



This menu was created for our guests looking for a delicious, affordable way to add more veggies to their diet.

Veggie Lettuce Wraps

Peanuts, snow peas, red onion, carrot, water chestnuts, Asian noodles sauteed in a mild ginger sauce. 14.00

Quesadilla

Sweet red pepper, onion, diced tomato, corn, black bean, cheddar and jack cheeses and extra layer of tortilla. Salsa, sour cream and guacamole for dipping. 11.50

Nice Big Salad

Garden greens, red onion, cucumber, grape tomato, cranberries, pea shoots, Green Goddess Dressing. 13.50

Beet and Goat Cheese Salad

Spinach leaves in maple vinaigrette, red beets, green apple, candied almonds and crumbled goat cheese. 14.25

Penne Raphael

Artichoke hearts, red onion, sun-dried and fresh tomatoes, mushrooms and penne noodles. Cream, garlic and parmesan cheese sauce. 14.50

Hippie Sandwich

Roasted red bell peppers, guacamole, spinach leaves, tomato, pea shoots, thin-sliced cucumber, smoked gouda, boursin garlic herb cheese on grilled ciabatta. 14.50

Gluten Free Veggie Stir Fry

Baby corn, red peppers, bok choy, onion, snow peas, broccoli tossed in teriyaki sauce over jasmine rice. 14.50

great addition:

grilled garlic focaccia to any salad or pasta. 2.00

KIDS

Served with vanilla ice cream and seasonal cookies. 8.00

Double Cheese Pizza

Pasta Alfredo

*You know what else is meatfree?
cheesecake!*
