

Veganuary 2019 Menu

Lunch Specials

Vegan Sex (vegan + GF) \$9

Stacked "salad" layering sliced avocado, oranges, quinoa (tossed with fresh tomatoes, cucumbers, and parsley) and mashed sweet potatoes. Served on an orange vinaigrette and garnished with red bell pepper.

Quinoa Burger Wrap (vegan) \$11

Quinoa cake seared and wrapped in a flour tortilla with guacamole, lettuce, tomato, and a jalapeño coulis. Comes with a choice of side.

Lasagna (vegan) \$11

Layers of pasta baked with tofu ricotta, vegan mozzarella, a vegan bolognese sauce and topped with marinara. Served with broccoli.

Dinner Specials

Loaded Fries (vegan + GF) \$10

Our famous salt & vinegar fries topped with fresh guacamole, black bean and corn salsa, fresh cilantro and vegan sour cream.

Flatbread (vegan) \$10

Housemade flatbread topped with a basil pesto along with grilled yellow squash, zucchini, red pepper, and baby arugula. Garnished with a drizzle of balsamic glaze.

Quinoa Bowl (vegan + GF) \$12

Quinoa salad served with sliced cucumbers, roasted beets, julienned carrots, chickpeas, avocado, and toasted almonds.

Zucchini & Grilled Tofu (vegan + GF) \$18

Sautéed zucchini noodles served with a basil pesto sauce, roasted cherry tomatoes, sautéed spinach, and a grilled marinated tofu steak.

Black Bean Gorditas (vegan + GF) \$18

Three corn patties stuffed with refried black bean and served with a Mexican cactus salad and salsa roja.

Potato Cakes (vegan) \$18

Three potato cakes made with a blend of sautéed wild mushrooms and herbs, pan-fried and served with a jalapeno coulis, avocado, and raw spinach.

Vegetable Plate (vegan + GF) \$18

This week we have grilled yellow squash, zucchini, red bell pepper, broccoli, portobello, and jasmine rice.

Dessert Specials

Strawberry Cheesecake (vegan + GF) on a crust of dates and nuts with a strawberry sauce

Chocolate Layer Cake (vegan) with chocolate espresso glaze

Apple Cranberry Crisp (vegan) with a cranberry puree