
Est. 2010



ALL VEGAN

WELCOME
— to —
CHAMPS
DINER

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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

All Vegan Slam 12

tofu scramble, veggie or tempeh bacon, soysage, home fries, toast

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

French Toast 5/10

half or full order topped with powdered sugar and seasonal fruit

Country Breakfast 13

seitan steak with white gravy, scramble, home fries

Biscuits & Country Gravy 12

house-made biscuits, soysage, gravy, fresh sage with home fries

French Toast 5/10

half or full order topped with powdered sugar and seasonal fruit

Breakfast Burrito 12

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

Loaded Breakfast Burrito 14

classic breakfast burrito with sauteed kale, ranchero sauce, sour cream and chives

Drunken Cowgirl 12

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

Chik'n & Waffles 12

topped with powdered sugar and butter

Belgian Waffle 11*

topped with powdered sugar, seasonal fruit and whipped cream

Red Flannel Hash 13

corned beef seitan, beets, onions, potatoes with toast

Hippie Hash Skillet 13

tomato, broccoli, onion, bell peppers, mushroom, scramble, potatoes with toast
sub GF toast +1*

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

Red Velvet 9

chocolate chips, whipped cream

STARTERS

French Fries 6*

with chipotle mayo

Sweet Potato Fries 6*

with cajun mayo

Seitan Asada Fries 9

with seitan asada, sour cream, cheese, chives

Tempeh Wings 9

buffalo or BBQ
with crudité & ranch dressing

Nachos 11*

nacho cheese, black beans, salsa, sour cream, pickled jalapenos, guacamole
ON BEANS & SOY FREE

Mozzarella Sticks 10

marinara sauce

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	

ENTREES

Buffalo Chik'n 11

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

Champs Club 10

hickory-smoked Tofurkey slices, tempeh bacon, greens, tomatoes, mayo on toasted rye

Mac N Cheese 9

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

Cubano 11

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

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

Salads

— in a wrap for + \$1 —

Kale Caesar 6/12

raw kale, garlic croutons, parmesan cheese, caesar dressing
add chickn +2

Kitchen Sink Salad 12 ✨

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

Mexican Kale Salad 12 ✨

kale, quinoa, avocado, black beans, sweet corn, cherry tomatoes, cilantro lime dressing
add Southwest chickn +2

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

Soltero Bowl 13

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

BURGERS

— served with fries & coleslaw —

Classic Burger 12

lettuce, tomato, onion and pickle

Pulled Pork 13

marinated seitan, BBQ sauce, pickles

Spicy Grilled Chik'n 13

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

Bacon Cheeseburger 14

classic patty with bacon and cheese, lettuce, tomato, onion and pickle

SHAKES

S'Mores 9

chocolate ice cream, crushed graham crackers, Dandie marshmallows

PSL 9

vanilla ice cream, pumpkin spice, coffee, whipped cream

Strawberry Cream 9

vanilla ice cream, strawberries, whipped cream

Nut Cruncher 9

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

Girl Scout 9

vanilla ice cream, mint cookie crumbles

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

