



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

Black Bean Quesadilla (nf, available gf) organic brown rice, black beans, sweet corn, spinach, sun-dried tomatoes, and *choice of Daiya or cheddar cheese*. Comes with chips, salsa, and organic mixed green salad tossed in a ginger dressing, 12

Roasted Portabella Mushroom Melt (nf) spinach, tomatoes, cheese (choice of Daiya or cheddar), caramelized onions, and tahini sauce on a multigrain bun, Accompanied by a side of baked sweet potato fries and organic mixed green salad in ginger dressing, 13

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, 15

BBQ Seitan Sandwich (nf) cucumber and carrot slaw, pickled red onion, tomato, house-made BBQ sauce on Ciabatta bread with root chips, steamed broccoli and Sriracha aioli on the side, 12

Spicy Basil Tempeh broccoli, shiitake mushrooms, sweet onion, chili peppers, green onion, peanuts, and organic brown rice, 14

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

Caprese Sandwich layers of grilled tomatoes, eggplant, fresh mozzarella, sun-dried tomato tapenade, and romaine lettuce on Ciabatta bread with broccoli fries and caper cream dipping sauce and spinach salad tossed in balsamic vinaigrette, 13

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Avocado Sandwich soy sausage, lettuce, tomato, onion, cheese (choice of Daiya or cheddar), and caper cream on pita paired with a side of Caesar salad, 12

Orzo Eggplant Lasagna (nf) baked portabella mushroom, eggplant, zucchini, roasted red pepper, spinach, tofu ricotta orzo pasta, and slow-roasted shallot marinara paired with a salad of organic mixed greens, Kalamata olives, artichoke hearts, and finished with a balsamic vinaigrette, 14

Sesame Soy Chicken (nf) crispy soy chicken, broccoli, mushrooms, onions, sweet and spicy garlic sauce, and served with a side of organic brown rice, 14

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, 14

Organic Quinoa Stir Fry (nf, available gf) kale, quinoa, bean sprouts, mushrooms, broccoli, and zucchini topped with tempura shiitake mushroom, 14

Thai Green Curry Bowl (gf, nf) Coconut milk, Thai basil, lemongrass, Thai eggplant, carrot, potato, sweet potato, butternut squash, broccoli, cauliflower, spinach, and choice of organic brown or jasmine rice, 13

Broccoli Grain Bowl (gf, nf) sesame pickled carrots, shredded red cabbage, steamed organic quinoa, broccoli, organic tofu, navy beans, scallion yeast sauce, and thyme vinaigrette, 13

Quinoa Avocado Burrito (nf) organic quinoa, avocado, steamed spinach, zucchini, mushrooms, mashed sweet potato, wrapped in a spinach tortilla with a spicy chipotle aioli dipping sauce. Served with soup of the day and organic green salad, ginger dressing, 14

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