



Executive Chef
Tamara Cayer

APPETIZERS

Sweet potato fries

hand cut yams + Smoked ketchup 8.

antipasto

spicy beets + marinated mushrooms + olives
+ roasted garlic + artichoke hearts + roasted
red peppers + grilled Flatbread 10.

tempeh 'crab' cakes + lemon aioli 10.

Southern fried tofu

spicy tofu + lemon aioli 10.

hummus plate

chickpea hummus + vegetables +
bread + olive oil + tahini (can be GF) 10.

nachos black bean quinoa chili + tortilla chips
+ cashew parmesan + olives + onion + salsa + Sour
cream (can be GF) 12.

WRAPS & BURGERS come with Sweet potato
fries or a kale + quinoa salad

cali wrap

hummus + carrot + portobello mushroom +
onion + roasted peppers + avocado + cashew
parmesan (can be GF) 16.

garden wrap

vegetables rolled in a tortilla with a side of
tahini dressing (can be GF) 16.

butternut bacon burger

roasted butternut squash + tempeh bacon +
red onion + marinated kale (can be GF) 16.

mushroom swiss burger

seitan burger + grilled mushrooms + onions +
cheese + greens + lemon aioli 16.

naked burger

your choice of a portobello cap, roasted
butternut squash or seitan burger + field
greens + roasted peppers + red onion + carrot
+ cashew ranch dressing (can be GF) 16.

buffalo tofu wrap

spicy tofu + red onion + carrot + romaine +
cashew ranch dressing (can be GF) 16.

KIDS

cheese quesadilla (not spicy) 7.

If you're allergic to anything please
tell us. We do not list every ingredient.

SOUPS & SALADS

chili (can be GF)

black bean + quinoa chili +
corn tortilla chips + salsa +
Sour cream 7.

harvest pumpkin + Sweet onion bisque

with cornbread croutons 7.

Autumn Field Salad

Field greens + walnuts + apples +
carrot + dried cranberries +
maple balsamic vinaigrette

Small 9. large 16.

garden harvest salad

Field greens + pumpkin seeds +
butternut squash + red onion +
carrot + quinoa + Sherry vinaigrette

Small 9. large 16.

Cobb salad

romaine + carrot + avocado + roasted peppers
+ tempeh bacon + garlic tofu + cashew
parmesan + cashew ranch dressing 16.

GF kale salad

garlic + olive oil rubbed kale + garlic tofu +
beets + carrot + red onion + Sunflower seeds +
lemon tahini dressing

Small = no tofu 9. large 16.

ENTREES

butternut Squash quesadilla

roasted butternut squash +
black beans + tomato cayenne cheese + salsa
+ Sour cream +

kale quinoa salad 16.

Southern plate

Southern fried tofu + greens +
lemon aioli + black beans +
warm cornbread 16.

truffled mushroom + wild rice risotto

with lemon rubbed field greens 16.

GF almond tamari stirfry

rice noodles + vegetables + tofu + toasted
almond tamari sauce 16.

GF Sweet potato enchilada

mole rojo sauce + black beans + rice + cashew
parmesan + salsa + Sour cream 16.

potato & spinach pierogi

potato spinach pierogi + sauteed garlic greens
+ grilled onions + apple butter + Sour cream 16.

GF = gluten-free