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*Est. 2010*

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*ALL VEGAN*

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**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 jalapeños, 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, a avocado, salsa, chipotle dressing in whole-wheat tortilla

## **BLAT 9**

veggie bacon, lettuce, a 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, a avocado, black beans, sweet corn, cherry tomatoes, cilantro lime dressing  
add Southwest drink +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

## **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***

