



Buffalo Chicken Rissoles

Food MENU

Shareables

- Acorn Squash Hummus** 16.50
Acorn squash elevates hummus to a whole new velvety level. Paired with fresh vegetables. Half tortilla chips can be substituted. **Vegan**
- Avocado Hummus and Pineapple Salsa** 13.75
Avocado hummus and pineapple salsa make the perfect fresh dips with tortilla chips. *Half vegetables can be substituted \$4* **Vegan**
- Buffalo Chicken Rissoles** 15.99
Baked crispy panko coated chicken rissoles packed full of vegetables including zucchini, onion, carrot and celery. Served with our signature plant-based buffalo sauce and either ranch, blue cheese, or dairy-free ranch. (Can be cooked without panko coating to be low-carb.) Contains dairy and egg.
- Cheese Bites** 12.99
Soft, low-carb bundles of cheesy goodness paired with a smoked cream cheese, chimichurri and/or pineapple salsa dipping sauce. (Contains dairy and egg.) **Vegetarian**
- Nachos** 14.99
Tortilla chips covered in our signature plant-based queso, pinto beans, black beans, corn, and spicy sweet potato and butternut squash medley. Topped with bell pepper, tomatoes, red onion and avocado. **Vegan**, *Chicken \$2.75, Shrimp \$3, Smoked Pork \$4 Jackfruit \$3, or Tofu \$2.25*
- Thai Lettuce Wraps** 13.75
Three romaine lettuce wraps with thai hummus, red cabbage, carrots, cucumber, zucchini and summer squash. Topped with peanuts and green onion. **Vegan**, *Chicken \$2.75, Shrimp \$3, Jackfruit \$3 Tofu \$2.25*

Soups

A cup is 8 ounces of soup. A bowl is 16 ounces of soup.

- Butternut Squash** Cup 6.75 ... Bowl 9.75
Topped with diced apple and pepitas. **Vegan**, Dairy-Free
- Calypso** Cup 7.99 ... Bowl 11.75
A bold and hearty curried soup made with tender braised beef, sweet potatoes, summer squash, peppers, onions, black-eyed peas, fresh herbs, and coconut milk. Dairy-Free (Available Sept 1 - May 1)
- Tomato Basil** Cup 6.75 ... Bowl 9.75
Topped with spinach. **Vegan**, Dairy-Free
- Cheese Bites** 2.50
Three puffy cheese bites, the perfect accompaniment for any of our soups. **Vegetarian**

Sides

- Apple Fennel Slaw 4.25
- Berry Side Salad 6.99
- Cheese Bites 2.50
- Creole Bean & Chickpea Salad 3.75
- Air-Fried French Fries 2.99
- Watermelon Cucumber & Feta Salad 4.25



Warm Bowls

Bowl Base Choices Include:

Brown Rice & Quinoa | Spaghetti Squash Noodles | Spiralized Summer Squash & Zucchini Noodles

- Caribbean** 15.99
Our signature caribbean sweet potato coconut sauce with kidney beans, bell peppers, pineapple salsa and avocado slices. **Vegan**, *Smoked Jerk Chicken \$4 or Jerk Tofu \$2.25.*
- Pesto** 16.50
Our signature zucchini pesto sauce with broccoli, cauliflower, summer squash, zucchini, bell pepper and sun-dried tomatoes. Topped with parmesan and spinach. **Vegan without cheese or with plant-based cheese.** (Pesto is dairy-free but made with pine nuts.) *Chicken \$2, Shrimp \$3 or Tofu \$2.25*
- Sicilian** 17.50
Get your pizza fix without all the calories. Enjoy marinara sauce with kalamata olives, turkey meatballs (contain dairy), turkey bacon, turkey pepperoni, mozzarella and parmesan. **Can be made vegan or vegetarian with vegetables instead of meat.**
- Southwest** 16.50
Our signature plant-based queso, spicy sweet potato and butternut squash medley, black beans, pinto beans, and corn. Topped with tomatoes, bell peppers, red onion, jalapenos, avocado slices & sugar-free BBQ sauce. **Vegan**, *Chicken \$2.75, Shrimp \$3, Smoked Pork \$4, Jackfruit \$3, Tofu \$2.25*

Salads

Dairy-Free Mozzarella and Dairy-Free Cheddar Cheese Available \$3

- Aphrodite** 16.99
This beautiful salad is fit for a goddess and packed with cucumber, zucchini, bell pepper, tomato, red onion, kalamata olives, chickpeas, white beans, and feta. Paired with our white balsamic chia seed dressing or lemon vinaigrette. **Vegan without feta.** *Chicken \$2.75, Shrimp \$3 or Tofu \$2.25*
- Berry Lentil** 17.50
Healthy green lentils, blackberries, raspberries, blueberries, fontina cheese cubes, avocado slices, and sliced almonds on a bed of spring mix. Paired with our white balsamic chia seed dressing. **Vegan without fontina** *Chicken \$2.75 Shrimp \$3, or Tofu \$2.25*
- C.B.R.** 15.50
Fresh romaine topped with chicken, turkey bacon, tomato, cheddar cheese cubes, avocado slices, and red onion. Paired with ranch dressing. *Dairy-Free Ranch Available \$1.50*
- Curry Chickpea & Lentil** 16.99
This showstopping salad is on a bed of spinach, kale, green cabbage, cilantro, mint, red cabbage, carrots, chickpeas, green lentils, celery, and bell peppers. Topped with golden raisins and cashews. Paired with our sweet and savory curry dressing. **Vegan**, *Chicken \$2.75, Shrimp \$3, or Tofu \$2.25*
- Strawberry, Orange & Kiwi** 17.50
This refreshing salad is on a bed of spring mix with strawberries, oranges, kiwi slices, goat cheese, avocado slices, pistachios, and sunflower seeds. Paired with our orange poppy seed dressing. **Vegan without goat cheese.** *Chicken \$2.75, Shrimp \$3, or Tofu \$2.25*
- Pear Infusion** 16.50
Enjoy the Queen's special medley of spinach, kale, green cabbage, mint, and cilantro. Topped with Asian pear slices, jicama, cucumber, and chopped peanuts. Served with our flavor packed sesame ginger dressing. **Vegan**, *Chicken \$2.75, Shrimp \$3, or Tofu \$2.25*

Dressing Choices Include:

Curry (**Vegan**) | Dairy-Free Ranch (**Vegan**) | Lemon Vinaigrette (**Vegan**) | Orange Poppseed (**Vegan**) | Ranch | Sesame Ginger (**Vegan**) | White Balsamic Chia Seed (**Vegan**)

Handhelds

Amped Up Beef Smash or Turkey Smash 16.25

Amped up to the next level with 2 house-made seasoned beef patties and regular bacon or 2 house-made turkey patties and turkey bacon. Topped with cheddar cheese, caramelized onions, lettuce, tomato, pickles and our secret special sauce. Served on a toasted brioche bun or as a lettuce wrap. (Brioche bun does not contain dairy or egg. Beef patties contain egg.) *Dairy-Free Cheddar Slices Available \$2.* Comes with warm kettle chips or apple slices. *Other sides include: Apple Fennel Slaw \$4.25, Berry Side Salad \$6.99, Creole Bean & Chickpea Salad \$3.75, Air-Fried French Fries 2.99, and Watermelon Cucumber & Feta Salad \$4.25.*

Creole Chicken Smash 15.99

Not your typical burger with 2 house-made creole seasoned chicken patties. Topped with fontina cheese, creole bean and chickpea salad, lettuce, tomato, pickles, and creole yogurt sauce on a toasted brioche bun or as a lettuce wrap. (Brioche bun does not contain dairy or egg) Comes with warm kettle chips or apple slices. *Other sides include: Apple Fennel Slaw \$4.25, Berry Side Salad \$6.99, Creole Bean & Chickpea Salad \$3.75, Air-Fried French Fries 2.99, and Watermelon Cucumber & Feta Salad \$4.25.*

Mediterranean Turkey Smash 15.99

Enjoy a mediterranean flavor profile with 2 house-made seasoned turkey patties. Topped with feta cheese, roasted red bell pepper, spinach, zucchini and cucumber slices, and a lemon dill yogurt sauce on a toasted brioche bun or as a lettuce wrap. (Brioche bun does not contain dairy or egg) Comes with warm kettle chips or apple slices. *Other sides include: Apple Fennel Slaw \$4.25, Berry Side Salad \$6.99, Creole Bean & Chickpea Salad \$3.75, Air-Fried French Fries 2.99, and Watermelon Cucumber & Feta Salad \$4.25.*

Southwest Veggie Smash 15.50

2 house-made patties crafted from a secret mixture of vegetables, beans, GF oats and chickpeas topped with plant-based queso, pineapple salsa, lettuce, tomato & avocado on either a toasted brioche bun or as a lettuce wrap. (Brioche bun does not contain dairy or egg) **Vegan** Comes with warm kettle chips or apple slices. *Other sides include: Apple Fennel Slaw \$4.25, Berry Side Salad \$6.99, Creole Bean Salad \$3.75, Air-Fried French Fries 2.99, and Watermelon Cucumber & Feta Salad \$4.25.*

Southern Pork Tang 15.99

Go Big or Go Home with smoked pulled pork or jackfruit topped with house-made apple slaw and our tangy mustard BBQ sauce. Served on either a toasted brioche bun or as a lettuce wrap. (Brioche bun does not contain dairy or egg) Comes with warm kettle chips or apple slices. *Other sides include: Apple Fennel Slaw \$4.25, Berry Side Salad \$6.99, Creole Bean & Chickpea Salad \$3.75, Air-Fried French Fries 2.99, and Watermelon Cucumber & Feta Salad \$4.25.*



Dessert

- Chocolate Layer Cake . . . 10.00
- Banana Cake (Vegan) 9.00

Amped Up Smash Burger



West Coast Flatbread

Flatbreads

Crust Choices Include:

- Thin Cauliflower Crust (Contains Dairy, 12.5 x 5.5 Rectangle)
- Thick Detroit Dough Style Crust (Dairy & Egg Free, 12.5 x 5.5 Rectangle)
- Thin Dough Crust (Dairy & Egg Free, 10 Inch Round Crust)

Dairy-Free Mozzarella and Dairy-Free Cheddar Cheese Available \$3 Dairy-Free Ranch \$1.50

Buffalo Roasted Chickpea Flatbread 16.99

Buffalo roasted chickpeas, red cabbage, carrots, celery and red onion on a base of ranch & cheddar cheese. Topped with green onion and drizzled with our signature buffalo sauce and ranch. **(Dairy-free or vegan option available.)** *Chicken, \$2.75 Jackfruit \$3 Tofu \$2.25*

Cheeseburger 20.99

Your choice of either ground beef/regular bacon or ground turkey/turkey bacon on a base of our signature cheeseburger sauce and cheddar cheese. Topped with lettuce, tomato, pickles and drizzle of more cheeseburger sauce. **(Dairy-free or vegan option available.)** (Tofu or Jackfruit may be substituted.)

Chicken Bacon Ranch 19.99

Traditional midwest flavors with chicken and turkey bacon on a base of ranch and cheddar cheese. Topped with a ranch drizzle. *Dairy-free Ranch Available \$1.50*

Chickpea Tahini Drizzle 16.99

Chickpeas, summer squash, zucchini, cauliflower and a base of house-made tahini drizzle and mozzarella. **(Dairy-free or vegan option available.)** *Chicken \$2.75, Shrimp \$3, Tofu \$2.25*

Cuban 21.99

Smoked pulled pork or jackfruit on a base of mustard cream cheese sauce, swiss cheese and pickles. Topped with our mustard drizzle. **(Dairy-free or vegan option available.)**

Marinara and Vegetables 16.99

Keep it simple with marinara sauce, mozzarella, broccoli, cauliflower, bell pepper, zucchini and summer squash. Topped with parmesan. **(Dairy-free or vegan option available.)**

P-Drizzle 21.99

This special flatbread has a base of ranch, cheddar, and mozzarella cheeses. Topped with chicken, turkey bacon & turkey pepperoni and drizzled with our tangy mustard BBQ sauce and our housemade burger sauce. **(Dairy-free option available.)**

Pesto 18.99

Broccoli, cauliflower, bell peppers, summer squash, zucchini, sundried tomatoes on top of a base of our house-made zucchini pesto and parmesan. Topped with fresh spinach. (Pesto is dairy-free but is made with pine nuts.) **Vegan without cheese or with plant-based cheese, (Dairy-free or vegan option available.)** *Chicken \$2.75, Shrimp, \$3 Tofu \$2.25*

Southern Tang 22.99

Smoked pulled pork or jackfruit with our tangy house-made mustard BBQ sauce, & cheddar cheese. Topped with fresh apple slaw and a drizzle of more mustard BBQ sauce. **(Dairy-free or vegan option available.)**

Triple T 21.99

Marinara sauce with turkey meatballs (contain dairy), turkey bacon, turkey pepperoni, kalamata olives, and mozzarella. Topped with parmesan. **(Dairy-free option available.)**

West Coast 20.99

Get the sunshine vibe with a flatbread topped with avocado hummus, chicken, turkey bacon, tomatoes, red onion & cheddar cheese, Topped with fresh spinach.