Est. 2010



ALL VEGAN

STARTERS

French Fries 6*

with chipotle mayo add bacon & cheese +2 add chili & cheese +2

Sweet Potato Fries 6*

with cajun mayo

Tater Tots 5 *

Seitan Asada Fries 9

with seitan asada, sour cream, cheese, chives

Poutine 9

 $with\ gravy\ and\ cheese\ curds$

Tempeh Wings 9

buffalo or BBQ with crudité & ranch dressing

Nachos 11

nacho cheese, black beans, salsa, sour cream, pickled jalapeños, guacamole CAN BE MADE SOY FREE

Mozzarella Sticks 10

marinara sauce

Three-Bean Chili **
CUP 4 OR BOWL 6

ENTREES

Buffalo Chik'n 11

spicy buffalo chik'n, greens, tomatoes, sautéed onions, ranch dressing on a hero

Cubano 11

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

Mac N Cheese 9

baked with crunchy breadcrumb crust add broccoli or bacon +2/ea

No-Carne Asada Burrito 13

seitan asada, cabbage, seasoned rice, black beans, served with salsa, sour cream, lime

Philly Cheese Steak 12

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

Reuben 11

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

The Grinder 12

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

Country-Fried Seitan 13

breaded Blackbird seitan, bacon, cheese, ranch dressing, tomato, greens on texas toast

Baja Fish Burrito 12

crispy fish cutlets, purple cabbage, greens, sour cream, avocado, salsa, chipotle dressing in whole-wheat tortilla

BLAT 9

veggie bacon, lettuce, avocado, and tomato with mayo on rye

Chik'n Parmesan 13

chik'n, marinara sauce, basil pesto and mozzarella cheese on a hero

Dinner Enchiladas 14

marinated "steak", seasoned rice, ranchero sauce, cheese, served with salsa, sour cream and shaved radishes

BOWLS

Awesome Bowl 13**

quinoa, tofu scramble, bell peppers, garlic sautéed kale, home fries with hollandaise sauce

Basic Bowl 11*

beets, rice, broccoli, black beans and garlic with tahini-miso sauce

Mac Daddy 13

mac and cheese, veggie bacon, crumbled veggie burger, cherry tomato, broccoli, bread crumbs

Soltero Bowl 13

crumbled chorizo, quinoa, onions, mushrooms, bell peppers, home fries garlic sautéed kale with sour cream, chives, lime wedge

SALADS

- in a wrap for + \$1 -

Kale Caesar 6/12

raw kale, garlic croutons, parmesan cheese, caesar dressing add breaded chik'n+2

Mexican Kale Salad 12 **

kale, quinoa, avocado, black beans, sweet corn, cherry tomatoes, cilantro lime dressing add southwest chik'n +2

Kitchen Sink Salad 12**

mixed greens, kale, carrots, cucumbers, cherry tomatoes, red onions, sunflower seeds, mushrooms, bell peppers, avocado and ginger sesame dressing

Due to high volume, our kitchen cannot accommodate modifications and substitutions. Please be aware that requests may not be granted.

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

BREAKFAST

SAG 7

 $to fu\ scramble\ \&\ soy sage\ on\ a\ roll$ add cheese +1 $\,$ add chipotle mayo\ or hollandaise +.50 $\,$

Tofu Benedict 13

grilled tofu, ham, hollandaise on multigrain english muffin with home fries and salad ASK YOUR SERVER FOR GLUTEN FREE

French Toast Slam 13

2 french toast wedges, tofu scramble, veggie or tempeh bacon, soysage, home fries

Pancake Slam 13

2 pancakes, tofu scramble, veggie or tempeh bacon, soysage, home fries

Breakfast Burrito 12

crumbled chorizo, tofu scramble, bell peppers, cheese, home fries, topped with chipotle mayo in whole wheat tortilla with side salad

Drunken Cowgirl 12

tofu scramble, home fries, three-bean chili, cheese, avocado with texas toast

á la carte

Red Flannel Hash 13

corned beef seitan, beets, onions, potatoes

with toast

Breakfast Enchiladas 14

scramble, soysage, cheese, guacamole,

salsa, sour cream in corn tortillas

with side salad

ASK YOUR SERVER FOR GLUTEN FREE

TOFU SCRAMBLE 3.75 AVOCADO 3

PANCAKE SOLO 3 SAUTÉED KALE 5

HOME FRIES 5 GLUTEN-FREE TOAST

SAUSAGE LINKS 3 3.50

VEGGIE OR TEMPEH FRUIT SALAD 6
RACON 3

BISCUIT & BUTTER
COLESLAW 3 250

TOAST 2
GUACAMOLE 3

2.50 Drumsticks 5

BUTTER .50

PANCAKES

all topped with powdered sugar

MAKE IT A TALL STACK +\$3

Hand-Sifted Pancakes 8

add chocolate chips or blueberries +2/ea

Confetti 9

 $sprinkles, whipped\ cream$

S'Mores 10

chocolate chips, Dandie marshmallows, graham crackers, whipped cream

Bananarama 9

 $bananas, chocolate\ chips, whipped\ cream$

BURGERS

served with fries & coleslaw

Classic Burger 12

 $lettuce,\,tomato,\,onion\,and\,pickle$

Bacon Cheeseburger 14

classic patty with bacon and cheese

Pulled Pork 13

 $marinated\ seitan, BBQ\ sauce, pickles$

Spicy Grilled Chik'n 13

grilled chik'n steak, cajun mayo, veggie bacon, lettuce, tomato

Cajun Fried Fish 13

fish patties, cheddar, cajun mayo, tomatoes, lettuce, pickles

Behemoth 15

double patties, cheese whiz, caramelized onions, lettuce, tomato, thousand island dressing

The Gutbuster 14

jalapeno, American cheese, avocado, chipotle mayo, lettuce, tomato, pickle

SHAKES

S'Mores 9

chocolate ice cream, crushed graham crackers, Dandie marshmallows

Nut Cruncher 9

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

PSL 9

vanilla ice cream, pumpkin spice, coffee, whipped cream

Girl Scout 9

 $vanilla\ ice\ cream,\ mint\ cookie\ crumbles$

Strawberry Cream 9

 $vanilla\ ice\ cream,\ strawberries,\\ whipped\ cream$

Classic 8

vanilla or chocolate ice cream add cookie crumbles, sprinkles, peanut butter +.50/ea

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Because we offer a wide range of vegan foods, we are unable to guarantee food preparation with utensils

DESSERT

Supplied by Vegan Treats available Wednesday through Sunday

Cake 6

Peanut Butter Bomb German Chocolate **

Cheesecake 5**

Chocolate Peanut Butter NY Style with cherry topping White Chocolate Raspberry

Cupcakes 3.50

Red Velvet Cookies 'n' Cream Peanut Butter Mousse

Cannolis 4

Cookies 3

SUNDAE 9

two scoops of vanilla or chocolate, chocolate sauce, whipped cream, cherry on top

add cookie crumbles, sprinkles +.50/ea

DRINKS

JUICES

\$8 AVAILABLE 'TIL 10PM

Green Face

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

Gold Strike

pineapple, orange, ginger, lemon, cayenne pepper

Wake-Up Call

apple, beet, orange, carrot, lemon, ginger

Ginger Shot 4

juiced ginger, lemon, cayenne

SMOOTHIES 8

Choice of Soy or Almond Milk AVAILABLE 'TIL 10PM

Berry

strawberries, blueberries, agave, banana

Piña Colada

pineapple, banana, agave, shaved coconut

COFFEE

MILKS: SOY, ALMOND, OAT

Bottomless Coffee 2

Espresso 2.50

Maple Latte 4.50 Macchiato 3

Cappuccino 3.50

Latte 4

Chai Latte 4 Cold Brew Iced Coffee 4

TEA

\$ 1.50

Earl Grey English Breakfast Green Tea Peppermint Chamomile

EGG CREAMS 3

Vanilla Chocolate Coffee +\$1 **Maple** +\$1

BEVERAGES

Orange Juice 3.75/6

Carrot Juice 3.75/6

Bottomless Iced Tea 3

Lemonade 3.50

Arnold Palmer 3.50

Hot Chocolate 3 add whipped cream +1.50

DRAFT SODA

\$ 2.50

Cola Diet Cola

Root Beer

Ginger ale

Lemon-Lime Orange

FLOATS 7

vanilla soy ice cream

Root Beer Orange Soda **Iced Coffee**

OPEN FROM 8AM-12AM EVERYDAY