



VEGAN MENU

****PLEASE INFORM OUR STAFF WHEN ORDERING FROM THIS MENU****

Fresh Squeezed Juices

Small (16 oz) 6.00 Large (24 oz) 8.00

Add Kale, Ginger, Chia Seeds or Flax Seeds .75

Fresh Apple	Fresh Squeezed Apples
Apple Berry	Apple & Strawberry
Beauty Spa	Carrot, Apple, Spinach & Celery
Clear Skin	Carrot, Spinach & Celery
Cold Killer	Carrot, Beet, Cucumber & Ginger
Diabetes Helper	Carrot, Celery & Cucumber
Diesel Energy	Carrot, Celery, Spinach & Tomato
Fresh Greens	Broccoli, Celery, Spinach, Lettuce & Cucumber
Fuel Your Body	Carrot, Beet, Cucumber & Tomato
Hangover Helper	Apple, Carrot, Orange, Celery & Tomato
Headache Reducer	Cucumber, Tomato & Celery
Hulk	Spinach, Kale, Parsley, Cucumber, Apple, Celery, Ginger & Lemon
Immune Booster	Carrot, Celery, Orange & Ginger
Liver Cleanse	Beet, Carrot, Lemon, Ginger Parsley & Turmeric
Muscle Fuel	Carrot, Spinach, Pineapple & Banana
Orangeade	Fresh Squeezed Oranges
Rejuvenator	Carrot, Apple, Beet, Ginger, Lemon & Kale
Romeo & Juliet	Strawberry & Banana
Seduction	Strawberry, Apple, Banana & Mango
Summer Breeze	Apple, Strawberry & Orange
Super 7	Beet, Celery, Carrot, Apple Tomato, Cucumber & Strawberry
The ABC	Apple, Banana & Carrot
The Youth Fountain	Apple, Carrot & Beet

Wheatgrass/Ginger Shots

Wheatgrass Shot	(1 oz.) 2.50.....	(2 oz.) 4.75
Ginger Shot	(1 oz.) 2.50.....	(2 oz.) 4.75

Smoothies

Small (16 oz.) 5.00 Large (22 oz.) 7.00

Almond or Soy Milk .50

Add Vegan Vanilla Protein to any smoothie for 1.50

Add Chia or Flax Seeds for .75

Bahama Mama	Pineapple, Orange, Coconut & choice of Almond or Soy Milk
Berry Apple Berry	Blueberry, Raspberry, Strawberry & Apple Juice
Berry Banana Shock	Raspberry, Banana, Strawberry & choice of Almond or Soy Milk
Coco Beach	Coconut, Mango, Pineapple, Orange & Fruit Juice
Funky Monkey	Banana, Coconut, Mango, Peach & choice of Almond or Soy Milk
Fuzzy Navel	Peach, Banana, Pineapple, Orange & Fruit Juice
Jamaican Me Crazy	Coconut, Pineapple, Strawberry & choice of Almond or Soy Milk
S.O.B.	Strawberry, Orange, Banana & Fruit Juice
Sunset	Strawberry, Raspberry, Pineapple, Orange, Coconut & choice of Almond or Soy Milk
Tropical Breeze	Banana, Peach, Strawberry & choice of Almond or Soy Milk

Protein Shakes

Large (24 oz.) 7.00

Vanilla Cream Vegan Protein made with Water, Almond or Soy Milk (.50)

Add: Strawberry, Banana, Blueberries, Chia Seeds or Flax Seeds for .75

Add: Almond Butter 1.25

Acai & Pitaya Bowls

16 oz. Bowl – 8.50

Add: Vegan Vanilla Protein (1.50) Almond Butter (1.25) Coconut (.75)

Chia Seeds (.75) Flax Seeds (.75)

Acai Bowl: Pure Acai Berry blended with Almond Milk, Banana, Frozen Blueberries & Strawberries.
Topped with Strawberries, Blueberries & Banana.

Pitaya Bowl: Dragon fruit blended with Almond Milk, Frozen Pineapples & Bananas.
Topped with Strawberries & Banana.

Breakfast

Fresh Fruit Salad Bowl	6.50
Pancakes 2 Pancakes made with Bananas and Almond Milk topped with Fresh Fruit...	12.50
Hot Oatmeal Bowl w/ Cinnamon, Raisins and Brown Sugar.....	5.95
Add: Walnuts, Strawberries, Bananas or Blueberries (.50 each)	
Avocado Toast Toasted Rye topped with Avocado & Chopped Tomatoes.....	7.95
NEW “J U S T Egg” Sandwich	7.95
2 Egg Patties with Vegan Mozzarella and Gardein Saus’age Patty on your choice of: WW Roll, Regular Roll, WW Toast, White Toast, Rye Toast or Gluten Free Roll (1.75) Add: Broccoli, Green Peppers, Mushroom, Onion, Spinach, Tomato, Jalapeno (.75 each) Add: Avocado (2.50)	

Breakfast Side Orders

Home Fries	4.25
NEW Gardein Saus’age Patty (2)	4.25
Rye, Whole Wheat, White Toast	1.25
Fresh Cut Fruit	3.95

Soups

Vegetable Lentil Soup (16 oz.).....	5.95
Vegetarian Chili (16 oz.).....	5.95

Salads

Choice of Dressings: Balsamic, Oil & Vinegar, Oil & Lemon, Raspberry Vinaigrette
Add for 4.50: Veggie Burger, Gardein Chick’n *NEW****
Add for 6.50: Beyond Burger, Gardenburger, Roasted Red & Yellow Beet and Pineapple Burger,
Roasted Poblano & Black Bean Burger, Spiced Sweet Potato & Cranberry Burger
Add Avocado 2.50
Add Shredded Vegan Mozzarella 2.25

Fuel Salad Romaine, Tomatoes, Cucumbers & Onions.....	7.95
Avocado Salad Romaine, Tomatoes, Cucumbers & Onions, topped w/ Avocado.....	10.95
Falafel with Hummus over Fuel Salad	10.95
Fresh Spinach Salad Spinach, Tomatoes, Cucumbers & Onions.....	9.95
Hummus and California Blend Vegetables over Fuel Salad	10.95
Nutty Fruity Salad Romaine, Cucumbers & Tomatoes topped w/ Cranberries & Walnuts.....	9.95
Shepherd Salad Cucumbers, Tomatoes, Olives, Green Peppers, Onions & Parsley.....	9.95
Kale and Quinoa Salad Quinoa & Kale chopped and mixed together w/ Cranberries, Almonds & Tomatoes, served w/ our homemade EVOO & Lemon Dressing.....	11.95
Quinoa Lovers Salad Quinoa & Romaine with Cucumbers, Olives & Tomatoes, topped w/ Avocado, served with our homemade EVOO & Lemon Dressing.....	11.95
Fiesta Quinoa Salad Quinoa & Kale with Oranges, Corn, Black Beans, Brown Rice, Vegan Mozzarella & Avocado, served w/ our homemade EVOO & Lemon Dressing.....	13.95

Broccoli & Kale Salad Kale & Chopped Broccoli w/ Quinoa, Onions, Cucumbers & Almonds, served w/ our homemade EVOO & Lemon Dressing11.95
*****NEW*** Buffalo Chickpea Chick'n Salad** Gardein Chick'n tossed in Buffalo Sauce w/ Tomatoes, Cucumbers, Chickpeas & Vegan Mozzarella, served with Ranch Dressing.....12.95
*****NEW*** Southwest Chick'n Salad** Gardein Chick'n, Romaine, Kale, Black Beans, Onions, Corn & Mango Salsa, served with Ranch Dressing.....12.95

Wraps

All wraps served on a Low Carb Whole Wheat Wrap unless indicated otherwise
“Deluxe It” w/ Air Baked Fries and Bottled Water or Soda for 2.50 extra
Air Baked Sweet Potato Fries, Air Baked Spicy Fries or Grilled Vegetables for 3.50 extra

Veggie Monster Wrap Mushrooms, Spinach, Tomatoes, Onions, Romaine Lettuce & Hummus.....8.95
Vegan Power Wrap Veggie Burger w/ Peppers, Mushrooms, Tomatoes & Shredded Vegan Mozzarella10.75
Vegan Hummus Wrap Spinach Wrap w/ Hummus, Spinach Salad, Tomatoes, Cucumbers & Avocado.....10.25
Protein Happy Quinoa Wrap Quinoa, Hummus, Spinach Salad, Tomatoes & Carrots...9.95
Mexican Quinoa Wrap Quinoa, Onions, Peppers, Black Beans, Avocado & Cajun Seasoning.....10.95
Falafel Wrap Baked Falafel, Lettuce, Tahini, Cucumbers, Peppers & Onions.....9.95
*****NEW*** Buffalo Kick'n Chick'n Wrap** Gardein Chick'n tossed in Buffalo Sauce with Carrots, Celery, Tomatoes, Cucumbers & Ranch.....10.95
*****NEW*** Black Bean Burger Wrap** Poblano and Black Bean Burger, Lettuce, Tomatoes, Onions, Vegan Mozzarella & Guacamole.....10.95

Create your Own Bowl - \$8.50

First: Choose Quinoa, Brown Rice or Basmati Rice

Next: Pick any 4 ingredients, each additional .50

Spinach, Kale, Romaine, Green Peppers, Black Beans, Guacamole, Broccoli, Carrots, Chickpeas, Cilantro, Corn, Jalapenos, Mushrooms, Black Olives, Red Onions, Tomatoes, Pico de Gallo, String Beans, Cranberries, Cucumbers, Almonds, Mango Salsa. Vegan Mozzarella (1.75) Avocado (1.75)

Last: Add Protein: Veggie Burger, **Garden Chick'n ***NEW****(Add 4.50)
 Garden Burger, Beyond Burger (Add 5.95)

Sandwiches

All sandwiches are served on a Whole Wheat Pita

“Deluxe It” w/ Air Baked Fries and Bottled Water or Soda for 2.50 extra

Air Baked Sweet Potato Fries, Air Baked Spicy Fries or Grilled Vegetables for 3.50 extra

Falafel Sandwich Falafels, served w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions
w/ choice of Hummus or Tahini.....9.95

Mediterranean Sandwich with Veggie Burger served w/ Romaine Lettuce, Tomatoes,
Cucumbers & Onions, topped w/ Hummus.....9.75

NEW**Chick’n Sandwich** Gardein Chick’n, Lettuce, Tomato & Avocado.....10.75

Burgers

All Burgers served in a Whole Wheat Pita or on a Whole Wheat or Regular Roll

with Air Baked Regular Fries, Lettuce, Tomato & Onion

Substitute Air Baked Regular Fries for Air Baked Spicy or Sweet Potato Fries for 2.00 Extra

Substitute Fries for Side Salad 1.50 Extra

Substitute Fries for Grilled Vegetables 2.50 Extra

Veggie Burger.....9.95

Veggie Patty made w/ Carrots, Corn, Red & Green Peppers, Green Beans, Peas & Onions.

The Beyond Burger.....12.50

“The Veggie Burger that Bleeds”

A New Breed of Burger made entirely from plants. The worlds first plant-based burger patty that looks,
cooks and satisfies like fresh ground beef

The Gardenburger.....11.50

A new plant-based protein burger made with Quinoa, Brown Lentils and Roasted Garlic

Roasted Red & Yellow Beet and Pineapple Burger.....11.95

Roasted Poblano and Black Bean Burger.....11.95

Spiced Sweet Potato and Cranberry Burger.....11.95

Add Shredded Vegan Mozzarella for \$1.50

Quesadillas

Side of Mango Salsa or Guacamole (.75)

The Vegan Quesadilla

Beyond Burger, Vegan Mozzarella, Mushrooms, Onions & Peppers.....14.95

The Garden Quesadilla

Garden Burger, Vegan Mozzarella & California Blend Veggies.....14.95

NEW**The Chick’n Quesadilla** Gardein Chick’n, BBQ Sauce, Vegan Mozzarella,
Onions & Peppers.....13.95

NEW **The Loaded Bean Quesadilla** Your choice of Gardein Chick’n or
Beyond Burger, Black Beans, Corn, Onions, Avocado & Vegan Mozzarella.....14.95

Small Plates

Falafel with Hummus or Tahini.....	8.25
Hummus with Pita.....	7.50
Quinoa Stuffed Avocado Halves.....	10.50

Power Platters

Add Shredded Vegan Mozzarella to any Power Platter for 2.25

Vegetarian Fuel Veggie Burger topped w/ Vegetable Lentils or Vegetarian Chili served with Brown Rice.....	11.95
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Protein Quinoa Platter Gardenburger made with Quinoa, Brown Lentils & Roasted Garlic served over Hot Quinoa with Grilled Broccoli & Avocado.....	16.95
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The Vegan Special	14.95
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Veggie Burger Patty (no bread) with a choice of 2 sides listed below

Substitute Veggie Burger for Beyond Burger, Gardenburger, Roasted Red/Yellow Beet & Pineapple Burger, Roasted Poblano & Black Bean Burger, Spiced Sweet Potato & Cranberry Burger for an additional 3.50

Side Orders

California Blend Vegetables Broccoli, Cauliflower & Carrots.....	5.95
Air Baked Fries	4.25
Air Baked Spicy Fries	4.95
Air Baked Sweet Potato Fries	4.95
Avocado (1/2 or Whole)	2.50/4.75
Hummus (16 oz.)	5.50
Brown Rice	4.00
Falafels (4)	4.95
Grilled or Burnt Broccoli	5.95
Asparagus	5.95
Seasoned Potatoes	5.50
Sautéed Spinach	5.95
Sweet Corn	5.95
String Beans	5.95
Veggie Burger Patty	5.75
Beyond Burger Patty	6.50
Gardenburger Patty	6.50

*****Our Hot Sauce and BBQ Sauce are Vegan*****

Desserts

Almond Butter Cups	5.00
Peanut Butter Cups	5.00
Triple Chocolate Cheesecake	5.50
Raspberry Cheesecake	5.50