

APPETIZERS

- VEGAN GF SMOKIN PUMPKINS** 10
Savory Pumpkin & Almond Dip with a rich smokey flavor. Served with house-made seed crackers & sweet potato chips.
* contains tree nuts
- VEGAN GF RED PEPPER "QUEZO"** 9.5
Red pepper cashew "cheeze" dip, served with blue corn chips, red onion, tomato, cilantro, pepperoncini & jalapeno
* Contains tree nuts
- Veggie GF CAULI-POWER** 10
Lightly battered & fried cauliflower topped with fresh lime zest & cilantro, served with a sweet & spicy buffalo sauce, fresh celery and tzatziki sauce.
* Make it vegan - sub Tofu Crème
- Veggie GF CHIPS & DIP** 8
House-made sweet potato chips served with sriracha aioli
* Make it vegan - sub Tofu Crème

SOUP & SALAD

- SOUP DU JOUR** *cup 4.5, bowl 6.5*
- VEGAN GF BLACK BETTY** 10.5
Black bean burger, spring mix, cucumber, red onion, tomato, avocado, fresh jalapeno & agave lime margarita vinaigrette
- VEGAN GF ORIGINAL KALE** 10
Kale massaged with lemon vinaigrette, topped with dried cranberry & raw pumpkin seeds, served with sliced avocado
- VEGAN GF THE CAULI-MATA** 11
Fried cauliflower nestled into spring mix topped with red onion, jalapeno, tomato, yellow bell pepper, seasoned black beans, buffalo sauce & vegan ranch dressing

PLEASE INFORM YOUR SERVER OF ALL FOOD ALLERGIES & SENSITIVITIES

Our house-made Aioli contains raw egg. Consuming raw or under cooked seafood or eggs may increase your risk of foodborne illness

SANDWICHES & BURGERS

Served with sweet potato chips. Want something different? Choose a cup of soup or other side item for an up-charge of 1.49. Sub Gluten-free bread for 1.99

AVERAGE TOM	10
Roasted turkey panini, Port caramelized onion, swiss, tomato, spinach, sriracha aioli & wheat berry bread.	
<i>Veggie</i> TUSCAN GARDEN SUB	11
Roasted vegetables (zucchini, yellow squash, onion, cremini mushroom, red pepper) spinach, provolone cheese, red onion, kalamata tapenade, dijon & wheat hoagie * Make it vegan - no cheese please.	
THE BIG D	10.5
Roasted turkey, spicy cranberry goat cheese spread, walnuts, spinach & wheat berry bread * Make it vegetarian - sub avocado. Contains tree nuts	
<i>Veggie</i> BEETS ME	10.5
Grilled cheese prepared with tender roasted beets, goat cheese, thin layer of blackberry preserves & wheat berry bread	
KING TRITON	14
A Salmon Burger, freshly prepared with wild Alaskan Coho Salmon, topped with Cranberry/Almond/Apple Slaw, red onion and Dijon mustard * Sorry - Can not be prepared gluten-free	
<i>Veggie</i> TRIPLE B	10.5
Black bean burger, spring mix, tomato, red onion, sriracha aioli & wheat bun * Make it vegan - Sub tofu crème	
THE BELVEDERE	12
Turkey burger stuffed with Chevre, spring mix, tomato, red onion, sriracha aioli & wheat bun	
MEAN GREEN	12
Choose turkey burger or black bean burger with avocado, pickled jalapeno, spring mix & cilantro/lime aioli, served on a wheat bun * Want it vegan - Choose the black bean burger and sub Tofu Crème	

ENTRÉES

<i>VEGAN</i> TACOS VEGETARIANOS	<i>uno 8.5, dos 12, tres 15.5</i>
A Quinoa/Flax tortilla filled with seasoned roasted chick peas, cauliflower rice, roasted tomato, red pepper, cabbage, red onion & Serrano pepper salsa. Served with house salad & sliced avocado. Choose between 1-3 tacos * Make it Gluten-free - sub corn tortilla	
TACOS DE PESCADO	<i>uno 9.5, dos 13, tres 16.5</i>
A Quinoa/Flax tortilla filled with seasoned cod, red pepper, red & green cabbage, jalapeno, red onion & cilantro lime aioli. Served with house salad & sliced avocado. Choose between 1-3 tacos * Make it Gluten-free - sub corn tortilla	
<i>GF</i> PISCES PIÁTO	14.5
Almond crusted cod, sweet potato chips, apple/cranberry/almond slaw & curry aioli * contains tree nuts	

18% gratuity added on parties 6 or more - Split Charge .99 per person - WIFI password: Veggies

DINNER ONLY ENTRÉES - AFTER 4 PM

VEGAN GF CREAMY RED PEPPER ZUCCHINI NOODLE	11.5
Zucchini noodles, red pepper, spinach & creamy red pepper cashew cream sauce * Contains tree nuts	
GF ITALIANO DI POLLO	14
Chicken, spinach, baby bella mushroom & mozzarella wrapped in a gluten-free buckwheat crêpe, topped with Provolone cheese & creamy tomato sauce. Garnished with fresh basil. Served with a house salad	
VEGAN GF CRÊPES BETTERAVE	13.5
Crumbled beet/black bean burger, red pepper & red onion wrapped in a gluten-free buckwheat crêpe, topped with an Almond Chipotle Sauce. Served with a house salad * Contains tree nuts	
Veggie GF SAVORY GARDEN CRÊPE	14
Roasted vegetables, spinach and goat cheese wrapped in a gluten free buckwheat crêpe, topped with a Tarragon/Dijon Velouté * Want it vegan - no goat cheese please	
GF THE KETCHIKAN	18.5
8 oz Wild Alaskan Coho Salmon, stuffed with artichoke heart, spinach, feta & served with curry aioli. Served with a house salad	

SIDES

VEGAN GF SWEET POTATO CHIPS	3.5	VEGAN GF ROASTED VEGGIES	4.5
Veggie GF HOUSE SALAD	4.5	zucchini, yellow squash, red pepper, red onion & cremini mushroom	
Spring mix, cucumber, red onion, tomato & feta cheese * Make it vegan - no feta		Veggie GF APPLE/CRANBERRY/ALMOND SLAW	4.5

Dressing options: Lemon Vinaigrette, Agave Lime Margarita, Balsamic Vinaigrette & Apple Walnut Vinaigrette

BEVERAGES

ORGANIC ICED TEA	2.5	ORGANIC COFFEE	2.5
ORGANIC HOT TEA	2.5	COFFEE-NUT	3
SPA WATER (FRUIT & HERB INFUSED)	1.5	organic coffee with coconut oil	
COCONUT WATER	3	LATTE	4.5
HOUSE-MADE SODA	3	MOCHA LATTE	5
HOT CHOCOLATE	3.5	MATCHA LATTE	5.5
DOUBLE ESPRESSO	4	YERBA MATE LATTE	5

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KID'S MENU



• AGE 10 & UNDER •

All meals are served with an organic juice box. Gluten-free bread/buns are available for 1.99 upcharge

VEGAN PB&J \$5.5

House-made peanut butter & organic grape jam served on wheat berry bread. Served with sweet potato chips

• contains peanuts

CHEESY PEASEY \$5.5

Grilled cheese with mozzarella on wheat berry bread. Served with sweet potato chips

LITTLE TOM \$6

Turkey burger served on a whole wheat bun with ketchup & mixed greens. Served with sweet potato chips.

