

»→ APPETIZERS ←«

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. \$9.50

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 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

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

Tempeh Almond Satay Bowl – Grilled tempeh, almond satay sauce, cucumber, carrot, cilantro, pickled red onion, spinach, and peppers on brown rice topped with crushed almonds. \$18.75

»→ HANDHELDS ←«

Upgrade your side Dragon Fries or Caesar Salad \$4

Titanic Burrito – Seasoned black beans and sausage crumble, avocado, sweet potato, organic tofu scramble, chipotle sauce, spinach, salsa in a whole wheat tortilla. Served with side salad or roasted potato wedges. \$17.50

Hang Over *gfo – House made chickpea egg patty, two slices of seitan bacon, a classic hash brown, lettuce & tomato and garlic mayo, on a toasted locally made bun. Served with side salad \$16.50
+ *gluten free bagel \$2 / sub coconut bacon

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

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
+ upgrade to dragon fries \$3

BBQ Mushroom Bacon Burger – Grilled portobello mushroom, seitan bacon, melty cheese slice, dill pickle, lettuce, and bbq sauce on a toasted locally made bun. Served with side salad or roasted potato wedges. \$18

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. \$16.50

»→ PASTA ←«

Supreme Buffalo Mac & Cheese – Macaroni and cheese with crispy 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