

»→ APPETIZERS ←«

Soup of the Day *gf \$8 – Seasonal soup made in house!
Soy free & Gluten free.

+ Add a piece of our gluten free cornbread \$2.50
and/or side salad \$4

Mini Mac & Cheese \$10.99 – A classic! Topped with
green onions and toasted bread crumbs.

+ Add broccoli and/or seitan bacon \$2 (each)

Dragon Fries *gf \$14.99 – Seasoned roasted potatoes,
dragon sauce, banana peppers, green onion, toasted
sesame seeds

Cheeze-burger Nachos *gf – A big plate of organic corn
chips, our house made cheeze sauce, burger crumble,
black beans, pickles, tomato, onion, crispy lettuce,
special sauce. Perfectly shareable! \$18.99

+ dine in only

»→ HANDHELDS ←«

**All Handhelds come with your choice of roasted potato
wedges or side salad Upgrade your side Dragon Fries
or Caesar Salad \$4**

Buffalo Chick-un Burger \$17.99 – Breaded & fried
organic tofu, buffalo sauce, topped with lettuce,
tomato and onions, served on a toasted locally made
bun.

Donair Wrap \$17.99 – House made seitan, onion,
lettuce, tomato, donair sauce, grilled in a whole wheat
tortilla.

Mac Daddy Burger \$17.99 – Signature house-made
patty, special sauce, cheeze slice, lettuce, pickle,
onions on a toasted locally made bun. Your choice of
side salad or roasted potato wedges.

Ultimate Club Wrap \$18.99 – Seasoned grilled organic
tofu, coconut bacon, avocado, tomato, lettuce, pickles
and garlic mayo grilled in a whole wheat wrap.

+ Sub for crispy Chick-Un \$2

Titanic Burrito \$18.99 – Seasoned black beans and
sausage crumble, avocado, sweet potato, organic tofu
scramble, chipotle sauce, spinach, salsa in a whole
wheat tortilla.

»→ SALADS ←«

Fresh Salad *gf sm \$10.99/lg \$15 – Mixed greens,
cabbage, carrot, beet, toasted sunflower & pumpkin
seeds, cucumber, cherry tomatoes with house dill
dressing. Soy free.

Caesar Salad *gfo sm \$11.50/ lg \$16 – Kale, mixed
greens, coconut bacon, croutons, creamy house made
Caesar dressing, cashew Parmesan.

+ *gfo - no croutons

»→ POWER BOWLS & PASTA ←«

Ginger Miso Noodles *gf \$17 – Ginger miso sauce, rice
noodles, seared organic tofu, peppers, broccoli, carrot,
cabbage, green onion and Sriracha cashews.

Wild Bowl *gf \$19 – Grilled organic tofu, sautéed kale &
broccoli, shredded carrots, beets, cabbage, brown rice,
toasted sesame seeds, dragon sauce.

Taco Bowl *gf \$19 – Veggie ground, black beans, brown
rice, lettuce, salsa, cabbage slaw, avocado, shredded
cheeze, sour cream, salsa, fresh cilantro and corn
chips.

Mushroom & Cauliflower Alfredo \$18 – Creamy roasted
garlic and cauliflower Alfredo sauce, penne noodles,
spinach, sautéed mushrooms, topped with pumpkin
seed Parmesan, fresh parsley. Soy-free.

Supreme Buffalo Mac & Cheese \$18 – Macaroni and
cheeze with crispy tofu chick-un, buffalo sauce, sour
cream and fresh herbs, topped with a coconut crusted
onion ring.

While we strive to provide alternatives for people with allergies and sensitivities,
please note that our kitchen is not gluten, soy or nut free
Please inform your server of any allergies before ordering.

A gratuity of 18% will be added to your table of 5 or more