

vegan suggestions

breakfast

Baked Egg Dish

1. substitute tofu scramble for eggs
2. substitute vegan cheese +1.49 or no cheese
3. choose vegetable add in
4. bagel & toast options all vegan except GF toast

Chorizo Scramble

1. substitute tofu scramble for eggs
2. substitute vegan cheese +1.49 or No cheese
3. no sour cream

Garden Vegetable Breakfast Pizza

1. choose vegan crust
2. substitute tofu scramble for eggs
3. substitute vegan cheese +1.99

breakfast sides

Hash Brown Patties 2.29

Side of Potatoes 2.99

Toast or Bagel 2.29

white | wheat | rye | biscuits
plain bagel | wheat bagel

Fresh Fruit 5.99

Spreads .99

peanut butter
hummus

salads

Southwestern Salad

1. choose herb roasted tofu
2. no cilantro ranch
3. select substitute dressing

Psychedelic Salad

1. choose herb roasted tofu
2. select vegan dressing
3. no multigrain bread

Spinach Salad

1. choose herb roasted tofu
2. order no feta
3. no multigrain bread

Falafel Salad

1. order no feta

vegan dressings

sun-dried tomato
vinaigrette

apple raspberry
vinaigrette

tahini cucumber

russian

balsamic vinegar & oil

lunch + dinner

Samosas

no modifications

Hummus

no modifications

Chips & Salsa

no modifications

Impossible Burger

1. order with no cheese
2. substitute brioche for vegan bread
3. select vegan side

Eggplant Lasagna

1. order no cheese or vegan cheese +1.49
- garlic bread is vegan

Herbivorian Wrap

1. select hummus
2. keep as a wrap or select vegan bread

Vegetarian Quesadilla

1. no Swiss or Mozzarella
2. substitute vegan cheese +1.49

2. no sour cream

Secret Garden

1. choose vegan crust
2. choose marinara or BBQ
3. select toppings
4. no cheese or sub vegan cheese 1.99

Build Your Own Pizza
9.99

10 inch gluten free/vegan
crust

sauces: marinara | BBQ

proteins 1.79 each: tofu
chorizo & potato

vegetable .99 each:
mushrooms, onions, bell
peppers, black olives,
banana peppers, jalapeños,
tomatoes, spinach, broccoli

vegan cheese +1.99

vegan breads

ciabatta

tomato-basil focaccia

rye

sliced white

sliced wheat

sides

french fries

roasted vegetables

kettle chips

tortilla chips & salsa

black beans & rice

fruit

side salad

dessert

Lemon Blueberry Bar

try it cold or warmed up
with the vegan whip
topping

gluten sensitive suggestions

breakfast

Grilled Breakfast Sandwich

1. substitute gluten-free bread +.99

Breakfast Pizza

1. select gluten-free crust
2. choose country | vegetable or build your own

appetizers

Spinach & Artichoke Dip

1. no baguette, substitute tortilla chips for no charge or raw veggies for 1.49

Hummus

1. no pita, substitute for tortilla chips no charge or vegetables +1.99

Fresh Chopped Salsa

no modifications

lunch & dinner

Bacon Mushroom Chicken Sandwich

1. substitute for gluten free bread + .99

Fish Tacos

1. no tortillas, request lettuce for lettuce wraps

Eggplant Lasagna

1. no garlic bread

Spicy Cajun Pasta

1. choose zucchini or rice noodles
2. choose chicken, shrimp, or salmon
3. no garlic bread

pizza

Any Specialty Pizza on Gluten Free Crust or Build Your Own Pizza 9.99
10 inch gluten free/vegan crust
sauce: marinara, basil pesto, Alfredo, BBQ or chipotle BBQ

protein 1.79 each:
pepperoni, Italian sausage, bacon, ham, grilled chicken, tofu, chorizo & potato

vegetable .99 each:
mushrooms, onions, bell peppers, black olives, banana peppers, jalapeños, tomatoes, spinach, broccoli

extra cheese 1.79:
mozzarella, feta, bleu cheese

gluten free sides

roasted vegetables
smashed potatoes
black beans & rice
kettle chips
fruit

tortilla chips & salsa**
french fries**
cottage cheese
side salad

Please communicate with your server regarding gluten sensitivity. We serve gluten free items but are not a gluten free kitchen.

**tortilla chips, french fries, breakfast potatoes & fried fish are gluten-free. However, they are fried in oil that fries items that contain gluten. Some suggestions include these items, as this list is intended for gluten sensitive individuals. If you have a gluten allergy, we recommend avoiding them

keto suggestions

breakfast

Baked Egg Dish

1. no potato
2. choose your add ins
3. no toast, upgrade to Cottage Cheese .99

Build a meal from Extras

breakfast meat, 2 fried eggs + cottage cheese

salads

Bistro

1. no cranberries
2. no multigrain bread
3. substitute dressing to bleu cheese

Spinach Salad

1. no multigrain bread

Salad Dressings

net carb value per 2 oz serving

red wine vinegar & olive oil 0g
creamy bleu cheese 1g
buttermilk ranch 2g
sw cilantro ranch 2g
tahini cucumber 2.4g
sundried tomato vinaigrette 2.9g

appetizer

Spinach & Artichoke Dip

1. no baguette, substitute for raw vegetables + 1.49

sandwiches & burgers

any sandwich or burger can be made with leaf lettuce or on cabbage for no charge

Bacon Mushroom Chicken on leaf lettuce

Cajun Fish Sandwich
blackened on cabbage

Royale Burger on leaf lettuce

Reuben on cabbage bed
1. no thousand island

entrees

Spicy Cajun Pasta

1. order zucchini noodles
2. no garlic bread

Balsamic Citrus Salmon

1. order no glaze
2. choose double roasted vegetables for sides

side choices

roasted vegetables
cottage cheese
side salad