



## VEGAN MENU

### Breakfast

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|---|------|
| <b>Fresh Fruit Salad Bowl</b> .....                               | 5.95 |
| <b>Hot Oatmeal Bowl</b> w/ Cinnamon, Raisins and Brown Sugar..... | 4.95 |
| add Walnuts, Strawberries, Bananas or Blueberries (.50 each)      |      |
| <b>Home Fries</b> .....   | 3.50 |
| <b>Rye, Whole Wheat, White Toast</b> .....                        | 1.25 |

### Soups

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| <b>Vegetable Lentil Soup</b> (16 oz.)..... | 5.50 |
| <b>Vegetarian Chili</b> (16 oz.).....      | 5.50 |

### Salads

**Choice of Dressings: Balsamic, Oil & Vinegar, Oil & Lemon, Raspberry Vinaigrette**

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| <b>Fuel Salad</b> Romaine, Tomatoes, Cucumbers & Onions.....   | 6.95  |
| <b>Avocado Salad</b> Romaine, Tomatoes, Cucumbers & Onions, topped with Avocado.....   | 9.95  |
| <b>Falafel with Hummus over Fuel Salad</b> .....   | 9.95  |
| <b>Fresh Spinach Salad</b> Spinach, Tomatoes, Cucumbers & Onions.....  | 8.95  |
| <b>Hummus and California Blend Vegetables over Fuel Salad</b> .....  | 9.95  |
| <b>Nutty Fruity Salad</b> Romaine, Cucumbers & Tomatoes topped w/ Cranberries & Walnuts.....   | 8.95  |
| <b>Shepherd Salad</b> Cucumbers, Tomatoes, Olives, Green Peppers, Onions & Parsley.....  | 8.95  |
| <b>Kale and Quinoa Salad</b> Quinoa & Kale chopped and mixed together w/ Cranberries,<br>Almonds & Tomatoes, served w/ our homemade EVOO & Lemon Dressing..... | 11.95 |

**Add to any Salad for \$6.50:**

Beyond Burger, Gardenburger, Roasted Red & Yellow Beet and Pineapple Burger, Roasted Poblano & Black Bean Burger, Spiced Sweet Potato & Cranberry Burger

### Wraps & Sandwiches

**“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**

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| <b>Veggie Monster Wrap</b> Mushrooms, Spinach, Tomatoes, Onions, Romaine Lettuce<br>& Hummus..... | 8.95 |
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| <b>Falafel Sandwich</b> Falafels, served w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions w/ choice of Hummus or Tahini.....    | 9.95 |
| <b>Mediterranean Sandwich with Veggie Burger</b> served w/ Romaine Lettuce, Tomatoes, Cucumbers & Onions, topped w/ Hummus..... | 9.50 |

**Burgers**

**All Burgers served in a Whole Wheat Pita or on a Whole Wheat or Regular Roll with Air Baked Fries, Lettuce, Tomato & Onion**  
**Air Baked Spicy Fries or Sweet Potato Fries for \$2.00 extra**  
**Substitute Fries for Side Salad \$1.50 Extra**  
**Substitute Fries for Grilled Vegetables \$2.50 Extra**

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| <b>Veggie Burger</b> .....   | 8.95  |
| Veggie Patty made w/ Carrots, Corn, Red & Green Peppers, Green Beans, Peas & Onions.   |       |
| <b>*****NEW***** The Beyond Burger</b> .....   | 11.95 |
| “The Veggie Burger that Bleeds”<br>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 |       |
| <b>*****NEW***** The Gardenburger</b> .....  | 10.95 |
| A new plant-based protein burger made with Quinoa, Brown Lentils and Roasted Garlic  |       |
| <b>*****NEW***** Roasted Red &amp; Yellow Beet an Pineapple Burger</b> .....   | 11.95 |
| <b>*****NEW***** Roasted Poblano and Black Bean Burger</b> .....   | 11.95 |
| <b>*****NEW***** Spiced Sweet Potato and Cranberry Burger</b> .....  | 11.95 |

**Small Plates**

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| <b>Falafel with Hummus or Tahini</b> ..... | 6.50 |
| <b>Hummus with Pita</b> .....              | 6.50 |

**Power Platters**

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|--|-------|
| <b>Vegetarian Fuel</b> Veggie Burger topped w/ Vegetable Lentils or Vegetarian Chili served with Brown Rice..... | 10.95 |
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**\*\*\*\*\*Vegan Dinner Special\*\*\*\*\* .....11.95**

Veggie Burger with a choice of 2 sides below

**Side Orders**

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|---|-----------|
| <b>California Blend Vegetables</b> Broccoli, Cauliflower & Carrots..... | 4.95      |
| <b>Air Baked Fries</b> .....  | 3.95      |
| <b>Air Baked Spicy Fries</b> .....                                      | 4.50      |
| <b>Air Baked Sweet Potato Fries</b> .....                               | 4.50      |
| <b>Avocado (1/2 or Whole)</b> .....                                     | 2.50/4.75 |
| <b>Hummus (16 oz.)</b> .....  | 5.50      |
| <b>Brown Rice</b> .....   | 4.00      |
| <b>Falafels (4)</b> .....   | 4.95      |
| <b>Grilled or Burnt Broccoli</b> .....                                  | 5.50      |
| <b>Asparagus</b> .....  | 5.50      |

|                        |      |
|------------------------|------|
| Seasoned Potatoes..... | 4.50 |
| Sautéed Spinach.....   | 5.50 |
| Sweet Corn.....        | 5.50 |
| String Beans.....      | 5.50 |

\*\*\*\*\*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 |