

SANDWICHES



Served on House Made Bread

Tofu Banh Mi (V & GFO)

fried tofu, pickled carrot, cucumber, cilantro, jalapeños, scallions, vegan mayo, sriracha, peanut & sweet pepper sauces on a baguette

13

Philly CheeseSteak (VO)

house veggie seitan 'steak' with sautéed peppers, onions, mushrooms, vegan mayo on a baguette

choice of provolone / vegan mozzarella (v) / vegan cheez sauce (v)

13

BLT (V & GFO)

artie's tempeh bacon, spring mix, tomatoes & vegan mayo on wheat toast

8

Buffalo Tofu Ranch (V & GFO)

crispy buffalo tofu, spring mix, tomatoes, red onion, house pickles, vegan mayo, and vegan ranch on a baguette

13

Fried Oyster Mushroom Po' Boi (V & GFO)

cornmeal battered local fried oyster mushrooms, spring mix, tomatoes, diced red onions, vegan mayo & remoulade on a baguette

15

Tempeh Bacon Pesto Melt (VO & GFO)

tempeh bacon, vegan basil pecan pesto, roasted tomatoes, artichoke hearts, arugula, and balsamic reduction pressed on a housemade baguette

choice of vegan mozzarella / dairy provolone cheese

13

Veggie Smash Cheese Burger (VO & GFO)

housemade beet, lentil, & TVP smash burger patty, spring mix, tomato, onion, house pickles, burger sauce on a housemade bun.

choice of vegan cheddar / dairy cheddar cheese.

13

Hot Honee Fried Chikin Sandwich (V)

seitan fried chikin patty drenched in vegan hot honee sauce, housemade vegan pimento cheese, house pickles, arugula, vegan mayo on a housemade bun

13

Grilled Cheese (VO)

choice of cheddar / provolone / vegan cheddar on wheat toast

7

V - Vegan VO - Vegan Option GFO
Gluten Free Option (3 Corn Tacos or over Mixed Greens as a Salad)

SALADS

Grilled Chikin Kale Cashew Caesar (V)

blackened seitan chikin strips over kale, housemade croutons, red onion, and avocado, tossed in a creamy housemade cashew caesar dressing

8/15

Sesame Peanut Salad (V & GF)

crispy fried tofu drizzled with sweet pepper sauce over spring mix, cucumber, carrot, red bell peppers, toasted cashews, sesame seeds, and scallions. served with a lime wedge and peanut dressing on the side

8/15

BARK Salad (V & GF)

tempeh bacon over arugula, carrots, cucumber, tomatoes, pickled red onion, and avocado, served with vegan ranch dressing on the side

8/15

Big Mezze Salad (V & GFO)

hummus, roasted tomatoes, cucumber, red onion, artichoke hearts, arugula, red bell pepper, and pita chips served with vegan greek vinaigrette on the side

8/15

Additional proteins +5 ea. Oyster Mushrooms +7 ea.
Fried Chicken +6 ea. Additional sauces +1 ea.

ALL PRICES INCLUDE TAX



BUILD A BOWL

(V/GFO) 15

STEP 1 CHOOSE YOUR BASE

- vegan mac n' cheez
- black beans & yellow rice (gf)

STEP 2 PICK YOUR PROTEIN

- tempeh bacon (gf)
- crispy tofu (gf)
- seitan steak
- fried oyster mushrooms (gf) +3.50
- fried chikin +2.50

STEP 3 CHOOSE A VEGGIE

- garlic sautéed kale
- grilled peppers, onions & mushrooms
- avocado +1.00

STEP 4 CHOOSE A SAUCE

- ranch (v/gf)
- remoulade (v/gf)
- buffalo (v/gf)
- chipotle krema (v/gf)
- chz sauce (v)

STEP 5 GARNISH IT

- scallions
- cilantro
- diced red onion
- pickled red onion

Additional proteins +5 ea. Oyster Mushrooms +7 ea. Fried Chicken +6 ea.
Additional veggies +2 ea. Additional avocado +2 Additional sauces +1 ea.

SIDES

Herb Roasted Potatoes (V & GF)	4
Hand-Cut French Fries (V & GF)	4
Hand-Cut French Fries with Cheez (V)	6
Vegan Mac (V)	Cup 5.50 / Bowl 10
Black Beans & Yellow Rice (V & GF)	Cup 5.50 / Bowl 10
Garlic Sauteed Kale (V & GF)	5
House Salad (V & GF) spring mix, tomatoes, cucumber, carrots, red onion, croutons and choice of vegan dressing (ranch, greek vinaigrette, cashew caesar, peanut sauce)	5
Avocado Half (V & GF)	2
Fried Oyster Mushrooms w/ Vegan Remoulade(V & GF)	7
Hummus with Pita Chips and Veggies (V & GF)	8
Pecan Pesto Pasta Salad (V)	5

BEVERAGES

*ONE FREE REFILL

Coffee*	3
Iced or Hot Tea (changes daily)*	3
Homemade Ginger Lemonade*	3.50
Arnold Palmer (Iced Tea & Ginger Lemonade)*	3.50
La Croix (lemon, lime, grapefruit)	2.50
Coke Products (Coke, Diet Coke, Sprite, Ginger Ale)*	2.50
Main Root Ginger Beer or Rootbeer	4
Orange, Apple or Grapefruit Juice	3
Kombucha	5.75
Guayaki Yerba Mate	5.75
Red Bull	5

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

@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!

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