

OIL-FREE OPTIONS

These menu items contain no added oil in preparation; however, inherent fats are present. Upcharges may apply for any of the following modifications.

SNACKS

Fruit & Cheese Platter – No focaccia/no gluten-free bread, sub extra fruit or veggie slices.

Pickled Things

PLATES

Buddha Bowl – No ginger garlic tamari dressing. No marinated kale, sub steamed kale. Tofu will be steamed without oil on grill. Avocado puree add-on does not contain added oil.

SALADS

Strawberry Fields – No asparagus. No strawberry poppyseed vinaigrette, sub plain balsamic vinegar or lemon wedges.

Simple Green – No balsamic vinaigrette, sub plain balsamic vinegar or lemon wedges.

Add-ons – coconut brown rice, cashew-macadamia cheese, avocado, chilled beets, pickled jalapeños.

Request no oil on grill for the following sides: ginger tamari tofu, lemon maple tofu, tofu eggs, plain grilled tofu

SANDWICHES & SPECIALS

All of our sandwiches, breads & specials contain oil.

SIDES

Put together an oil-free meal with any combination of the following sides:

- lentil burger patty (request steamed – no oil on grill)
- tempeh bacon (request steamed – no oil on grill)
- ginger tamari tofu (request steamed – no oil on grill)
- lemon maple tofu (request steamed – no oil on grill)
- bbq tofu (request steamed – no oil on grill)
- tofu eggs (request steamed – no oil on grill)
- plain grilled tofu (request steamed – no oil on grill)
- coconut brown rice
- cashew-macadamia cheese
- steamed kale (NOT marinated kale)
- chilled beets
- pickled carrots & cabbage
- balsamic field greens (sub plain balsamic vinegar or lemon wedges for dressing)
- avocado slices
- avocado puree
- bbq sauce

DESSERT

Super Bite

Fruit Cup

DRINKS

All drinks are oil-free, except Oatly coffee creamer.