

VEGAN LUNCH

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

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

Sandwiches, Burgers & more!

Served with fresh fruit

Sandwiches also available in a spinach wrap

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



Avocado Dream: avocado, sprouts, red onion, lettuce and tomato served on locally baked rosemary focaccia with veganise \$6.99

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

Happy Hippy Wrap: sundried tomato pesto, seasonal lettuce, tomato, cucumber, carrots, sprouts, and chick peas served in a spinach wrap with a side of oriental ginger dressing \$6.99

Mike's Favorite Seitan "Brisket" Sandwich: seitan roasted in a barbeque-style sweet & sour 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: 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

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

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

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

Delicious Salad Additions:

Tempeh \$2.99

Tofu \$3.49

Veg Extras:

Gluten-Free Bread \$1.49

Wheat Bread \$0.49

½ Avocado \$1.99

Hummus \$2.99

Pita \$1.29