

BREAKFAST

-SERVED ALL DAY-

BISCUIT BREAKFAST SANDWICH ✓ \$10

CHOICE OF TOFU SCRAMBLE OR SCRAMBLED EGG, CASHEW MOZZARELLA, ROASTED TOMATO, SPROUTS, & VEGAN AIOLI

FRENCH TOAST SANDWICH \$10

BRIOCHE FRENCH TOAST STUFFED WITH EGG & SWISS WITH SIDE OF MAPLE
MAKE IT VEGAN (SEITAN & CASHEW MOZZ) + \$1

FORK & KNIFE BURRITO \$12

POTATOES, AVOCADO, BLACK BEANS, AND MOZZARELLA BAKED AND TOPPED WITH 2 EGGS, SALSA VERDE, SRIRACHA, & GREEN ONIONS
MAKE IT VEGAN +\$1

AM PHILLY ✓ \$11

MUSHROOMS, BELL PEPPERS, ONION, SEITAN, TOFU SCRAMBLE, VEGAN AIOLI, DRIZZLED WITH SWEET POTATO "CHEESE" SAUCE

BLUEBERRY PANCAKES (GF) ✓ \$10

4 BLUEBERRY PANCAKES TOPPED WITH VEGAN WHIPPED CREAM, GRANOLA, AND POWDERED SUGAR

BREAKFAST TACOS ✓ \$10

TOFU SCRAMBLE, BLACK BEANS, AVOCADO, ROASTED TOMATO, AND GREENS WITH A SIDE OF SALSA VERDE AND VEGAN SOUR CREAM

AVOCADO TOAST ✓ \$6.5

WHEAT TOAST, RED PEPPER FLAKE, LEMON & SPROUT

SIDES

EGG \$1.5 TOAST \$1.5
TOFU SCRAMBLE \$2
HOME FRIES \$2.5 SINGLE PANCAKE \$2.5
FRUIT CUP \$4 AVOCADO \$2
SLICED SEITAN \$3.5

SANDWICHES/WRAPS

-CHOICE OF SOUP OR SALAD-

VEGAN REUBEN ✓ \$11

HOUSE MADE SEITAN, SAUERKRAUT, VEGAN CHEESE & RUSSIAN DRESSING ON RYE

BUFFALO SEITAN SANDWICH ✓ \$12

BAKED SEITAN WINGS, BUFFALO SAUCE, TOMATO, GREENS & RANCH ON A BRIOCHE BUN

ROASTED VEGETABLE HUMMUS WRAP ✓ \$11

ASPARAGUS, BRUSSELS SPROUTS, RED ONION, ZUCCHINI, GARLIC HUMMUS, GREENS, AND BALSAMIC

BOWLS, SALADS, TACOS

SUPERFOOD SALAD ✓ (GF) \$12

BABY KALE, QUINOA, PICKLED RED ONIONS, SUNFLOWER SEEDS, BLUEBERRIES, AVOCADO, SPROUTS, HERB VINAIGRETTE

BBQ BOWL ✓ (GF) \$12

KALE TOPPED WITH RICE, BBQ TOFU, BLACK BEANS, CORN, AVOCADO, & ZESTY RANCH

CURRY BOWL ✓ (GF) \$12

BROCCOLI, CARROTS, & TOFU OVER RICE TOPPED WITH CURRY SAUCE AND TOASTED CASHEWS

CRUNCHY VEGAN TACOS ✓ (GF) \$11

SEASONED TOFU TACO MIX, VEGAN CHEDDAR, TOMATOES, GREENS & VEGAN SOUR CREAM

SOUP & SALAD ✓ (GF) \$6.5

SPRING GREENS WITH PICKLED RED ONIONS, CROUTONS, SUNFLOWER SEEDS, & A CUP OF THE SOUP OF THE DAY

SOUP OF THE DAY ✓

\$4/CUP \$5.50/BOWL

(GF) GLUTEN FREE ✓ VEGAN

*CONSUMING RAW OR UNDERCOOKED EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS