

»→ APPETIZERS ←«

Soup of the Day *gf – seasonal soup made in house! \$8
+ add gluten free sourdough \$2.50/ side salad \$4

Dragon Fries *gf – Seasoned roasted potatoes, dragon sauce, banana peppers, green onion, toasted sesame seeds \$13

Bahama Breeze Onion Rings – Thick cut house battered crispy coconut breaded onion rings fried to perfection served with sweet chili dipping sauce. \$9.85

Mini Mac & Cheese – A classic! Perfectly snack sized. Topped with green onions and toasted bread crumbs. \$10

»→ SALADS ←«

Fresh Salad *gf – Mixed greens, cabbage, carrot, beet, toasted sunflower & pumpkin seeds, cucumber, cherry tomatoes with house dill dressing. sm \$10.50 / lrg \$15

Caesar Salad *gfo – Kale, mixed greens, coconut bacon, croutons, creamy house made Caesar dressing, cashew Parmesan. sm \$10.50/ lg \$15
+ *gfo - no crutons

»→ POWER BOWLS ←«

Wild Bowl *gf – Grilled organic tofu, sautéed kale & broccoli, shredded carrots, beets, cabbage, brown rice, toasted sesame seeds, dragon sauce. \$18

Butter Chick-un – Tender soy Chick-un in a rich creamy tomato coconut curry served with brown rice and garnished with cilantro and pickled onions. \$18.50

Taco Bowl *gf – Veggie ground, black beans, brown rice, lettuce, salsa, cabbage slaw, avocado, shredded cheese, sour cream, salsa, fresh cilantro and corn chips. \$18.50

BBQ Bowl *gf – Smoky maple BBQ chickpeas, roasted sweet potato, corn, cucumber, sautéed kale over brown rice, and pickled onion, with ranch sauce. \$18.75

»→ HANDHELDS ←«

Upgrade your side Dragon Fries or Caesar Salad \$4

Titanic Burrito – Seasoned black beans and saus'age crumble, avocado, sweet potato, organic tofu scramble, chipotle sauce, spinach, salsa in a whole wheat tortilla. Served with side salad or roasted potato wedges. \$17.95

Mediterranean Burger – Spiced chickpea patty, cashew chèvre, red onion, spinach, cucumber, sun dried tomato aioli, on a toasted locally made bun. \$18.30

Donair Wrap – House made seitan, onion, lettuce, tomato, donair sauce, grilled in a whole wheat tortilla. Served with side salad or roasted potato wedges \$17.35

Ultimate Club Wrap – Seasoned grilled organic tofu, coconut bacon, avocado, tomato, lettuce, pickles and garlic mayo grilled in a whole wheat wrap. Choice of house salad or potato wedges. \$17.50

+ upgrade to dragon fries \$3

Buffalo Chick-un Burger – Breaded & fried organic tofu, buffalo sauce, topped with lettuce, tomato and onions, served on a toasted locally made bun. Served with side salad or roasted potato wedges. \$16.95

»→ PASTA ←«

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

Mushroom & Cauliflower Alfredo (sf) – Creamy roasted garlic and cauliflower alfredo sauce, penne noodles, spinach, sautéed mushrooms, topped with pumpkin seed parmesan, fresh parsley. \$18