



## Starters

**Spring Rolls** (nf, 4 halves) Light, crispy-fried rolls filled with cabbage, carrots, onions, glass noodles, with sweet and sour sauce and spicy mustard, 5.5

**Steamed or Pan Fried Dumplings** (nf) filled with Asian cabbage, carrots, tofu, black mushrooms, and spinach with a soy-ginger dipping 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 Stack** (gf) portobello mushroom, steak tomato, cashew cream, basil pesto, balsamic reduction, 8

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

**Fried Avocado Tacos** (nf, available gf) avocado, roasted tomato, shredded romaine lettuce, vegan 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, vegan 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 onion and sweet pickles, 9

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

We take food sensitivities and allergies very seriously. Despite our best efforts, please be aware that parts of your order may come in contact with allergens. Be sure to discuss any food sensitivities or allergies with your server before ordering.

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

## Salads

**Classic Caesar** (nf) crisp romaine, soy chicken, herbed croutons, our homemade Caesar dressing, and mushroom anchovies, 12

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

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

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

## Entrees

**Roasted Cauliflower Marsala Steak** (nf, gf, sf available) cauliflower, port wine marsala jus', mushrooms, Brussels sprouts, rainbow carrots, one bite potatoes, pearl onions, with a cranberry lemon kale salad, 19

**Sunflower Burger** (nf) homemade soy patty, lettuce, tomato, white onion and house pickle on a whole wheat bun served with baked sweet potato fries and organic mixed greens in a ginger dressing, 14  
Add grilled portobella, 3; grilled onions, 1.50; avocado, 3; vegan cheese, 3

**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, and zucchini in a sweet and spicy garlic sauce. 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

**Fiesta Enchilada** (nf) marinated soy chicken, sautéed onions, red bell peppers, vegan cheese, flour tortilla, romaine lettuce, with an apple and corn salsa, 22

**Fettuccini Alfredo** (available gf) cashew Alfredo sauce, fettuccini pasta, shiitake mushroom, green beans, red pepper, asparagus, pine nut and lemon zest. Served with garlic bread, 21

**Crab Cakes** (nf, sf) homemade Cajun remoulade, served with veggie paella (saffron rice, broccoli, Brussel sprouts, red bell pepper, carrots, and heirloom grape tomatoes), and citrus salad, 22

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

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