemade bun

with russian dressing:

black bean mushroom patty with russian dressing, caramelized onions and pickles on a housemade bun

add to your salad, bowl or sandwich

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avocado	3	black beans	2	mixed seeds	3
bean curd bacon strips	3	tomato	2	housemade croutons	3
tempeh	3	kimchi	4	sunflower parmesan	3
tofu	3	purple cabbage coleslaw	2	steamed wakame	3
iackfruit	5	sauerkraut	2	steamed greens	3

housemade dressings & sauces

tahini | sesame ginger barbeque | mayo | russian dressing | sriracha mayo caesar | olive oil & lemon spicy sriracha lime | brazen hot sauce | creamy ranch













15







