

THE CHEESE FACTORY RESTAURANT

VEGAN & GLUTEN FREE

SALADS, SOUPS AND LIGHTER FARE

*Homemade Dressings: Raspberry Walnut, Balsamic Vinaigrette,
Fat-free Sun-dried Tomato-Basil, Honey Mustard Vinaigrette*

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| Dinner Salad (gluten free) 4.95
A light and crisp salad of romaine and organic greens, sprouts, cucumbers, tomatoes and house croutons. Choice of dressing and a sourdough roll. | Vegan Grilled "Chicken" Tofu Salad (gluten free) 12.95
smaller version 7.95
Crisp romaine and organic greens with strips of flame-broiled marinated tofu, tomatoes, cucumbers, Manzanilla olives, red peppers, red onion rings, maple-crusting walnuts and tangy marinated beets tossed with Raspberry Walnut dressing. |
| Vegan Greek Fusion (gluten free) 12.95
smaller version 7.95
Crisp romaine and organic greens with marinated tofu, tangy marinated beets, maple-crusting walnuts, cranberries, Kalamata olives, roma tomatoes, cucumbers, red onions and red peppers tossed in a Balsamic herb vinaigrette. | Hummus 6.95
(gluten free with corn chips instead of Pita bread)
A Middle Eastern spread of garbanzo beans, garlic, olive oil and tahini with flame-broiled Pita bread. |
| Veggie-Tofu Rice Bowl (gluten free) 10.95
Broccoli, carrots, mushrooms, baby corn, red peppers, onions, bean sprouts, organic tofu and organic brown rice in a light and flavorful sesame-ginger miso broth. Laced with toasted sesame seeds and scallions. | East Meets Midwest 6.95
(gluten free without Pita bread)
Fragrant bowl of chickpea stew seasoned with aromatic Indian spice blend. Served with flame-broiled Pita bread and a side salad. |
| Vegan Mediterranean Medley 13.95
Toasted bulgur pilaf (cracked wheat grain, sundried tomatoes, scallions, sesame seeds), roasted sweet potatoes, roasted red peppers, flame-broiled Portobello mushroom, cucumber, tomato, tangy marinated beets, hummus and Kalamata olives nestled in a bed of crisp romaine and organic greens. Served with flame-broiled Pita bread. | Spicy Thai Lomein 8.95
Rice noodles tossed with grilled celery, onions, carrots, bean sprouts, toasted cashews, pineapple, scallions and our signature Thai sauce. |
| | "Rattlesnake" Tofu (gluten free) 6.95
Our signature dish! Seasoned charbroiled tofu served with our homemade BBQ sauce and black beans. |

SANDWICHES

Served with Corn Tortilla Chips and our Homemade Salsa or Salad of Crisp Romaine and Organic Greens tossed with Honey Mustard Vinaigrette

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| Vegan Veggie Burger 7.95
Our charbroiled burger (soy) is served on a grilled ciabatta bun with lettuce, tomato and onion. | Vegan Portobello Mushroom 10.95
A marinated and grilled Portobello mushroom with grilled onions and peppers. Served on a grilled ciabatta bun with a side of Romesco Sauce (prepared from roasted red peppers, garlic and smoked almonds.) |
| Grilled Veggie Boat 9.95
Toasted multi-grain flatbread filled with grilled veggies, marinated tofu, smoked almonds and Romesco sauce. | Vegan Black Bean Burrito 10.95
Flour tortilla filled with black beans, vegetarian chorizo sausage (soy), rice, grilled onions, green chilies and our Rojo Chipotle Sauce. Served with fresh greens and salsa. |
| It's A Wrap 8.95
Flour tortilla filled with brown rice, fragrant chickpea stew, marinated grilled tofu and cranberry chutney. | |

CHEESE FACTORY CLASSICS

Served after 2:00 p.m.

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| 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 free.) | Healthy, Wealthy & Wise (gluten free) 12.95
A perfectly balanced combination - low fat and heart smart includes fragrant chick pea stew seasoned with Indian spice blend, organic brown rice and grilled vegetables. |
| Thai Stir Fry (gluten free) 12.95
An assortment of fresh vegetables and seasoned tofu stir-fried with our famous Thai peanut coconut curry sauce. Served with brown rice. (Contains peanut oil.) | Vegan Pasta Siciliana 9.95
Fettuccine tossed with marinara sauce, vegetarian Italian sausage (soy.) Served with grilled zucchini. |