**STARTERS**

**BRUSCHETTA / $6**
Tomatoes, whole-leaf basil, garlic and mozzarella marinated in olive oil and served with mixed spring greens atop toasted artisan bread.

**GARLIC KNOTS / $7**
Our housemade dough is tied by hand, baked until golden brown then brushed with garlic butter and dusted with Parmesan cheese.

**CRISPY GREEN BEANS / $6**
Fresh green beans sautéed until crisp and sprinkled with sesame seeds.

**CRISPY CHICKUN SALAD / $13**
Baby spinach and mixed spring greens topped with crispy chickun, tomatoes, cheddar cheese, cucumbers, carrots and red onions. Served with your choice of Ranch or Agave Mustard dressing.

**SANDwichES**

**NEW CUBAN SANDWICH / $10**
Thinly sliced “pork” with cheese, pickles, and stone ground mustard. Pressed in a deli roll on the grill.

**COCONUT CURRY WRAP / $10**
Grilled tofu coated in curried veganaise and tossed with celery, raisins, raw walnuts, coconut and mixed greens. Wrapped in a spinach tortilla.

**BBQ "PORK" SANDWICH / $12**
Thinly sliced grilled ham with housemade bbq sauce, layered on artisan bread and topped with pickled slaw and horseradish sauce.

**CHICKUN BRUSCHETTA SANDWICH / $12**
Grilled chickun and our housemade bruschetta mix (chopped tomatoes, basil, garlic and mozzarella) topped with spring mix and balsamic veganaise. Served on thick slices of artisan bread.

**BUFFALO CHICKUN WRAP / $10**
Crispy Breaded Chickun tossed in buffalo sauce with lettuce, cucumbers, tomato, and ranch dressing. Wrapped in spinach wrap.

**ENTRÉES**

**SHEEP’S PIE / $12**
Sautéed onions, carrots, broccoli and peas smothered in gravy, covered with mashed potatoes and oven-baked to perfection. Served with housemade artisan bread.

* Add seitan or chickun for +$3

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All Menu Items Are 100% Vegan (made without meat, dairy, eggs, honey, or any other animal derivatives or byproducts). An allergen menu is available upon request.
MEATLOAF / $14
Home style meatloaf served with mashed potatoes and gravy and roasted rosemary vegetables.

CHICKEN MARSALA / $13
Sautéed chicken and button mushrooms covered in a Marsala wine sauce on a bed of spaghetti.

LASAGNA / $12
Five layers of lasagna noodles, ricotta, marinara sauce and hearty vegetables (zucchini, squash, spinach and onions) smothered with mozzarella cheese and fire baked. Served with garlic bread.

PASTA PRIMAVERA / $11
Broccoli, onions, peas, carrots, squash and zucchini sautéed with fresh garlic and oil and tossed with penne pasta and Parmesan cheese.
  * Add seitan, chicken or tofu for $3

PIZZA AND CALZONES

10 INCH PIZZA PIE / $12
Our housemade pizza dough is hand-tossed and prepared with your choice of marinara or pesto sauce, mozzarella, and up to three toppings.
  * Additional toppings: $75¢ each

CALZONE / $12
Italian-style calzone stuffed with housemade tofu ricotta and your choice of up to three toppings. Baked to perfection then brushed with herbed garlic butter and served with a side of marinara.
  * Additional toppings: $75¢ each

PIZZA TOPPINGS
Artichokes, Banana Peppers, Black Olives, Broccoli, Chicken, Garlic, Green Peppers, Green Olives, Ham, Mushrooms, Onions, Pepperoni, Red Peppers, Ricotta, Sausage, Seitan, Spinach, Squash, Tempeh, Tofu, Tomatoes, Zucchini

DESSERTS
Ask us about our current dessert offerings.

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