

GLUTEN-FREE LUNCH

Served 11:00 a.m. to 2:30 p.m. daily

Sandwiches, Burgers & more!

Served with your choice of fresh fruit or coleslaw

Sundried Tomato Pesto Organic Tofu Sandwich: served with lettuce and tomato on gluten-free bread \$8.49

Blackened Basa: a mild, flaky white fish served lightly blackened (not spicy!) with lettuce and tomato on gluten-free bread with aioli \$8.49

Fish Tacos: dos tacos made with basa, a mild, flaky white fish, served with cabbage and salsa fresco on soft corn tortillas \$7.99

Avocado Dream: avocado, sprouts, red onion, lettuce and tomato served on gluten-free bread with our house-made blush sauce \$7.49

Portabella Burger: marinated in Veg's balsamic sauce, served with caramelized onions, lettuce, tomato and aioli on gluten-free bread \$7.49

Soup & Salad: choose a bowl of our homemade soup & small House or Caesar salad \$7.99

Soups

Cup \$3.79 / Bowl \$4.79 Ask your server for today's soups!

Salads

House Salad: seasonal lettuce, tomatoes, cucumbers, sprouts and red onions served with Ziporah's lemon dijon vinaigrette on the side \$7.49

Niçoise Salad: rare ahi tuna, seasonal lettuce, capers, hard-boiled eggs, green beans, tomatoes and mixed olives & anchovy with Ziporah's lemon dijon vinaigrette on the side \$9.99

Simply Delish: seasonal lettuce, avocado, grape tomatoes, toasted almonds and mixed olives, served with Ziporah's lemon dijon vinaigrette on the side \$7.99



Pan-Seared Organic Tofu Salad: seasonal lettuce topped with pan seared tofu, kale, swiss chard and bok choy, served with oriental ginger dressing on the side \$8.99

Avocado Salad: seasonal lettuce, fresh avocado, goat cheese crumbles, raisins and pumpkin seeds served with Ziporah's lemon dijon vinaigrette on the side \$8.99

Confetti Salad: organic baby spinach, seasonal fruit, scallions, green & purple cabbage, carrots, sprouts, and toasted sesame seeds; oriental ginger dressing on the side \$7.99

Sunshine Salad: spinach topped with goat cheese, seasonal fruit, red onions & pumpkin seeds, served with Ziporah's lemon dijon vinaigrette on the side \$8.99

Mezze Plate: hummus, tabouli, baba ganoush, mixed olives, gluten-free crackers \$8.99

**See regular Lunch menu for additions and extras*



GLUTEN-FREE DINNER

Please let your server know about any dietary restrictions and/or allergies.

Appetizers

- Danish Herring:** if you like herring, you'll love this! Served with gluten-free crackers \$7.99
Sweet Thai Chili Tacos: two soft corn tortillas stuffed with shrimp and rice served with sweet thai chili sauce \$7.99 (substitute tempeh for shrimp \$1.00)
Avocado Ritz: half an avocado topped with shrimp and blush sauce \$7.99
Mama Ganoush: eggplant sautéed with tomato, onion, herbs and spices. Served chilled with gluten-free crackers \$4.99
Mezze Plate: hummus, tabouli, baba ganoush, mixed olives & gluten-free crackers \$8.99

Soups

Cup \$3.79 / Bowl \$4.79 Ask your server for today's soups.

Salads

- House Salad:** seasonal lettuce, tomatoes, cucumbers, sprouts and red onions served with Ziporah's lemon dijon vinaigrette on the side \$7.49 (small plate \$3.99)
Maggie's Famous Caesar Salad: this dressing is legendary! Served dressed with shaved parmesan \$7.99 (small plate \$4.49)
Confetti Salad: organic baby spinach, seasonal fruit, scallions, green & purple cabbage, carrots, sprouts, and toasted sesame seeds; oriental ginger dressing on the side \$7.99
Niçoise Salad: rare ahi tuna, seasonal lettuce, capers, hard-boiled eggs, green beans, tomatoes and mixed olives, with Ziporah's lemon dijon vinaigrette on the side \$10.99
Simply Delish: seasonal lettuce, avocado, grape tomatoes, toasted almonds and mixed olives, served with Ziporah's lemon dijon vinaigrette on the side \$7.99



Pan-Seared Organic Tofu Salad: seasonal lettuce topped with pan seared tofu, kale, swiss chard and bok choy, served with oriental ginger dressing on the side \$8.99

- Avocado Salad:** seasonal lettuce, fresh avocado, goat cheese crumbles, raisins and pumpkin seeds served with Ziporah's lemon dijon vinaigrette on the side \$8.99
Sunshine Salad: spinach topped with goat cheese, seasonal fruit, red onions & pumpkin seeds, served with Ziporah's lemon dijon vinaigrette on the side \$8.99

Delicious Salad Additions:

* Rare Ahi Tuna \$3.99 * Shrimp, or Tofu \$3.49 * Tempeh \$2.99



Entrées

Shrimp Scampi: sautéed with garlic over brown & wild rice with seasonal veggies \$14.99

Veg Tower: layered oven-roasted veggies topped with house-made marinara, served over brown and wild rice with seasonal veggies \$13.99



Portabella Volcano: marinated portabella topped with caramelized onions and garlic mashed potatoes on a bed of sautéed spinach and quinoa with seasonal veggies 13.99

Corvina: a delicate white fish served pan-seared with light garlic and herb sauce over brown & wild rice with seasonal veggies \$13.99

Pan-Seared Scallops: pan-seared with garlic and served over brown & wild rice with seasonal veggies (market price)

Cauliflower "Steak": filet of roasted cauliflower topped with house-made marinara sauce, served over brown and wild rice with seasonal veggies \$13.99

Wild-Caught Alaskan Sockeye Salmon: pan-seared to perfection, served slightly rare over brown & wild rice and seasonal veggies \$17.99

Wild-Caught Icelandic Arctic Char: topped with our house-made Putanesca sauce, (kalamata olives, tomato, capers and caramelized onion) served over rice with seasonal veggies (market price, when available)

Veg Extras:

Gluten-Free Bread \$1.49
Side of Seasonal Veggies \$1.99
½ Avocado \$1.99
Hummus \$2.99
Hard-Boiled Egg \$0.89