



SANDWICHES

<u>Grilled Cheese</u> (V)	
Cheddar, Provolone, Smoked Gouda, Goat Cheese or Vegan Cheez	7
<u>BLT</u> (V & GFO)	
Artie’s Tempeh Bacon, Spring Mix, Tomatoes & Vegan Mayo on Wheat Toast	7.50
<u>Tofu Banh Mi</u> (V & GFO)	
Fried Tofu, Pickled Carrot, Cucumber, Cilantro, Jalapeno’s, Scallions, Vegan Mayo, Sriracha, Peanut & Sweet Pepper Sauces on a Baguette	11
<u>Buffalo Tofu Ranch</u> (V & GFO)	
Crispy Buffalo Tofu, Spring Mix, Tomato, Red Onion, House Pickles and Vegan Ranch on a Baguette	10.50
<u>Philly CheeseSteak</u> (V)	
House Veggie Seitan ‘Steak’ with Sauteed Peppers, Onions, Mushrooms, Vegan Mayo on a Baguette w/ choice of Provolone, Vegan Mozzarella (V), or Cheez Sauce (V)	12.75
<u>Fried Oyster Mushroom Po’ Boi</u> (V & GFO)	
Cornmeal Battered Local Oyster Mushrooms, Tomato, Diced Red Onion, Spring Mix, Vegan Mayo & Remoulade on a Baguette	13
<u>Sloppy Jose</u> (V & GFO)	
Artie’s Tempeh smothered in house BBQ Sauce on a Baguette with Spring Mix, Cilantro, Jalapenos, Pickled Red Onions & Vegan Mayo	10.50

BUILD YOUR OWN HANDHELD

1. Choose one:	<u>Black Bean Josefina Burger</u> (V & GFO) 9.50
	<u>Beet Burger</u> (V) 9.50
	<u>Fried Chikin Patty</u> (V) 12
2. Choose one:	Vegan Mayo / Vegan Jalapeno Aioli / Chipotle Crema / Vegan Ranch

BUILD YOUR OWN BOWL

1. Choose one Base:	<u>Vegan Mac n’ Cheez</u> (V) 13
	<u>Black Beans & Yellow Rice</u> (V&GFO) 13
2. Choose one Protein:	Tempeh Bacon / Crispy Tofu / Veggie Steak Slices / BBQ Tempeh / Fried Oyster Mushrooms (+2.75) / Fried Chikin Tenders (+2.75)
3. Choose one Veggie:	Sauteed Spinach / Garlic Sauteed Kale / Grilled Peppers & Onions & Mushrooms / Avocado (+1)
4. Choose one Sauce:	Ranch / Remoulade / Buffalo / BBQ / Chipotle Crema
5. Choose one Garnish:	Scallions / Cilantro / Diced Red Onion / Pickled Red Onion

Additional proteins +3.5 ea. Oyster Mushrooms +6.25 ea Fried Chicken Tenders +6.25 ea.
Additional veggies +1.50 ea. Additional avocado +2.50 Additional sauces +1 ea.

SALADS

Kitchen Salad (V & GF)
Carrots, Cucumbers, Apples, Scallions, Dried Fruit,
Toasted Nuts and Mixed Greens with Pecan or Balsamic Dressing **Small 6 / Large 11**

Sesame Peanut Salad (V & GF)
Cucumber, Red Bell Pepper, Almonds, Scallions, Carrots,
Sesame Seeds over a bed of Mixed Greens & served with
Peanut Dressing & Lime Wedge **Small 6 / Large 11**

BARK Salad (V & GF)
Avocado, Tomato, Cucumber, Pickled Red Onion, and Carrots
over a bed of Spinach served with Vegan Ranch Dressing **Small 6 / Large 11**

**Add Artie’s Tempeh Bacon or Crispy Tofu Strips to any Large Salad 3.50 / Small Salad 1.75
or Oyster Mushrooms for 6.25 or Fried Chikin Tenders for 6.25**

Make Any Large Salad as a Wrap for no Additional Charge!

SIDES

Herb Roasted Potatoes (V & GF) **3.25**
Hand-Cut French Fries (V & GF) **3.25 / With Cheez 5.50**
Vegan Mac (V) **Cup 5 / Bowl 9**
Black Beans & Yellow Rice (V & GF) **Cup 5 / Bowl 9**
Garlic Sauteed Kale (V & GF) **3.75**
Artie’s Tempeh Bacon (V & GF) **3.50**
Seitan Steak (V) **3.50**
Marinated Tofu Strips (V & GF) **3.50**
Cage Free Fried Egg (V & GF) **1.50**
Avocado Half (V & GF) **2.50**
Fried Oyster Mushrooms w/ Vegan Remoulade (V & GF) **6.25**

BEVI COUNTER

Coffee (Hot or Iced) **2.50**
Iced or Hot Tea (changes daily) **2.50**
Homemade Ginger Lemonade **2.75**
Arnold Palmer (Iced Tea & Lemonade) **2.75**
La Croix (lemon, lime, grapefruit) **2**
Coke Products (Coke, Diet Coke, Sprite, Ginger Ale) **2**
Ginger Beer or Rootbeer **2.75**
Orange, Apple or Grapefruit Juice **2.75**
Kombucha **5.75**
Steaz Yerba Mate **3**
Red Bull **5**

Call us to order ahead! (850) 900-5936 OR Order online! Thebarkfl.square.site Delivery Service: Doordash

Social Media:  &  &  @thebarkfl

HOURS: TUES 11am-10pm, WED-SAT 11am-2am, SUN 11am-10pm, Closed Mondays!

The Bark is a vegetarian scratch kitchen with a full bar and venue space based in Tallahassee Florida.
We bake all of our bread in house and love local veggies, music, and art!