



Starters

Spring Rolls (nf, 4 halves) Asian cabbage, carrots, onions, mushrooms, glass noodles, sweet and sour sauce, spicy mustard, 5.5

Steamed or Pan Fried Dumplings (nf) Asian cabbage, carrots, tofu, black mushrooms, soy-ginger sauce, 9

Pan Seared Mushroom Scallops (nf, gf, available sf) trumpet mushroom, cauliflower puree, olive and parsley pesto lightly finished with soy sauce, 11

Beet Carpaccio (gf) olive oil and lemon marinated beets, house-aged cashew cheese, olive pesto, 10

Grilled Eggplant Caprese Stack (gf) portobello mushroom, steak tomato, cashew cream, basil pesto, balsamic reduction, 8

Artichoke & Spinach Dip (gf, nf) Daiya cheese, organic corn chips, 10

Fried Avocado Tacos (nf, available gf) avocado, roasted tomato, shredded romaine lettuce, Daiya cheese, mild chipotle salsa, corn tortilla, 9

Crispy Brussels Sprouts (nf) Brussels sprouts fried in tempura batter, tossed in Mae Ploy sauce, 9

Supreme Nachos (nf) organic corn chips, Daiya cheddar cheese, our house-made chili, romaine lettuce, tomatoes, jalapeño, guacamole, 12

Buffalo Lollipops soy chicken drumstick, house-made Buffalo hot sauce, celery, vegan blue cheese, 9

Sliders (2) Buffalo Portobello mushroom with tomato, romaine lettuce, pesto ranch; and BBQ seitan with pickled red onion and sweet pickles, 9

nf= nut free, sf= soy free, gf= gluten free

Please alert your server of any allergies

For parties of 5 or more, an 18% gratuity will be added.

Salads

Classic Caesar (nf) crisp romaine, soy chicken, hearts of palm, herbed croutons, our house-made Caesar dressing, mushroom anchovies, 12

Avocado Massaged Kale (gf,) beet, orange, almond, fresh lime juice, 11

Harvest Salad (sf) organic mixed greens, asparagus, herb croutons, Gorgonzola cheese, Granny Smith apples, candied walnuts, carrots, and dried cranberries tossed with thyme vinaigrette, 13

Banh Mi Tofu Salad (nf) spinach, mixed greens, kimpora carrots, cucumber, sesame dressing, topped with grilled marinated tofu, 13

Warm Quinoa Veg Plate (gf, nf, available sf) steamed quinoa, kale, broccoli, navy beans, sweet miso dressing, 15

Entrees

Sunflower Burger (nf) homemade soy patty, lettuce, tomato, pickled red onion on a multigrain bun accompanied by baked sweet potato fries and organic mixed greens with ginger dressing, 14

Add grilled portabello, 3; grilled onions, 1.50; avocado, 3; Daiya, 3; white cheddar, 2

Garden Loaf (nf) soy loaf with herbed mashed potatoes, grilled asparagus, spring roll, and Granny Smith apple paired with a miso-mushroom gravy, 19

Sesame Soy Chicken (nf) crispy soy chicken, broccoli, mushrooms, red bell peppers, onions, sweet and spicy garlic sauce, and served with a side of organic brown rice, 19

Orzo Eggplant Lasagna (nf) baked portabella mushroom, grilled asparagus, eggplant, zucchini, roasted red pepper, spinach, tofu ricotta orzo pasta, and slow-roasted shallot marinara with grilled asparagus. 18

Berry BBQ Tempeh (gf, nf) tempeh topped with homemade berry BBQ sauce with roasted red potato, horseradish cream, and braised kale, 19

Fiesta Enchilada (nf) marinated soy chicken, sautéed onions, red bell peppers, cheese (choice of Daiya or cheddar), flour tortilla, romaine lettuce, with a Granny Smith apple and corn salsa, 22

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Handmade Ravioli (nf) kabocha squash and tofu ricotta ravioli are topped with grilled mushrooms, spinach, tomatoes, green beans, and slow-roasted shallot marinara, 18

Spicy Pad Thai Noodles (gf) rice noodles, zucchini, green beans, red bell pepper, mushrooms, baked tofu, bean sprouts, coconut-tahini sauce and garnished with crushed peanuts, 18

Baked Stuffed Acorn Squash (gf) spinach, wild rice, red cabbage, carrots, cranberries, mushrooms, fava beans, corn, and walnuts with bean sprouts and kale on the side, 19

Fajitas Soy Steak (nf) smoked tofu, sweet onion, red bell pepper, zucchini, mushrooms, flour tortillas, lettuce, guacamole, salsa, 22

Chimichuri Seitan Steak (nf) grilled seitan steak, cauliflower mash, Argentinian chimichuri sauce, and grilled asparagus, 20

Garden Harvest Pasta (gf) carrots, bell peppers, gluten free rice pasta, sun-dried tomato pesto sauce, 17

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