



SPECIALS

SOUPS

\$8 pt / \$13 qt

Mushroom Barley

‡ Split Pea

APPETIZER

‡ **Avocado Tartare 16**

*Cucumber, tomato, avocado, jalapeno dressing,
served gluten-free brown rice-black sesame crackers,
topped with mushroom ceviche*

‡ **Guacamole 12**

ranchero sauce and corn tortilla chips

ENTREES

Seitan Marsala 23

*sautéed spinach, roasted brussels sprouts, garlic mashed potatoes,
wild mushrooms, marsala white wine sauce*

Spaghetti and Wheatballs 20

*sautéed spinach, truffle garlic tomato sauce, wheatballs,
and topped with cashew parmesan*

*‡ **Penne all'Arrabbiata 20**

*sautéed spinach, tempeh sausage, crushed red pepper, broccoli,
basil, truffle garlic tomato sauce*

The above pasta special is available gluten free for an additional \$2

SIDES

‡ **Daily Greens 8**

Spinach, Kale, Napa Cabbage

‡ **Daily Vegetables 8**

Carrots, Cauliflower, Zucchini

DESSERT

*‡ **Ice Cream Sampler 9**

Chocolate Walnut Brownie, Orange Cream Gelato, Ginger Cookie Caramel

COCKTAIL

The Sunflower 14

*Greenhook gin, orange liqueur,
lemon, elderflower liqueur*

‡ Available gluten free

* Contains nuts or seeds