
Est. 2010



ALL VEGAN

WELCOME
— to —
CHAMPS
DINER

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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

na cho cheese, black beans, salsa,
sour cream, pickled jalapeños, guacamole
CANEVADESOFREE

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

BREAKFAST

SAG 7

tofu scramble & soysage 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

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

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

à la carte

TOFU SCRAMBLE 3.75	AVOCADO 3
PANCAKE SOLO 3	SAUTÉED KALE 5
HOME FRIES 5	GLUTEN-FREE TOAST 3.50
SAUSAGE LINKS 3	FRUIT SALAD 6
VEGGIE OR TEMPEH BACON 3	BISCUIT & BUTTER 2.50
COLESLAW 3	DRUMSTICKS 5
TOAST 2	BUTTER .50
GUACAMOLE 3	

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

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

