

Vegan Menu

Apps

Black Bean Chili

mango salsa, avocado puree ... 7

Stuffed Mushrooms

wild mushroom duxelle, balsamic drizzle, micro greens ... 8

Hungarian Peppers

black bean stuffing, red sauce ... 10

Portobello Carpaccio

thinly sliced portobello mushroom, capers, red onion, microgreens, balsamic, pita ... 10

Tempeh Fritters

Battered Tempeh, choice of red hot, orange BBQ, or thai peanut sauce ... 10

Spring Rolls

baby vegetables, sweet chili dipping sauce *wrapper contains egg ... 8

Salads

House

local petite lettuces, matchstick vegetables, washington apples, champagne vinaigrette ... 7

Greek

tomatoes, cucumbers, roasted red peppers, olives, pepperoncini, balsamic vinaigrette ... 7

Spinach & Fruit

almonds, strawberries, washington apples, grapes, dried cranberries, cranberry-poppysseed dressing ... 7

Heirloom Tomato & Pesto

heirloom red & yellow tomatoes, fresh basil, vegan pesto, balsamic vinaigrette ... 8

Entrée's

Spinach & Tempeh Lasagne

fresh vegetables, tempeh noodles, tomato basil sauce ... 14

Crispy Tempeh

steamed vegetables, basmati, mango salsa, mango vinaigrette ... 11

Sun-Dried Tomato Quesadilla

black bean crumbles, hot peppers, guacamole, tomato salsa ... 11

Black Bean Taco's

vegan chili, guacamole, salsa, shredded lettuce, tomato, flour tortilla ... 11

Gnocchi Pomodoro

olive oil, spinach, garlic & herb tomato broth ... 12

Puttenesca Pasta

tomatoes, hot peppers, olives, capers, olive oil, red sauce ... 11

Tempeh Noodles

grilled tempeh, stir-fry vegetables, rice noodles, peanut sauce, spicy vegetable broth ... 14

Vegetable Stir-Fry

thai peanut style or simply steamed over basmati rice ... 14

Lettuce Wraps

crisp leaf lettuce, sautéed vegetables, sweet chili dipping sauce, fries ... 12

Butternut Squash Ravioli's

caramelized onions, broccolini, roasted red peppers, brown sugar pecan sauce ... 16

Chickpea Meatballs

Angel Hair, Red Sauce, Sautéed Spinach, Fresh Herbs ... 14

Garden Vegetable Pizza

red sauce, spinach, broccolini, red peppers, tomatoes, wild mushrooms, onions, vegan pesto ... 17

Dessert

Soy Custard Parfait

soy milk, raspberry sauce, chocolate sauce, strawberries ... 7