



VEGAN & VEGETARIAN FRIENDLY SPECIALS

All Come with Complimentary Vegan Soup du Jour
and Vegan Muffin for Dessert

TOFU AVOCADO QUESADILLA

Grilled tofu, vegan cheddar cheese, onions, peppers, avocado, black beans and tomatoes on a flour tortilla, served with shredded lettuce and fresh salsa **15.95**

BEYOND® BURGER

Meatless burger topped with lettuce, tomato, onion on a kaiser roll,
served with French fries **13.95**

BEYOND® MEATBALL SANDWICH

Meatless meatball topped with marinara sauce on a torpedo roll with French fries **15.95**

BEYOND® MEATBALLS OVER PASTA

Meatless meatballs served on our vegan and gluten free penne, topped with our
housemade marinara sauce (complete) **15.95**

TOFU GREEK SALAD

Romaine lettuce, tomatoes, cucumbers, green peppers, onions, kalamata olives,
stuffed grape leaves and grilled tofu, served with our housemade Greek dressing **14.50**

POWER BOWL

Stuffed grape leaves, avocado, tomatoes, cucumbers, chick peas beets and grilled tofu,
tossed in our homemade Greek dressing, served with hummus **14.50**

GRILLED MEDITERRANEAN VEGETABLE PLATTER

Grilled zucchini, eggplant, cauliflower and broccoli seasoned with Greek spices in our
extra virgin olive oil, served with hummus and pita points **14.95**

BEETS & TOFU BOWL

Seasoned pickled beets with onions and chick peas, served with grilled tofu and hummus **13.50**

EGGLESS VEGGIE OMELETTE

Grilled scrambled tofu with broccoli, tomatoes, onions, peppers, spinach and mushrooms,
served with home fries **10.95**

CHICK PEA & MEDLEY SAUTE

Chick peas, peppers, onions, broccoli, snow peas, cauliflower, garlic, sauteed in
extra virgin olive oil over vegan and gluten free penne **15.95**

BROCCOLI & SEITAN POTATO SKINS

With broccoli, seasoned seitan, vegan cheddar **14.95**

“NOT CHO” CHEESESTEAK

Seasoned seitan, vegan cheddar, onions on torpedo roll with French fries **15.95**

SEITAN MARSALA

Sauteed seitan, mushrooms, garlic, fresh basil and onions in marsala wine and olive oil
over vegan pasta **18.95**

LOADED VEGAN FRIES

Seitan, chicken peas, black beans, topped with vegan cheddar **13.95**

LIKE GYRO SANDWICH

Seitan, lettuce, tomato and onion tossed in our homemade Greek dressing on pita,
served with French fries **14.95**

VEGAN MAC AND CHEESE

Vegan cheddar cheese tossed with pasta **16.95**

TOFU PASTA PRIMAVERA

Our fresh house medley veggies and grilled tofu in a white wine garlic sauce over vegan pasta **15.95**

CHEDDAR SEITAN BEYOND® BURGER

Beyond® burger topped with seasoned seitan and vegan cheddar on a kaiser roll,
served with French fries **16.95**