APPETIZERS

BUFFALO TOFU TENDERS

8.95

Fried tofu tenders tossed in spicy buffalo sauce and served with vegan ranch. Comes withcelery and carrots for dipping

ROSEMARY BREADSTICKS

6.95

Grilled garlicky rosemary breadstick, served with a spicy marinara sauce for dipping

TEXAS NACHOS

6.95

Tortilla chips smothered in vegan cheddar and tofu sour "cream," topped with black and red beans, salsa and pickled jalapeños

SPICY PEANUT NOODLES

10.95

Cold soba noodles in a spicy peanut sauce topped with slivers of cucumber, pickledsea greens and crushed peanuts

GREEK PLATTER

9.95

Chipotle lime hummus and baba ganoush served with Kalamata olives, cucumber slices and grilled pita bread

PICKLE PLATTER

6.95

A selection of pickled vegetables, including dilly beans, kosher dill pickles and Italian spiced mushrooms

SALADS

FRESH GREENS SALAD

5.95

Seasonal garden greens with carrots and grape tomatoes, served with our poppyseed dressing

FRESH FRUIT AND GREENS SALAD

6.95

Seasonal garden greens, apples and cranberries, served with out poppyseed dressing

CAESAR SALAD

8.95

Chopped romaine, tofu croutons and red onions, served with a vegan Caesar dressing

SANDWICHES

SOLSTICE TOFU SANDWICH

10.95

Grilled tofu topped with sun-dried tomatoes, pickles, spinach and onions of a wheat roll. Served with a side of vegan mayo

HOUSEMADE VEGGIE BURGER

11.95

Quinoa, mushroom and oat burger with a touch of smoked paprika, served on a wheat roll with lettuce, tomato and onions. Your choice of ketchup, mustard or vegan mayo on the side

GLUTEN-FREE VEGGIE WRAP

10.95

Hummus, spinach, tomatoes and black olives stuffed into a gluten free herb wrap

BAHN MI 11.95

Lemongrass tofu, grilled and served on a baguette with pickled vegetables, cilantro and spicy vegan mayo

FALAFEL 10.95

Baked chickpea patties, topped with chopped cucumber, tomatoes, red onions and tahini sauce on a wheat pita

ENTREES

RED CURRY PLATTER Red curry chock full of seasonal vegetables, served with basmati in homemade coleslaw	12.95 rice and
GREEN CURRY PLATTER Green curry chock full of seasonal vegetables, served with basmo homemade coleslaw. A spicy treat!	12.95 ati rice and
RICE AND BEANS BOWL Basmati rice and stewed black and red beans, topped with homes salsa, cilantro, black olives and avocado	11.95 made
TOFU SCRAMBLE Spiced tofu scrambled with spicy seitan sausage, served with hom ketchup	12.95 nefries and
TWICE FRIED BLACK BEANS AND GREEN RICE Mashed, spicy black beansand green rice, served with pickled on and avocado	
BURRITOS	
SOYRIZO Soyrizo with black beans, rice and vegan Cheddar, topped with or sauce. Served with a side of tofu sour "cream"	8.95 ur BBQ
SMOKY TEMPEH Crumbled tempeh, rice, sweet potatoes and hot peppers., topped curry sauce. Served with a side of tofu sour "cream"	9.95 I with red
BLACK BEAN BOMB Black beans, rice, chopped pineapple and hot peppers. Served w of tofu sour "cream"	9.95 vith a side
EXTRAS	
FRESH SEASONAL FRUIT	2.75
ROASTED SWEET POTATOES	2.25
BLACK BEANS AND RICE	3.25
BLANCHED KALE	3.75
SEITAN SAUSAGE	4.25
DRINKS	
COFFEE	1.25
ICED COFFEE	1.50
ICED TEA	1.25
LEMONADE	2.25
GINGER LEMONADE	3.25