

Soup

GAZPACHO or **SOUP DU JOUR** GF
4 bowl, 3 cup, 1 bread

Dip

with pita wedges or tortilla chips, 5
with raw vegetables, 6 GF

HUMMUS: chickpea & tahini puree;
sometimes 'plain,' sometimes flavored

BLACK BEAN: chipotle, 7 spices (warm)

QUESO: creamy "not-cho" cheese (warm)

RAITA: yogurt with garlic, cucumber,
mint, dill & feta cheese D

Tenders

baked tofu, spicy-crisp or
buffalo-sauced, with celery
& carrot sticks, and choice
of vegan chipotle BBQ,
vegan wasabi mayo or
blue cheese 10

WEEKEND BRUNCH 9AM-4PM

Breakfast

AVAILABLE ALL DAY!

QHF: smashed potatoes, eggs,
3 cheeses, seisage or baked GF
along with our signature pickled
onions & garlic aioli

VHF: as above with tofu &
vegan queso, no aioli
8, 9 with roast veg or toast

NEW! MIDEAST: hard-boiled egg,
feta, hummus, warm pita, tomato
salad, cucumber yogurt 9 D

APPLE PANINI: Granny Smith
apples, chutney, seisage, cheddar,
sun-dried tomato toast
9 with salad, slaw or gazpacho

BQE: quesadilla of baked,
scrambled eggs & cheddar 6 D
7 with apple, tomato or mushroom

NOTHIN' FANCY: scrambled eggs
or tofu, smashed potatoes,
wheat toast 5

ORIGINAL: burrito of scrambled
eggs, cheddar, black beans,
smashed potatoes, salsa
8.50, 9 with sour cream D

Salad

add feta, blue cheese, blue cheese
dressing, or tortilla wrap, 1

CAESAR: greens, kale, sliced tofu
cutlets, roasted red peppers, red onions,
zesty Caesar dressing, vegan parm 10 GF

NEW! SUSHI: brown rice, carrot-ginger
dressing, mushrooms, edamame, spinach,
scallions & sesame seeds
7, 8 with tofu GF

FLOWER: kale, tempeh, tomatoes,
red onions, carrots, pumpkin seeds,
green chile vinaigrette
8.50, 9 with feta GF

NOODLES: peanut-ginger sauce,
edamame, pickled vegetables & cucumbers
7, 8 with tofu

APPLE WALNUT: Granny Smith apples,
spinach, walnuts, raisins, chickpeas,
sesame vinaigrette
8.50, 9 with blue cheese crumble

CHOP: spinach, broccoli, carrots, almonds,
bell peppers, red cabbage, edamame,
baked & choice of curry or
coconut dressing 10 GF

HOUSE: greens, tomatoes, cucumbers,
carrots & green chile vinaigrette 5 GF

everything is vegan unless noted | no substitutions, please | D = contains dairy (cannot be 'veganized') | GF = gluten-free



CURRY + RICE 6

TWO-BEAN CHILI 5

MACARONI + CHEESE 5 D

BLACK BEANS + BROWN RICE 4

GRILLED CHEESE OR P.B.J. 3

CHIPS + SALSA 5

CILANTRO SLAW 3

CITRUS CARROT SALAD 3

POTATOES + GRAVY 3

HOUSE GRANOLA + MILK 3

BAGEL (PLAIN OR EVERYTHING)

TOAST (WHEAT, WHITE OR SUN-DRIED TOMATO)

1.50 BUTTER, MARGARINE OR JAM

2.50 SCALLION, CINNAMON, PLAIN OR VEGAN HERB CREAM CHEESE

ADD TOMATO, CUCUMBER OR RED ONION 50¢ EACH

FINE PRINT: One check per table, two-card split maximum... \$10 minimum on cards please!... WiFi access may be restricted at peak hours...

Large, unreserved parties will likely be subject to a wait – please call ahead!... A 20% gratuity is added to parties of 8 or more...

Please take cell phones & noisy kids outside... Smokers, please use our benches & ashtray on Graham Street... Thank you!



Burrito

9, 10 with house salad

COCONUT: tempeh, kale, chickpeas, brown rice, sweet potato mash, raisins, flour tortilla, coconut sauce

ASADA: chorizo, black beans, brown rice, sweet potato mash, flour tortilla, salsa
add cheddar & sour cream or queso & vegan sour cream for 1

Maelstrom

loaded quesadilla of mozzarella, spinach, roasted & hot peppers, chickpeas, mushrooms, plus cucumber yogurt for dipping & salad **D 10**

Wrap

8.50, in a flour tortilla with chips & salsa

SPICY PEANUT: sesame spinach, mixed greens, scrambled tofu, cucumbers, raisins, peanut butter, Sriracha

BB: spicy black bean spread, chorizo, greens, tomatoes, carrots, red onions, cabbage, green chile vinaigrette
add cheddar for 50¢

NEW! WASABI-GINGER: scrambled tofu, carrot-ginger dressing, edamame, spinach, nori flakes, kale, vegan wasabi mayo

Platters

11, with house salad or soup
no substitutions please

NEW! SESAME: noodles with sesame-soy glaze, tofu, red cabbage, mushrooms, broccoli, peppers, onions & sesame seeds, plus citrus carrot salad

CURRY: stew inspired by global spices, with brown rice, slaw, pita (sub chips for GF), carrot salad, and cucumber yogurt or vegan coconut sauce
curry & rice only 6

SOUTHERN: crisp-baked tofu, potatoes & onion gravy plus sides of mac & cheese, kale & sweet potato mash **D**

TEX MEX: spicy house chili, with brown rice, chorizo, black beans, tortilla (omit for GF), chips, salsa, optional cheddar & sour cream

Sandwich

10, with chips & choice of:
soup • slaw • salad • carrot salad
gazpacho • kale • potatoes • beans

CUBANO: pressed roll stuffed with smoky tempeh, red cabbage, pickles, mozzarella, mustard & garlicky aioli **D**

BANH MI: hoagie of seisage, tofu cutlets, cabbage, carrots, jalapeños, onions, with spicy mayo or vegan wasabi mayo

SLOPPY 'ZO: kaiser roll, chorizo, tomato, pickles, onions, chipotle BBQ sauce, optional American cheese

GRINDER: garlic bread hoagie of smoky tempeh, provolone or vegan queso, roasted peppers, onions, mushrooms & hot pepper rings

GRAHAM ST. TOFU: tofu cutlets with tomatoes, sesame spinach & pickled onions on wheat, with aioli, vegan wasabi mayo or spicy mayo

Bowl

9, 10 with salad

NEW! CARROT BOWL: brown rice, carrot-ginger sauce, sliced tofu cutlets, raisins, apples, celery, almonds **GF**

TAHINI BOWL: brown rice, spinach, tomatoes, crispy tofu nuggets, tahini sauce, pumpkin seeds

GINGER SUN: brown rice, scrambled tofu, broccoli, sweet potato mash, edamame, peanut-ginger sauce, sunflower seeds **GF**

SINCE 2001

WE USE QUALITY INGREDIENTS, SOURCE LOCALLY WHERE POSSIBLE, AND RECYCLE & COMPOST EVERYTHING WE CAN.

WE PREPARE EVERYTHING IN-HOUSE WITH PRODUCTS FROM SUCH LOCAL BUSINESSES AS PARAGON FOODS, ED'S BEANS, FRANKFERD FARMS, TURNER DAIRY, ALLEGRO HEARTH BAKERY & THREE RIVERS ICE CREAM.

THANKS FOR SUPPORTING SMALL BUSINESS!

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PREPARATIONS: **BAKEN:** Tempeh or texturized vegetable protein blended with herbs & spices. **CHORIZO:** Texturized vegetable protein hydrated with seasonings & roasted. **SCRAMBLED TOFU:** Seasoned with nutritional yeast, Braggs & spices. **SEISAGE:** Pinto bean seitan, braised & roasted. There are a lot of steps. **TOFU CUTLETS:** Sliced thin, garlic-marinated & baked. **TOFU TENDERS:** Cut into fingers, lightly breaded & oven-"fried."