APPETIZERS

OUR FAMOUS MOZZARELLA STICKS
breaded daiya mozzarella with tomato sauce 10

CAPRESE
fresh cashew milk mozzarella with tomatoes, basil, and aged balsamic. GF 12

BUFFALO CAULIFLOWER
buttermilk fried cauliflower with buffalo sauce and homemade blue cheese. 10
GF optional 12

SPANAKOPITA
phyllo pastry with spinach, dill, homemade feta, and lemon. served with tzatziki sauce. 10

OYSTER MUSHROOM "CALAMARI"
crispy fried oyster mushrooms with tartare sauce and marinara sauce. 10
GF optional 12

TOFU "CRAB" CAKES
served with tartare sauce. 10
GF optional 12

ARANCINI
italian rice balls served with tomato sauce. GF optional 10
GF optional 12

POLENTA FRIES
cheesy fried polenta served with ketchup. GF 10

EGGPLANT ROLLANTINI
breaded eggplant rolled with tofu-cashew ricotta. topped with fresh cashew milk mozzarella and tomato sauce 10
GF optional 12

"FISH" N CHIPS
gardein fishless fillet with french fries and tartare sauce 12

MOZZARELLA IN CAROZZA
italian style grilled cheese with fresh cashew milk mozzarella. served with tomato sauce. 14

FRIED MAC N CHEESE BALLS
served with truffle aioli and coconut bacon 12

SOUP OF THE DAY 7

SALADS

HOUSE SALAD
mixed greens, tomatoes, cucumbers, red onions, shredded carrot, kalamata olives. your choice of dressing 8

CLASSIC CAESAR SALAD
romaine, cashew parmesan, and croutons. GF optional 9

KALE CAESAR SALAD
kale, croutons, cashew parmesan, caesar dressing. GF optional 12

BABY SPINACH SALAD
baby spinach, grilled portobello, crumbled cashew bleu cheese, cherry tomatoes, balsamic vinaigrette. GF 12

GREEK SALAD
mixed greens, macadamia feta, tomatoes, cucumbers, red onion, grape leaves, lemon vinaigrette. GF 12

add grilled seitan 4
add buffalo seitan 4
add grilled tofu 4
add avocado 4
dressings: balsamic, caesar, lemon vinaigrette, bleu cheese, ranch
**PASTA**

RIGATONI ALLA NORMA  
eggplant, tomato sauce, cashew-tofu ricotta  
GF optional  
16

FETTUCCINE ALFREDO  
cashew parmesan infused cashew cream sauce  
GF optional  
16

PENNE ALLA VODKA  
vodka infused tomato cashew cream sauce  
GF optional  
16

BAKED ZITI  
cashew-tofu ricotta, cashew cream, tomato sauce, topped with fresh cashew milk mozzarella and parmesan  
GF optional  
14

MAC N CHEESE  
cashew milk cheddar cheese sauce, topped with herbed panko bread crumbs  
GF optional  
14

SPAGHETTI BOLOGNESE  
tempeh, tomato sauce, cashew parmesan  
GF optional  
16

SPAGHETTI AND MEATBALLS  
housemade seitan meatballs, tomato sauce, cashew parmesan  
14

VEGETABLE LASAGNA  
spinach, broccoli, roasted peppers, cashew-tofu ricotta, tomato sauce, fresh cashew milk mozzarella, cashew parmesan  
14

LINGUINE WITH OYSTER MUSHROOM SCAMPI  
oyster mushrooms with a lemon garlic white wine butter sauce  
GF optional  
16

MANICOTTI  
cashew-tofu ricotta filled manicotti shells, topped with fresh cashew milk mozzarella and tomato sauce  
14

PESTO PASTA  
pinenut-basil pesto, sun-dried tomatoes, toasted pinenuts  
GF optional  
16

SPAGHETTI CARBONARA  
tempeh bacon, tofu “egg” sauce, green peas, cashew parmesan  
16

ORECCHIETTE WITH ITALIAN SAUSAGE AND BROCCOLI RABE  
housemade seitan sausage and broccoli rabe, with garlic, white wine, extra virgin olive oil, and cashew parmesan.  
16

daiya mozzarella or daiya cheddar is available upon request
pasta selection: spaghetti, linguine, fettuccine, angel hair, penne, ziti, rigatoni, orecchiette, whole wheat spaghetti, whole wheat penne
Gluten Free Spaghetti or Penne  
2
Add Grilled Seitan, Grilled Tofu, or Tempeh Bacon  
3
ENTREES

SEITAN PARMESAN
breaded seitan, topped with tomato sauce and cashew milk mozzarella. served with choice of pasta or salad 19

EGGPLANT PARMESAN
breaded eggplant, topped with tomato sauce and fresh cashew milk mozzarella. served with choice of pasta or salad 19

EGGPLANT ROLLANTINI
breaded eggplant rolled with cashew- tofu ricotta, topped with tomato sauce and fresh cashew milk mozzarella. served with choice of pasta or salad 19

SEITAN PICATTA
yukon gold mashed potatoes, creamed kale, lemon-caper sauce. GF Optional with tempeh or tofu 19

SEITAN MARSALA
yukon gold mashed potatoes, haricot verts, mushroom marsala sauce. GF Optional with tempeh or tofu 19

CAULIFLOWER STEAK
roasted cauliflower, cauliflower mash, kale, salsa verde 19

SEITAN SCARPAIHELLO
seitan sausage, pecorino peppers, red peppers, mushrooms, potatoes, white wine sauce. served with choice of pasta or salad 19

TEMPEH PORTOBELLO
pan fried tempeh, portobello mushrooms, roasted peppers, parmesan white wine sauce, served with choice of pasta or salad 19

BURGERS, SANDWICHES, & PANINIS

Served with Mesclun or French Fries

BUFFALO SEITAN PANINI
buffalo seitan, fresh cashew milk mozzarella, blue cheese 14

GRILLED PESTO TOFU PANINI
grilled tofu, pine nut basil pesto, fresh cashew milk mozzarella 14

BBQ JACKFRUIT PANINI
bbq jackfruit, cashew milk cheddar, purple cabbage slaw 14

GRILLED EGGPLANT PANINI
grilled eggplant, tomatoes, roasted peppers, fresh cashew milk mozzarella. 14

TEMPEH RUBEN
tempeh, 1000 island dressing, sauerkraut, daiya swiss cheese 14

BACON CHEESEBURGER
housemade seitan burger, tempeh bacon, lettuce, tomatoes, pickles, cashew milk cheddar. 14

SIDES

GRILLED TOFU 8
GRILLED SEITAN 8
SEITAN MEATBALLS 8
BROCCOLI RABE 8
SAUTÉED SPINACH 8
CREAMED KALE 8
MASHED POTATOES 6
FRENCH FRIES 6

daiya mozzarella or daiya cheddar is available upon request
# BRICK OVEN PIZZA

**MARGHERITA**
- fresh cashew milk mozzarella, san marzano tomato sauce, basil, cashew parmesan
- 14

**BIANCA**
- garlic and oil, spinach, cashew-tofu ricotta, fresh cashew milk mozzarella
- 14

**EGGPLANT PARMESAN**
- breaded eggplant, cashew-tofu ricotta, tomato sauce, fresh cashew milk mozzarella, and cashew parmesan
- 15

**SEITAN BACON RANCH**
- grilled seitan, tempeh bacon, tomatoes, daiya mozzarella, drizzled with ranch
- 15

**GRANDMA PIZZA**
- square pizza, tomato sauce, fresh basil, fresh cashew milk mozzarella
- 14

**SEITAN BUFFALO PIZZA**
- buffalo seitan, daiya mozzarella, blue cheese
- 15

**SEITAN PARMESAN PIZZA**
- breaded seitan, tomato sauce, fresh cashew milk mozzarella, cashew parmesan
- 15

**SAUSAGE AND BROCCOLI RABE**
- seitan sausage, broccoli rabe, tomato sauce, fresh cashew milk mozzarella
- 15

**GRILLED PORTOBELLO**
- roasted red peppers, spinach, sun dried tomatoes, fresh cashew milk mozzarella
- 15

**BBQ PULLED JACKFRUIT PIZZA**
- bbq pulled jackfruit, fresh cashew milk mozzarella and cheddar, red onions
- 15

**VERDURE**
- grilled zucchini, grilled eggplant, spinach, olives, roasted peppers, basil pesto, cashew milk mozzarella
- 15

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# CREATE YOUR OWN BRICK OVEN PIZZA & CALZONES

**CRUST**
- regular: 12
- whole wheat: 13
- gluten free: 13
- calzone: 8

**CHEESE**
- fresh cashew milk mozzarella
- cashew milk cheddar
- daiya tapioca mozzarella
- daiya tapioca cheddar
- cashew-tofu ricotta
- cashew parmesan

**SAUCE**
- tomato
- garlic & oil
- pesto: 1

**TOPPINGS**
- roasted peppers, green peppers, red onions, garlic, olives, spinach, broccoli rabe, sun dried tomatoes, broccoli, tomatoes, grilled eggplant, mushrooms, grilled portobello mushrooms, grilled tofu, grilled seitan, breaded tofu, breaded seitan, buffalo seitan, soy pepperoni, seitan meatballs, seitan sausage: $1 per topping

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Our Fresh Cashew Milk Mozzarella, Cashew Milk Cheddar, Cashew-Tofu Ricotta, Macadamia Feta, Cashew Parmesan, Cashew Bleu Cheese are all made in house by Chef Jay Astafa

Nut Free Daiya Mozzarella or Daiya Cheddar available upon request