

vegan suggestions

breakfast

BAKED EGG DISH

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

BYO BREAKFAST PIZZA

1. choose thin crust
2. substitute tofu scramble for the eggs
3. substitute + vegan cheese
4. add your favorite veggies

breakfast sides

HASH BROWN PATTIES

SIDE OF POTATOES

TOAST OR BAGEL

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

FRESH FRUIT

SPREADS

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

SPINACH SALAD

1. choose herb roasted tofu
2. order no feta

FALAFEL SALAD

1. order no feta

vegan dressings

SUN-DRIED TOMATO VINAIGRETTE

APPLE RASPBERRY VINAIGRETTE

TAHINI CUCUMBER

RUSSIAN

BALSAMIC VINEGAR & OIL

+ INDICATES AN UPCHARGE

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
- 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
2. no sour cream

SECRET GARDEN

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

BUILD YOUR OWN PIZZA

12 inch thin crust pizza
sauces: marinara | BBQ

proteins: tofu or chorizo & potato

vegetables: mushrooms, onions, bell peppers, black olives, banana peppers, jalapeños, tomatoes, spinach, broccoli

vegan cheese +

vegan breads

CIABATTA

TOMATO-BASIL FOCACCIA

RYE

SLICED WHITE

SLICED WHEAT

sides

FRENCH FRIES

KETTLE CHIPS

TORTILLA CHIPS & SALSA

BLACK BEANS & RICE

SIDE SALAD

+ FRUIT

+ ROASTED VEGETABLES

dessert

-LEMON BLUEBERRY BAR

try it cold or warmed up with the vegan whip topping

-POPPY SEED BREAD

-CINNAMON COFFEE

CAKE BREAD

gluten sensitive suggestions

breakfast

GRILLED BREAKFAST SANDWICH

1. substitute + gluten-free bread

BREAKFAST PIZZA

1. select + gluten-free crust
 2. choose country | vegetable or build your own
- includes fried potatoes** so say no if should avoid

appetizers

SPINACH & ARTICHOKE DIP

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

HUMMUS

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

FRESH CHOPPED SALSA

- no modifications

lunch & dinner

BACON MUSHROOM CHICKEN SANDWICH

1. substitute for + gluten free bread

FISH TACOS

1. no tortillas, request lettuce for lettuce wraps
- If fried, see note about fryer (we use a gluten free rice flour for coating for all fish tacos) or can get broiled

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 OR BUILD YOUR OWN PIZZA

- + 12 inch gluten free crust
sauce: marinara, basil pesto, BBQ or chipotle BBQ

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

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

extra cheese: mozzarella, feta, bleu cheese

gluten free sides

TORTILLA CHIPS & SALSA FRENCH FRIES** COTTAGE CHEESE SIDE SALAD**

SMASHED POTATOES BLACK BEANS & RICE KETTLE CHIPS + ROASTED VEGETABLES + FRUIT

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

AMERICAN BREAKFAST

for potato choice, sub for cottage cheese
grain choice, no grain or +upgrade for 2nd cottage cheese

salads

BISTRO

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

SPINACH SALAD

1. no 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

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

+ INDICATES AN UPCHARGE