

Vegan Menu
With Organic and Gluten Free Choices

Breakfast
Served until 2:00 p.m.

- Breakfast Wrap**..... **7.95**
Flour tortilla filled with scrambled tofu, brown rice, and fragrant chickpea stew, served with fried banana and fresh fruit garnish.
- Vegan Fruit Plate... (gluten free)**..... **5.95**
A delightful array of fresh fruit.
- Romesco Potatoes... (gluten free)**..... **4.95**
Wedges of deep-fried Idaho bakers with grilled onions and our Romesco Sauce (prepared from roasted red peppers, garlic and smoked almonds).
- Vegan Sunrise Skillet... (gluten free)** **9.95**
Seasoned home-fried potatoes tossed with grilled tofu, mushrooms, onions, carrots, zucchini, broccoli, red peppers and Romesco Sauce (prepared from roasted peppers, smoked almonds and garlic).
Served with fresh fruit.

Sandwiches
Served anytime.

- Vegan Veggie Burger**..... **7.95**
Our charbroiled burger (soy) is served on a multi-grain bun with lettuce, tomato and onion. Served with French fries or a Raspberry Walnut mixed organic greens salad.
- Vegan Portobello Mushroom**....., **10.95**
A marinated and grilled Portobello mushroom with grilled onions and peppers. Served on a multi-grain bun with a side of Romesco Sauce (prepared from roasted red peppers, garlic and smoked almonds) and French fries or a Raspberry Walnut mixed organic greens salad.

Salads & Lighter Fare
Served anytime.

Home Made Dressings: Honey Mustard Vinaigrette,, Raspberry Walnut, Balsamic Vinaigrette or Fat-Free Sun-dried Tomato Basil

- Confetti Quinoa Salad 12.95 smaller version..... 7.95**
Quinoa tossed with chunks of marinated tofu, carrots, celery, red peppers, scallions, cranberries and roasted maple walnuts - served on a bed of crisp mixed greens dressed with honey mustard vinaigrette.
- Dinner Salad... (*gluten free*)..... 4.95**
A light and crisp salad of romaine and mixed organic greens, cucumbers, sprouts and tomatoes.
- Vegan Greek Salad..... 12.95 smaller version..... 7.95**
Crisp romaine and mixed organic greens with Kalamata olives, Roma tomatoes, cucumbers, marinated carrots, red onions and peppers tossed in Balsamic Vinaigrette.
- Veggie Tofu-Rice Bowl... (*gluten free*)..... 10.95**
Broccoli, carrots, mushrooms, baby corn, red peppers, onions, bean sprouts, organic tofu, and organic brown rice – all swimming in a light and flavorful sesame-ginger miso broth. Laced with toasted sesame seeds and scallions.
- Vegan Mediterranean Medley... (*gluten free without Pita bread*)..... 13.95**
Quinoa, grilled zucchini, rattlesnake tofu (seasoned charbroiled tofu), flame-broiled Portobello mushroom, tomato, hummus, cucumbers, marinated carrots and Kalamata olives. Served with toasted Pita bread.
- Vegan Grilled Tofu “Chicken” Salad (*gluten free*)...12.95 smaller version.. 7.95**
Crisp romaine & mixed organic greens with strips of marinated, flame-broiled tofu, cucumbers, Manzanilla olives, tomatoes, peppers, red onion rings, marinated carrots & maple-crusting walnuts tossed with Raspberry Walnut dressing.
- “Rattlesnake” Tofu... (*gluten free*) 6.95**
Our Signature Dish! Seasoned charbroiled tofu served with our homemade BBQ sauce and black beans.

Spicy Thai Lomein..... 7.95

Noodles tossed with grilled celery, onions, carrots, bean sprouts, toasted cashews, pineapple, scallions and our signature Thai sauce.

Dolmades Salad.... *(gluten free without pita bread)*..... 7.95

Brown rice, marinated tofu, Roma tomatoes, crunchy almonds, scallions, and carrots tossed in an herb and Manzanilla olive pesto. Served on a bed of crisp mixed greens with flame-broiled pita bread.

Hummus... *(gluten free without Pita bread)*..... 6.95

A Middle Eastern spread of garbanzo beans, garlic, olive oil and tahini with roasted Pita bread.

Thai Bananas... *(gluten free)*..... 5.95

Deep-fried bananas served with Coconut-Curry-Peanut Sauce. Garnished with pineapple, smoked almonds and toasted coconut. (Contains peanut oil.)

East Meets Midwest... *(gluten free without Pita bread)*..... 6.95

Fragrant bowl of chickpea stew seasoned with aromatic Indian spice blend, served with flame-broiled pita bread and small side salad or French fries.

Mexican

Served anytime

Vegan Black Bean Burrito..... 10.95

Flour tortilla filled with black beans, vegetarian chorizo (soy), rice, grilled onions, green chilies and our Rojo Chipotle Chili Sauce. Served with fresh greens, and salsa.

Vegan Chimichanga..... 10.95

Chicken flavored tofu, rice, black beans, Romesco Sauce (roasted red peppers, garlic and smoked almonds), grilled onions and green chilies, wrapped in a deep fried flour tortilla. Served with fresh greens and salsa.

Mexicali Polenta ... *(gluten free)* 10.95

Flame-broiled polenta (cornmeal cakes seasoned with sun-dried tomatoes, roasted red peppers, smoked almonds) served on black beans, with crisp organic greens, salsa, garnished with fried bananas and pineapple.

Cheese Factory Classics

Served after 2:00 p.m.

Vegan Pasta Siciliana..... 9.95
Linguini tossed with marinara sauce and vegetarian Italian sausage (soy).
Served with grilled zucchini.

Malaysian Coconut Noodles ... (gluten free) 14.95
Seriously scrumptious, this dish incorporates a medley of seasoned cabbage, carrots, red peppers, celery, pineapple, cashews and rice noodles, smothered in a mildly spicy coconut milk/red chili sauce – garnished with toasted coconut (soy and gluten free).

Thai Stir Fry...contains peanut oil... (gluten free) 12.95
An assortment of fresh vegetables and seasoned tofu stir-fried with our famous Thai Peanut Coconut-Curry Sauce. Bold and spicy! Served with basmati rice.

Healthy, Wealthy & Wise... (gluten free) 11.95
A perfectly balanced combination – low fat and heart smart – includes fragrant chick pea stew seasoned with Indian spice blend, organic brown rice and steamed vegetables.

Desserts

Sorbet of the Day	2.95
Soy-bet Shake	5.25
A shake made from soy milk and sorbet of the day.	
Fruit Smoothie	4.50
A smooth blend of fresh bananas, pineapple, raspberries and soy milk.	
Maple-Walnut Cookie	2.95
Home made cookie with roasted walnuts and pure maple syrup!	

Beverages

Fresh Ground Colombian Coffee			1.95
	<u>8 oz. cup</u>	<u>12 oz. cup</u>	
Espresso	single.....	double.....	1.75 2.25
Vegan Cappuccino* <i>(also iced)</i>	single.....	double.....	3.70 4.00
Vegan Café Latte*	single.....	double.....	3.70 4.00
Vegan Mochaccino*	single.....	double.....	4.00 4.25
<i>*made with steamed soymilk</i>			
Teas			1.95
Regular	Earl Grey, Lemon Lift, Green Tea, Constant Comment, English, Decaf Lipton Black		
Herbal	Apple Cinnamon, Mint Medley		
Green Tea Cooler			2.95
Sodas			1.95
Coke, Diet Coke, Sprite, Orange, Lemonade			
Chocolate, Cherry or Vanilla Coke			2.25
Juices	small	large	1.75 2.50
100% Florida Orange Juice, tomato or apple juice			
Phosphates			2.25
Seltzer water blended with your choice of chocolate, vanilla, cherry or strawberry syrup.			

