



Vegetarian Menu

Veggie Burger \$7 | 10

Choice of Dr. Praeger's burger, Impossible burger, or a black bean patty atop a brioche bun with tomato-balsamic aioli, lettuce, tomato and onion. Make it gluten free with a gluten free bun or lettuce wrap.

Served with choice of side.

Kcal: 340 Sodium: 970mg Carbs: 38g

Veggie Pizza \$7.5 | 10.5

Gluten-free cauliflower pizza crust (contains dairy) OR a vegan crust, topped with marinara sauce, mozzarella cheese, onions, mushrooms, bell pepper, balsamic glaze; add plant protein or animal protein for additional cost; served with one side.

Kcal: 956 Sodium: 1615mg Carb: 82g

Butternut Squash Chili \$6 | 9

A bowl of slow stewed butternut squash, black beans, tomatoes, onions, garlic, cumin, cinnamon, vegetable stock, carrots, celery and herbs; served with cornbread and a choice of one side.

Kcal: 187 Sodium: 387mg Carbs: 35g

Vegan Popcorn Tofu Bowl \$4 | 7

Tofu, pressed and dredged in a cashew milk, potato starch and gluten free flour mix and fried; served with rice or quinoa, steamed broccoli, and a sweet chili sauce.

Kcal: 746 Sodium: 744mg Carbs: 132g

Green Curry Vegetarian Meatballs \$6 | 9

Veggie meatballs tossed in a coconut-lime green curry sauce and served with fried Brussel sprouts and green beans.

Kcal: 485 Sodium: 594mg Carbs: 74g

Kung Pao Tofu \$5 | 8

Tofu sautéed with chilies, ginger, zucchini, bell peppers, peanuts and a black bean sauce; served over choice of jasmine rice or quinoa and with steamed broccoli.

Kcal: 286 Sodium: 354mg Carbs: 17g

Plant Based Proteins/Add-ons: Avocado \$.75 | 3, Tofu \$2.00 | 5, Quinoa \$1.50, nutritional yeast \$1 | 2

Black Bean or Veggie Crumble \$3 | 6, Gardein Vegan Chicken \$2 | 5

Animal Based Proteins: Chicken \$2 | 5, Salmon \$9 | 12, Shrimp \$4 | 7