

Main Dishes

Sheep's Pie

A meat-free version of Shepherd's Pie for our sheepy friends. Sautéed broccoli, carrots, peas, and onions in a veggie gravy topped with mashed potatoes and oven-baked to perfection. Served with bread. \$9.95

Pecan Encrusted Eggplant

Sautéed pecan encrusted eggplant finished with red wine sauce and served with mashed potatoes and gravy and today's vegetable. \$12.95

Chickun Marsala

Sautéed chicken covered in a mushroom and marsala wine sauce on a bed of spaghetti. \$11.50

Yo Mama's Lasagna

Five layers of hearty vegetables, marinara sauce, mozzarella, and lasagna noodles. Served with garlic bread. \$10.95

Sides

- Mashed Potatoes w/ Gravy (GF*) \$2.50
- Today's Vegetables (GF) (SF*) \$2.50
- Sautéed Spinach (GF) (SF*) \$2.50
- Fresh Seasonal Fruit (GF) (SF) \$2.95
- Tortilla Chips and Salsa (GF) (SF) \$2.95

Beverages

- Iced Tea \$1.95*
- Coffee \$2.25*
- Hot Tea \$1.95*
- Bottled Soda \$1.95
- Bottled Yerba Mate \$3.00
- Bottled Beer \$3.75
- Glass of Wine prices vary
- Glass of Soymilk \$1.75
- Glass of Juice \$1.75
- Bottled Water \$1.50

*Free Refills

Bakery

Bakery items are made from scratch on-site daily.

- Chocolate Chip Cookie \$1.00 ea
- Other Cookies \$1.00-\$1.50 ea
- Shortbread \$0.50 ea
- Cake of the Day \$2.50/slice

Please ask - additional bakery items may be available!

Sunday Brunch

On Sundays, our normal menu is replaced with our special homestyle Brunch-only menu (available on our website).

Catering Available

Ask about our on-site catering options, party platters, or special order bakery options today!

Location & Parking

On N Orange Ave at Lake Ivanhoe, just south of Virginia Drive. Free street parking is available on Orange Ave. A public parking lot is available at Gaston Edwards Park.

Hours

Open for Lunch and Dinner:
Monday through Saturday
11am to 10pm

Open for Sunday Brunch:
Sunday 10am to 3pm



Ethos Vegan Kitchen,
Orlando's premiere vegan restaurant!

Menu

Dine In, Take Out, or Call Ahead for Pick Up!



1235 N Orange Ave
Orlando, FL 32804
(On Orange north of 50
between Rosalind and Virginia)

Phone: 407-228-3898

www.ethosvegankitchen.com

info@ethosvegankitchen.com

Menu

All Menu Items Are 100% Vegan
(made without meat, dairy, eggs, honey, or any other animal derivatives or byproducts).
(GF)=Gluten-Free (SF)=Soy-Free
(GF*) or (SF*) = Can be prepared as such upon request.

Light Bites

Bruschetta

Tomatoes, basil, and mozzarella marinated in olive oil and garlic served on potato chive bread with mixed greens. \$4.95

Healthy Trio (GF*) (SF)

Black and green olive tapenade, housemade hummus, and tomato-mango salsa served with toasted bread, tortilla chips, and raw veggies. \$6.95

Edamame (GF)

Slightly cooked and cooled soy beans tossed with sea salt and served with soy dipping sauce. \$4.95

Vegetable Galette

Seasoned carrots, potatoes, and broccoli wrapped in a layer of flaky pastry and baked until golden brown. \$5.50

Homemade Soup

Each day we feature one or more...

Soup of the Day

Cup \$2.95, Bowl \$3.95

Please ask about today's selection!

Salads

Top any salad with sautéed seitan or a grilled portabella mushroom for +\$1.25/small or +\$2.50/regular

Spinach Salad (GF) (SF*)

Orchard fresh apples, crunchy walnuts, plump raisins, and sliced red onions all mixed with fresh spinach and finished with orange-ginger dressing. Small \$4.95, Regular \$7.95

Ethos Garden Salad (GF) (SF*)

Mixed greens tossed with artichoke hearts, vine ripe tomatoes, black olives, sprouts, red onions, carrots, cucumbers, and broccoli. Served with your choice of dressing. Small \$3.95, Regular \$6.95

Crispy Chickun Salad

Baby spinach and spring greens topped with crispy chickun, tomatoes, cheddar cheese, cucumbers, carrots, and red onions. Drizzled with your choice of Ranch or Agave Mustard dressing. \$9.95

Sandwiches

All sandwiches served on your choice of bread with choice of side: Tortilla Chips, Fresh Fruit, or Cole Slaw.

A Fungus Among Us (GF*) (SF*)

Grilled marinated portabella mushroom with lettuce, tomato, roasted red peppers, and veganise. \$9.25

Hippie Wrap (GF*) (SF)

Housemade hummus, sprouts, cucumbers, banana peppers, tomato, and lettuce. \$6.25

What's the Dilly, Philly?

Sautéed marinated seitan with onions, red and green peppers, mozzarella cheese, and veganise. \$8.50

Sandwiches (con't)

Samson Burger (SF*)

Grilled black bean burger served with lettuce, tomato, red onion, pickles, sprouts, spicy mustard, ketchup, and veganise. \$7.50

Coconut Curry Wrap (GF*)

Grilled tofu coated in curried veganise, tossed with celery, raisins, walnuts, coconut, and mixed greens, and wrapped in a spinach tortilla. \$8.95

Pizza

10" Pizza Pie

Our housemade, hand-tossed pizza dough prepared with choice of sauce (marinara or pesto), vegan mozzarella, and up to 3 toppings: \$10.95

Artichokes	Onions
Banana Peppers	Pepperoni
Black Olives	Red Peppers
Broccoli	Roasted Red Peppers
Chickun	Sausage
Garlic	Seitan
Green Peppers	Spinach
Green Olives	Squash
Ham	Tomatoes
Mushrooms	Zucchini

Additional toppings: +\$0.50 each

Specials

We feature a special every day of the week!

Call ahead to find out today's special:

407-228-3898

Menu Prices Subject to Change