

# SNACKS

**Mac n' Cheese Nachos** (GF) – corn tortilla chips w/ cashew mac n' cheese, melted cheddar, green olive salsa verde & roasted tomatoes **12.50**

+ buffalo tempeh (GF) or BBQ tempeh (GF) **3.50**

+ avocado puree (GF) or tempeh bacon (GF) **2.50**

+ spicy meat sauce (GF) **1.75**

+ pickled jalapeños (GF) **0.75**

+ spicy sour cream (GF) **1.00**

+ **LOADED** w/ tempeh choice, meat sauce, puree (GF) **7.00**

+ **SUPER LOADED** w/ tempeh, meat sauce, avo puree, sour cream, jalapeños (GF) **9.00**

**Quesadilla** (opt GF) – cheddar, Italian sausage, kale & pickled red peppers on brown rice tortilla + side of balsamic field greens & lemon sour cream **11.50**

+ sub GF protein **0.50 - 0.75** + cheese only **8.50**

**Fruit & Cheese Platter** (opt GF) – cashew-macadamia cheese pressed in sun-dried tomatoes w/ fresh fruit & focaccia **12.50**

+ sub GF bread **2.50**

**Pickled Things** (GF) – assorted pickled veggies **4.50**

**Soup of the Day** (opt GF) – cup **4.50** / bowl **7.00**

# SALADS

**Strawberry Fields** (GF) – field greens, cashew-macadamia cheese, strawberries, roasted asparagus, almonds, strawberry poppyseed vinaigrette **12.00**

**Thai Kale** (GF) – kale, quinoa salad w/ carrots, red peppers, red onion & cilantro + purple cabbage, cashews, creamy thai peanut dressing **12.00**

**Buffalo Chick'n Bacon Ranch** (GF) – breaded soy curls, romaine, tomatoes, celery, red onion, coconut bacon bits, buttermilk ranch, buffalo drizzle **12.00**

**Chick'n Caesar** (GF) – breaded soy curls, romaine, tomatoes, creamy Caesar dressing, herb soy parm **12.00**

**Simple Green** (GF) – field greens, tomatoes, cucumbers, carrots, balsamic vinaigrette **11.50**

**Salad add-ons** – “beef” up your salad!

+ lentil burger patty (GF) **4.50** + warrior scoop (GF) **5.00** + pickled jalapeños (GF) **0.50**

+ seitan steak, Italian sausage, BBQ tempeh (GF), ginger tamari tofu (GF)

or spicy buffalo tempeh (GF) **3.50** + coconut brown rice or breaded soy curls (GF) **3.00**

+ lemon maple tofu (GF), tofu eggs (GF), plain grilled tofu (GF), tempeh bacon (GF)

or cashew-macadamia cheese (GF) **2.50** + avocado (GF) or chilled beets (GF) **1.50**



# SANDWICHES

All sandwiches come with your choice of side! Choose balsamic field greens (GF) or sesame sticks ... OR ... **upgrade your side to:** mac salad (GF), sweet potato salad (GF), mashed potatoes & gravy (GF), pickled things (GF), coconut brown rice (GF) or soup (GF) **3.00**

**Warrior Wrap** (opt GF) – chickpea salad w/ pecans, dried cranberries, sunflower seeds, coconut oil, dill & kale + cucumber & lemon mayo in a wheat wrap **12.50**

+ avocado spread (GF) **1.50** + tempeh bacon (GF) **2.00**

+ lemon maple tofu (GF) **2.50** + on GF bread **1.75**

**Lentil Burger** (opt GF) – lentil veggie burger, roasted tomatoes, balsamic field greens, lemon mayo on focaccia **11.75**

+ tempeh bacon (GF) **2.00**

+ avocado spread (GF) **1.50**

+ cheddar (GF) **1.00**

+ **LOADED** w/ all the above! **4.00**

+ **SPICY LOADED** w/ all the above & pickled jalapenos **4.50**

+ pickled jalapenos (GF) **0.50**

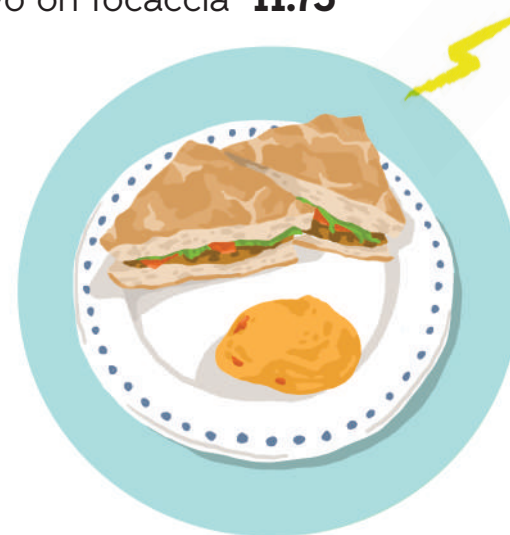
+ on GF bread **1.75**

**WE PROUDLY SERVE FOLKS w/ FOOD ALLERGIES!**

Please inform your server of FULL allergen list. We have shared kitchen. Risk of cross-contact is minimal, but present.



**Low Dough Burrito** (opt gf) – BBQ tempeh, peppers, onions, coconut brown rice & spicy sour cream in a wheat wrap (no side) **6.50**



**Buffalo Chick'n Bacon Ranch Wrap** – breaded soy curls, romaine, tomatoes, celery, red onion, coconut bacon bits, buttermilk ranch, buffalo drizzle in a wheat wrap **12.50**

**Steak Bomb** – grilled seitan steak, cheddar, sauteed peppers & onions, mushrooms, horseradish mayo on focaccia **11.75**

**Buffalo Bleu** (opt GF) – spicy buffalo tempeh, pickled carrots & cabbage, cucumbers, bleu cheese dressing on focaccia **11.75**

+ avocado spread (gf) **1.50** + tempeh bacon (GF) **2.00**

+ pickled jalapenos (GF) **0.50** + on GF bread **1.75**

**Chick'n Caesar Wrap** – breaded soy curls, romaine, tomatoes, creamy Caesar dressing in a wheat wrap **12.50**

**ABLT** (opt GF) – tempeh bacon, avocado spread, roasted tomatoes, balsamic field greens, lemon mayo on toasted sourdough-wheat **11.50**

+ lemon maple tofu (GF) **2.50** + on GF bread **1.75**

**Tofu Egg** (opt GF) – tofu ‘egg’ patty, scallion cream cheese, roasted tomatoes, balsamic field greens on focaccia **11.75**

+ tempeh bacon (GF) **2.00** + avocado spread (GF) **1.50**

+ pickled jalapenos (GF) **0.50** + on GF bread **1.75**

**Grilled Cheese** (opt GF) – melted cheddar on sourdough-wheat **8.75**

+ lemon maple tofu (GF) **2.50** + roasted tomatoes (GF) **1.25**

+ tempeh bacon (GF) **2.00** + pickled jalapenos (GF) **0.50**

# PLATES

**Compost Plate** (opt GF) – our version of Rochester’s ‘Garbage Plate’ w/ mac salad, sweet potato salad, spicy meat sauce, balsamic field greens, focaccia slice & choice of protein: lentil burger (GF), spicy buffalo tempeh (GF), BBQ tempeh (GF), tempeh bacon (GF), lemon maple tofu (GF), Italian sausage or seitan steak **14.75** + make it a burrito! **0.50**

**Lentil Loaf** (GF) – lentil veggie loaf, mashed potatoes, sauteed kale, herb gravy **14.75**

**Buddha Bowl** (GF) – organic marinated tofu, coconut brown rice, sauteed kale, chilled beets, pickled carrots & cabbage, sesame seeds, ginger tamari sauce **14.75**

+ avocado puree (GF) **1.50**

+ mushrooms (GF) **1.25**

**Baked Mac n' Cheese** (opt GF) – brown rice pasta & cashew cheese w/ melted cheddar & crispy onions; comes w/ side of balsamic field greens & roasted tomatoes **14.75**

+ lemon maple tofu (GF) or tempeh bacon (GF) **2.50**

+ lentil burger (GF) **4.50**

+ spicy buffalo tempeh (GF), BBQ tempeh (GF), seitan steak or Italian sausage **3.50**

**Steak & Potatoes** (opt GF) – grilled seitan steak, mashed potatoes, spicy buffalo kale, horseradish cream, crispy onions **14.75**

