



LUNCH

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

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

Soups

Cup \$3.79 / Bowl \$4.79 Matzoh Ball available daily. Ask your server for today's soups!

Sandwiches, Burgers & more!

Served with your choice of fresh fruit or coleslaw.
Sandwiches (not pressed) also available in a spinach wrap

Sundried-Tomato Pesto Organic Tofu Sandwich: served with lettuce and tomato on locally baked rosemary focaccia \$7.99

Blackened Basa: a mild, flaky white fish served lightly blackened (not spicy!) with lettuce and tomato on locally baked rosemary focaccia with aioli \$7.99

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

Caesar Wrap: romaine lettuce, shaved parmesan, and Maggie's Caesar Dressing \$6.99

*Delicious Additions: Shrimp \$3.49 * Rare Ahi Tuna \$3.99 * Blackened Basa \$3.99*



The Veg: our house-made veggie burger made with fresh veggies, corn and black beans, topped with caramelized onions, lettuce, tomato and aioli \$7.99

Add Avocado, Gouda or Swiss for \$1.99 each

Portabella Burger: portabello mushroom marinated in Veg's balsamic sauce, served with caramelized onions, lettuce, tomato and aioli on locally baked rosemary focaccia \$6.99

Avocado Dream: avocado, sprouts, red onion, lettuce and tomato served on locally baked rosemary focaccia with our house-made blush sauce \$6.99

Ahi Tuna & Avocado Wrap: rare ahi tuna, avocado, lettuce and tomato with a touch of aioli, in a spinach wrap \$8.99

Tempeh Cuban: our take on a classic! tempeh, swiss cheese, pickles and yellow mustard, hot-pressed on locally baked rosemary focaccia \$7.99

Happy Hippy Wrap: sundried-tomato pesto, seasonal lettuce, tomato, cucumber, carrots, sprouts, and chickpeas served in a spinach wrap \$6.99

Grilled Cheese: the only one in Sarasota made with gouda! served on locally baked wheat bread \$5.99 (add tomato! \$0.50)

Portabella Muffaletta: made with hummus, house-made olive tapenade, grilled marinated portabella and creamy gouda, hot-pressed on locally baked rosemary focaccia \$7.49

Mike's Favorite Seitan "Brisket" Sandwich: seitan roasted in a sweet & sour barbecue sauce, served on locally baked rosemary focaccia \$7.99

Energy Wrap: get a boost on your break! A spinach wrap with hummus, lettuce, tomato, shredded carrots, red onion & sprouts \$7.99

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



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Salads

- House Salad:** seasonal lettuce, tomatoes, cucumbers, sprouts and red onions served with Ziporah's lemon dijon vinaigrette on the side \$7.49
- Maggie's Famous Caesar Salad:** this dressing is legendary! Served dressed with shaved parmesan and croutons \$7.99
- Veg Burger Salad:** our house-made Veg burger topped with caramelized onions and served over seasonal lettuce with tomato and a side of aioli \$8.99
- Niçoise Salad:** rare ahi tuna, seasonal lettuce, capers, hard-boiled eggs, green beans, tomatoes, mixed olives & anchovy 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

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

Spanakopita: feta cheese and spinach wrapped in crispy filo, served with a small house salad topped with goat cheese \$9.99

Mezze Plate: hummus, tabouli, baba ganoush, mixed olives, warm pita \$8.99

Delicious Salad Additions:

Basa \$3.99
Rare Ahi Tuna \$3.99
Shrimp \$3.49
Tempeh \$2.99
Goat Cheese \$1.99
Tofu \$3.49
Hard-Boiled Egg \$0.89

Veg Extras:

Gluten-Free Bread \$1.49
Wheat Bread \$0.49
½ Avocado \$1.99
Hummus \$2.99
Caramelized Onions \$1.99
Pita \$1.29