

GARLIC-FREE OPTIONS

Please inform your server of all food allergies. Safe-handling procedures are our practice; however, in a shared kitchen, the possibility of cross-contact is possible. Please specify if you require separate prep for allergies, or if shared equipment is OK. Upcharges may apply for any of the following modifications.

SNACKS

Quesadilla – No sausage, sub lemon maple tofu, plain grilled tofu or mushrooms. No marinated kale, sub steamed kale. Sub olive oil & balsamic vinegar for the side salad.

Fruit & Cheese Platter

Pickled Things

PLATES

Buddha Bowl – No ginger garlic tamari dressing. No marinated kale, sub steamed kale. No marinated tofu, sub lemon maple tofu or plain tofu. Avocado puree add-on is garlic-free.

SALADS

Winter Jewels

Asian Rainbow Kale – No ginger tamari dressing, sub sub olive oil & balsamic vinegar

Simple Green – No balsamic vinaigrette, sub olive oil & balsamic vinegar.

Add-ons – warrior scoop, coconut brown rice, cashew-macadamia cheese, lemon maple tofu, tofu eggs, plain grilled tofu, avocado, chilled beets, pickled jalapeños

SANDWICHES

All regular menu bread types are garlic-free.

Warrior Wrap + add-on avocado spread & lemon maple tofu

ABL– No bacon, sub lemon maple tofu or plain grilled tofu. Dry greens on sandwich.

Tofu Egg Sandwich – Dry greens on sandwich + add-on avocado spread & pickled jalapeños

Grilled Cheese + add-ons roasted tomato, avocado spread, lemon maple tofu, pickled jalapeños

Sides – balsamic field greens (no dressing, sub olive oil & balsamic vinegar), sesame sticks, pickled things, coconut brown rice

DESSERT

All desserts are garlic-free.

DRINKS

All drinks are garlic-free.