

STARTERS, SALADS & SIDES

\$5.95
.....
BUFFALO CAULIFLOWER BITES
with ranch dipping sauce

\$6.95
.....
KALE SALAD **gl** **sf**
with cranberries, shredded carrot, sunflower seeds and maple mustard vinaigrette

\$3.95
.....
TATER TOTS **gl**
with cajun seasoning and spicy chipotle dipping sauce

\$6.49
.....
MAC N CHEESE **gl**
organic gluten-less noodles smothered in house-made butternut squash cheese sauce topped with walnut parmesan. (make it chili, buffalo, pesto or nacho mac for no extra charge)

\$5.95
.....
LULU'S CHILI **gl** **nf**
smoky chipotle chili with quinoa, sweet potatoes, onion, red kidney beans, black beans and tomatoes topped with house-made, butternut squash cheese, sour cream, green onion and cilantro

\$8.95
.....
LOADED NACHOS **gl**
tortilla chips topped with jackfruit carnitas and smothered with house-made butternut squash cheese sauce, salsa, sour cream and garnished with green onion, pickled jalapeño and cilantro

SM \$5.95
LG \$8.95
.....
VOLCANO TOTS **gl**
tater tots smothered in lulu's chili, house-made butternut squash cheese sauce, sour cream and garnished with green onion and cilantro

SM \$6.95
LG \$9.95
.....
LOADED NACHO TOTS **gl**
tater tots topped with jackfruit carnitas and smothered with house-made butternut squash cheese sauce, salsa, sour cream and garnished with green onion, pickled jalapeño and cilantro

\$8.95
.....
KALE AND BRUSSELS SPROUTS CAESAR SALAD **gl**
shredded kale and brussels sprouts with a creamy, house-made caesar dressing, chickpea croutons, capers, lemon and walnut parmesan



WRAPS & SANDWICHES

Add Billy Goat chips for \$1 more. Add tater tots for \$2 more or kale salad for \$3 more.

\$6.95
.....
SWEET POTATO FALAFEL
our version of the mediterranean sandwich, house-made crispy sweet potato fritters, cucumber, red onion, fresh greens and tzaziki sauce in a warm pita

\$8.95
.....
BUFFALO CAESAR WRAP
house-made crispy buffalo cauliflower bites on a whole wheat tortilla with shredded kale and brussels sprouts with a creamy, house-made caesar dressing and chickpea croutons

\$7.95
.....
BUFFALO CAULIFLOWER WRAP
house-made crispy cauliflower bites on a whole wheat tortilla with greens, shredded carrot, red onion, cucumber, smothered in spicy buffalo sauce and creamy ranch

gl **sf** **nf**
gluten-less soy free nut free

\$6.95
.....
SWEET POTATO BLACK BEAN BURGER
house-made sweet potato black bean burger on a pretzel bun with fresh greens, red onion and chipotle sauce

\$6.95
.....
BUFFALO BLUE BURGER
house-made sweet potato black bean burger on a pretzel bun with fresh greens, red onion, spicy buffalo sauce and creamy ranch

\$7.95
.....
THE ROBO SPECIAL
house-made sweet potato black bean burger wrapped up in a whole wheat tortilla with fresh greens, lulu's chili and house made butternut squash cheese sauce

\$8.95
.....
SLIDERS
three house-made sweet potato black bean sliders on mini pretzel buns, choose two of our signature sauces: spicy chipotle, ranch, buffalo and butternut squash cheese sauce

\$8.95
.....
LOADED NACHO CRUNCH WRAP
jackfruit carnitas, crushed tortilla chips, house-made butternut squash cheese sauce, wrapped in a whole wheat tortilla and grilled to golden brown, served with pickled jalapeño, salsa and sour cream

\$8.95
.....
WINTER QUINOA WRAP
warm quinoa, roasted winter vegetables, shredded carrots, kale, walnut parmesan and cranberries with house-made kale pesto sauce wrapped in a whole wheat tortilla

\$7.95
.....
CARNITAS TACOS **gl**
marinated and grilled jackfruit carnitas, diced onion, cilantro, pickled jalapeño, salsa and house-made butternut squash cheese sauce on soft white corn tortillas

ENTREES

\$8.95 BUTTERNUT SQUASH ENCHILADAS

butternut squash, black bean and kale enchiladas smothered in house-made butternut squash cheese sauce, salsa and sour cream with roasted pepitas, green onion and cilantro

\$7.95 WINTER FLATBREAD

kale pumpkin seed pesto sauce, roasted winter vegetables drizzled with balsamic reduction and topped walnut parmesan

\$9.95 WINTER QUINOA BOWL **gl**

warm quinoa, roasted winter vegetables, kale, shredded carrot, walnut parmesan, cranberries and house-made kale pesto sauce

\$9.95 MUSHROOM STROGANOFF **gl**

organic, gluten-less pasta tossed with roasted mushrooms, shallots and fresh herbs in a rich, creamy sauce topped with walnut parmesan



Many of our items are cooked in 100% all-natural peanut oil. Please let us know if you have a peanut allergy.

We offer gluten-less items, however, we are not a gluten-free facility. Please let us know if you have a severe gluten allergy.

All sauces are made from scratch in house.

In an effort to minimize food waste, we may be sold out of a particular item. Please see the menu board for a list of items that may be sold out. Thank you for your understanding!

KIDS MENU

for kids 12 and under

CAULIFLOWER NUGGETS **sf** \$4.95

KIDS NACHOS **gl** \$4.95

MINI BURGER (1) \$3.95

CHEESY TOTS **gl** \$4.95

KIDS QUESADILLA \$4.95

SUSTAINABILITY

- We received a 5 star certification in sustainability through The Green Dining Alliance (GDA)!
- 95% of our waste is composted or recycled.
- We use 100% compostable to go materials.
- We use 100% all-natural, non-GMO ingredients.
- We source local and/or organic ingredients whenever possible.
- All menu items are 100% plant-based.
- We grow our own ingredients on top of our food truck and in our restaurant space.
- We minimize food waste by strategically structuring our menu to accommodate the changing seasons as well as customer demand.



www.luluslocaleatery.com

3201 south grand
saint louis, mo 63118

call in your order for pick-up
(314) 300-8215



LULU'S LOCAL EATERY

FALL + WINTER MENU