Menu

† Daily Soup $8/15
BBQ Chimichurri Skewers $15
  char-grilled seitan, chipotle aioli
BUFFALO-CRUSTED CAULIFLOWER $15
  mesclun, blue cheese-cashew dipping sauce

† Quesadilla $15
whole wheat tortilla, impossible steak, onions, pepper, refried daily beans, violife cheese, salsa verde, tofu sour cream, guacamole, romaine lettuce

Nachos $15
Beyond steak, lettuce, tapioca cheese, black bean, guacamole, sour cream, pico de gallo

Burrito $16
Chipotle seitan, caramelized onions, sautéed greens, mexican rice, ranchero sauce, guacamole

Cajun seitan sandwich $14
Cajun crusted seitan, avocado, kale, caramelized onions, pretzel bun, fried potatoes, sriracha aioli

Beyond Burger $16
Violife cheese, sautéed mushrooms, caramelized onions, tomatoes, siracha aioli, mesclun, pickles, pretzel bun, potato fries

Black bean burger $15
Lettuce, tomatoes, polenta fries, pretzel bun

† Ginger miso-stry fry $20
  Steam tofu, arame coulis, seasonal vegetables, brown rice, and ginger miso sauce

Seitan picatta $20
Mashed potatoes, cream spinach, oyster mushrooms, lemon caper sauce

Chickpea cake $20
Sautéed spinach, zucchini, roasted baby carrots, roasted red pepper curry sauce, lemon-date chutney

† Good Food Plate $22
Your choice of four:
  † brown rice • † grilled tempeh • † tofu • grilled seitan • † daily bean • † wild mushrooms
  † caramelized onions • † broccoli • † cauliflower • † daily greens • † kale
  potato fries • † polenta fries • † quinoa pilaf • † roasted beets

Your choice of two dressings:
carrot-ginger lemon tahini • toasted cumin • caesar • ginger-miso • jalapeño coulis
Salads

‡Kale Salad $17
Kale, cashew parmesan, grape tomatoes, crispy capers, polenta croutons, almond ricotta, caesar dressing

‡mushroom salad $17
Arugula, mushrooms, corn, zucchini, hempseeds, horse radish dressing

Stuffed avocado salad $17
Mixed greens, chickpeas, garbanzo beans, zucchini, corn, grape tomatoes, white quinoa, chipotle-avocado dressing

Juices $7/11

Goddess
kale, spinach, celery, cucumber, lemon juice, apple, ginger

Flu fighter
ginger, carrot, lemon, juice, orange juice, grapefruit juice

Smoothies

Coco-date shake $12
coconut milk, coconut meat, bananas, dates, chocolate, vanilla cinnamon

Fresh lemonade
lemon, lime, agave

dreamsicle
soy creamer, orange juice, vanilla ice cream, agave

Make your own $7/11

Cocktails

Sangria

Mojito

Margarita
shaken/frozen