

MORNING. SERVED ALL DAY

BREAKFAST BOWL - 12 NR

SPROUTED GLUTEN-FREE GRAIN, SWEET POTATO, FRESH FRUIT, DRIZZLED WITH COCONUT YOGURT, TOPPED WITH GRANOLA AND SUPERFOOD SPRINKLES

MORNING SHRED BOWL - 12 O G NR

SPROUTED GLUTEN-FREE GRAIN, PESTO, HERB CASHEW CHEESE, AVOCADO, PEAS, SEASONAL GREENS, PEPITAS, PLUS A SIDE OF TOAST

SUPERFOOD OAT BOWL - 9 H NR

A BLEND OF CREAMY GLUTEN-FREE OATS, LOADED WITH SUPERFOODS, TOPPED WITH FRESH FRUIT AND HONEY

NURTURE BOWL - 11

HOUSE MADE GRANOLA, FRESH BERRIES, BANANA, SUPERFOOD SPRINKLES, COCONUT YOGURT, CHIA PUDDING

TOAST

AVOCADO - 10 G NR

SERVED ON A BED OF GREENS, TOPPED WITH KRAUT, SPROUTS, VEGGIES AND A DELIGHTFUL BLEND OF SPICES

PB & BANANA - 9 H G NR

SPROUTED GRAIN BREAD, PEANUT BUTTER, BANANA, HONEY, SERVED WITH FRUIT

WAFFLES

GLUTEN & OIL FREE

STANDARD - 9 NR

TOPPED WITH COCONUT BUTTER, MAPLE SYRUP

PEANUT BUTTER & BANANA - 10 H NR

TOPPED WITH CACAO NIBS OR VEGAN CHOCOLATE CHIPS, SUPERFOOD SPRINKLES, MAPLE SYRUP

THE WORKS - 11 NR

TOPPED WITH BANANA, BERRIES, FRUIT COMPOTE OF THE DAY, PEANUT BUTTER, SUPERFOOD SPRINKLES, BLUEBERRY MAPLE SYRUP

KIDS - 7 NR

STANDARD WAFFLE WITH A FRUIT FACE, PEANUT BUTTER EYES, MAPLE SYRUP

We strive to have the majority of our menu be raw, gluten free, and oil free to give you the highest quality plant based foods. Please use symbols to see what items on our menu have oil, honey, gluten and that are not raw.

*** all of our bread is made local using ancient fermented grains which eases digestion.*

*** all of our nuts, seeds and grains are sprouted for optimal digestibility.*

O Contains Oil **H** Contains Honey **G** Contains Gluten **NR** Not Raw - Cooked



SOUTHERNSQUEEZE.COM

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RAW. ORGANIC. PLANT BASED.

Everything on our menu is also refined sugar free, soy free, and free from all animal sources.

AFTERNOON.

INCREDIBLE KALE SALAD - 12

SEASONAL VEGGIES, DRIED FRUIT, SEEDS, ORANGE SLICES,
TOPPED WITH SPROUTS, TAHINI DRESSING

CHICKEN-LESS SALAD SANDWICH - 12 **G**

SERVED OPEN FACED ON SPROUTED BREAD* PLUS A SIDE SALAD
OR CUP OF DAILY SOUP

VEGGIE SANDWICH - 12 **G**

HUMMUS, HERB CHEESE, SEASONAL VEGGIES PLUS A SIDE SALAD
OR CUP OF DAILY SOUP

DETOX SALAD - 11 **O**

BED OF ROMAINE, SEASONAL VEGGIES, CRAISINS, AVOCADO,
SPROUTS, KRAUT, PUMPKIN SEEDS, BALSAMIC DRESSING

PAD THAI - 10 **NR**

KELP NOODLES TOPPED WITH RED CHILI FLAKES, CILANTRO,
SPICY PEANUT SAUCE, SEASONAL VEGGIES

PESTO PASTA - 12 **O**

ZUCCHINI NOODLES IN PESTO WITH OLIVES, TOMATOES, SWEET
PEAS, TOPPED WITH PINE NUTS AND PEA SHOOTS,
SERVED ON A BED OF GREENS

MEDITERRANEAN PIZZA - 13 **O**

WALNUT-BASIL PESTO, SPINACH, ONION, OLIVES,
SEASONAL VEGGIES, PLUS A SIDE SALAD

BUDDHA BOWL - 12 **NR**

SPROUTED GLUTEN-FREE GRAIN WITH SWEET POTATOES,
SEASONAL VEGGIES, HUMMUS AND GODDESS DRESSING

AZTEC BOWL - 12 **NR**

SPROUTED GLUTEN-FREE GRAIN, PISTACHIO-WALNUT PATE, GUAC,
SEASONAL VEGGIES, HERB CASHEW CHEESE, LIME VINAIGRETTE

PONO BOWL - 11

SPROUTED GLUTEN-FREE GRAIN*, SOUP OF THE DAY, TOPPED WITH
MARINATED KALE

TOMATO BASIL BISQUE & GRILLED CHEESE - 10 **NR**

HERB CASHEW CHEESE ON TOASTED SPROUTED BREAD

CHATTANOOGA CHILI - 12 **NR**

SPICED BLACK BEAN AND CORN, TOMATO, SCALLION, GUAC,
HERB CHEESE, CRUMBLLED PULP AND SEED CRACKERS

VEGAN JOE - 12

SAVORY, SWEET AND SMOKEY LENTILS SERVED OPEN FACE ON
SPROUTED GRAIN TOAST, TOPPED WITH SLAW, PLUS A SIDE SALAD
OR CUP OF DAILY SOUP

CUP OF SOUP AND HOUSE SALAD - 10 **NR**

SOUP OPTIONS: SOUP OF THE DAY, TOMATO OR CHILI
SALAD: MIX LETTUCE, CARROT, CUCUMBER, TOMATO, CRAISINS
SERVED WITH HOUSE BALSAMIC

SOUP OF THE DAY BOWL - 8 • CUP - 6

SERVED WITH RAINBOW CRACKERS

Dressings: Sweet Tahini, Goddess,

O Balsamic, **O** Lime Vinaigrette

