

★ First time at Veggie Grill? Try one of these **FAN FAVORITES**.

shares | serves 2

new **summer avocado toast** 300 cal
grilled sourdough bread, smashed avocado, avocado dressing, tomato, watermelon radish, hemp seeds, microgreens

★ **buffalo wings** 290 cal
celery sticks, creamy ranch dressing

chill out wings 280-320 cal
choose 2 sauces: bbq, roasted red pepper sauce, creamy ranch

crispy cauliflower 330/340 cal
fresh cauliflower florets, panko breading, green onions, sesame seeds | choice of buffalo or sweet-n-spicy orange dipping sauce

tempura green beans 300 cal
tempura breaded green beans, grilled lemon, onion + garlic ranch dipping sauce

mondo nachos 490 cal
corn chips, nacho chickin', queso sauce, black beans, tomatoes, green onions, mashed avocado, crema, jalapeños, cilantro

crispy brussels GF 170 cal
pickled onions, grated parmesan cheese

comfort favorites

just right for a snack or to share

mac-n-cheese 480 cal
organic, non-GMO rice pasta, vg cheese sauce, bread crumbs

new **bacon mac-n-cheese** 510 cal
mac-n-cheese, vg bacon

cauli-mashed potatoes + gravy GF 180 cal
cauliflower blended with mashed potatoes, porcini gravy

crispy fries serves 2 GF 250 cal

sweetheart fries serves 2 GF 300/350 cal
sweet potatoes | choice of ketchup or chipotle ranch

buffalo mini wrap 350 cal
buffalo chickin', lettuce, creamy ranch, flour tortilla

black beans + quinoa mini-bowl GF 330 cal
roasted red pepper sauce

pick a pair

choose 1 item from each side 300-930 cal

any comfort favorite
soup bowl GF

1/2 savory kale caesar 280 cal
fresh little salad GF
1/2 all hail kale™ GF 200 cal

veggie sides

soup GF cup 140 cal bowl 270 cal

fresh little salad GF 130 cal
romaine and arugula, tomato-cucumber relish, almonds, citrus vinaigrette

new **creamed corn** 270 cal **roasted broccoli** GF 160 cal
new **ginger bok choy** GF 90 cal **turmeric cauliflower** GF 70 cal
roasted yams GF 110 cal

bowls

new **bulgogi beef protein bowl** 460 cal
marinated bulgogi beef, cauliflower rice, brussels sprouts, roasted tomatoes, pickled cucumber, green onions, sesame seeds

far east bowl 760/840 cal
choice of sesame-crust chicken' or grilled tofu, brown rice, cilantro green curry sauce, spicy broccoli, green papaya salad, fresno peppers, thai sweet chili sauce, mint + cilantro

★ **sonoran bowl** GF 690/830 cal
organic quinoa + seasoned black beans, fire-roasted corn, avocado, salsa, jalapeños, roasted red pepper sauce | optional: tortilla strips

rustic farm bowl 590 cal
farro, grilled mushrooms, roasted yams, braised cannellini beans, broccoli pesto, roasted tomatoes, red pepper sauce
add apple sage sausage

masala bowl 580/690 cal
chana masala (spiced chickpeas), turmeric-roasted cauliflower, quinoa, braised kale, hemp seeds, cilantro/ green curry sauce, raita | optional: grilled garlic flatbread

add a plant protein to your salad or bowl

apple sage sausage 26g of protein (240 cal)

grilled chickin' 22g of protein (180 cal)

crispy chickin' 23g of protein (290 cal)

grilled tofu GF 17g of protein (140 cal)

crispy tofu GF 20g of protein (320 cal)

tempeh GF 23g of protein (270 cal)

falafel 13g of protein (240 cal)

'crab' cake 19g of protein (240 cal)

entrée salads

super taco salad GF 490/600 cal
al pastor beyond taco 'meat', supergreens (baby kale, brussels sprouts, green cabbage, broccoli slaw), grilled corn, avocado, pinto beans, grape tomatoes, cheddar cheese, crema, citrus vinaigrette + cholla | optional: crisp tortillas

★ **mediterranean supergreens salad** 590/700 cal
supergreens (baby kale, brussels sprouts, green cabbage, broccoli slaw), house-made falafel, hummus, harissa dip, tomato-cucumber salad, lemon vinaigrette | optional: grilled garlic flatbread

quinoa power salad GF 540 cal
organic quinoa with diced red onion, bell pepper, cucumber, avocado, fresh fennel, cannellini beans, carrots, almonds, currants, mint, citrus, vinaigrette, hemp seeds, marinated kale and romaine

savory kale caesar 580 cal
marinated kale, romaine, crumbled vg bacon, avocado, cucumber, torn croutons, parmesan cheese

b-wing salad 740 cal
our tasty buffalo wings over romaine, avocado, celery, carrot, tomato-corn salsa, creamy ranch dressing

all hail kale™ GF 260-400 cal
marinated kale, quinoa, red cabbage slaw, carrot, tomato-corn salsa, ginger-papaya vinaigrette | optional: agave-roasted walnuts | additional side dressing upon request



summer celebration

beyond patty melt 770 cal

grilled rye, beyond burger, grilled onions, melted cheese

tonkatsu chickin' ramen 930 cal

choice of chickin' katsu cutlet or fried tofu, shiitake mushrooms, bok choy, edamame, ginger mushroom broth, ramen noodles, furikake

carne asada burrito 850/990 cal

carne asada, grilled peppers and onions, mashed avocado, crema, pico de gallo, salsa quemada | optional: tortilla chips
get it on fire: add jalapeños, sriracha



summer celebration salad 760/800 cal

choice of bbq grilled tofu or chickin', quinoa tabbouleh, avo-kale hummus, fire-roasted corn + tomato salad over arugula + romaine, citrus vinaigrette + flatbread

chargrilled street corn bowl GF 200 cal

grilled sweet corn, chipotle mayo, parmesan, cilantro, fresh lime
get it spicy: add chile seasoning

smoky corn bisque GF 140/270 cal

grilled peaches-n-cream cake 510 cal

sangria GF 60 cal



sandwiches

choice of crispy fries GF, roasted broccoli GF, or cup of soup GF 80-370 cal
gluten + grain-free bun 200 cal | choice of lettuce-style or kale style™

new bbq pulled pork sandwich 390 cal

pulled pork in a zingy bbq sauce, topped with coleslaw & onion strings, sesame seed bun + dill pickles

★ santa fe crispy chickin' 450-590 cal

fried chickin', lettuce, tomato, red onion, mashed avocado, chipotle mayo, wheat roll

nashville hot chickin' 520-690 cal

crispy chickin', nashville hot sauce, coleslaw, charred scallion ranch, bread and butter pickles, sesame seed bun

b.t.l.a. 290-520 cal

vg bacon, sliced tomatoes, avocado, cilantro pesto-tossed arugula, grilled sourdough

buffalo bomber 440-580 cal

crispy chickin' tossed with spicy buffalo sauce, tomato, red onion, lettuce, creamy ranch dressing, wheat roll

'crab' cake 330-500 cal

crispy 'crab' cake, spiced tartar sauce, pickles, tomato, lettuce, red onion, sesame seed bun

grillin' chickin' 380-530 cal

grilled chickin', mashed avocado, lettuce, tomato, red onion, cilantro pesto, chipotle ranch, wheat roll | cheese

whole grain bun available upon request

upgrade your side

add any of these sides

bowl of soup GF 270 cal

fresh little salad GF 130 cal

large crispy fries GF 510 cal

cauli-mashed potatoes GF 180 cal

black beans + quinoa GF 330 cal

sweetheart fries GF 490/580 cal

choice of ketchup or chipotle ranch



desserts

carrot cake 390 cal

gluten-free chocolate brownie GF 390 cal

oatmeal raisin cookie 470 cal

chocolate chip cookie 470 cal

GF Gluten-Free. No ingredients with gluten are used.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

burgers

served with crispy fries GF, sub roasted broccoli GF or cup of soup GF 80-370 cal | optional: whole grain bun | sliced avocado 30 cal | gluten + grain-free bun 200 cal | **make it a double!** burger 300 cal, cheese 60 cal

the LUXE burger 420-580 cal

grilled beyond burger, white truffle cheese sauce, roasted mushrooms, arugula, sriracha ketchup, roasted tomatoes, poppy seed bun

★ vg beyond burger 450-620 cal

burger by beyond meat, american cheese, grilled onions, house-made sauce, tomato, iceberg lettuce, sesame seed bun

steakhouse burger 480-680 cal

beyond burger, provolone cheese, steakhouse sauce, vg bacon, tomato, iceberg lettuce, blue cheese dressing, cracked pepper, poppy seed bun

grilled quinoa + veg burger 480-650 cal

organic quinoa + organic shiitake mushrooms + raw sunflower seeds, cheese, house-pickled onions, arugula, veg mayo, cilantro pesto, whole grain bun



tacos/burritos

new any single taco 150-250 cal

carne asada, beyond crispy, fish

new carne asada tacos 450/600 cal

3 carne asada tacos, lettuce, avocado, pickled onion, cilantro, fresh limes | optional: tortilla chips

★ beyond crispy tacos GF 760/980 cal

3 crispy corn tortillas with beyond taco meat, lettuce, pico de gallo, spicy crema | optional: tortilla chips

tres 'fish' tacos 570/780 cal

3 crispy 'fish' tacos, cabbage, original baja sauce, pico de gallo, fresh limes | optional: tortilla chips

new veggie burrito 610/830 cal

roasted veggies, rice, pinto beans, grilled corn, pico de gallo | optional: tortilla chips | **get it on fire:** add jalapeños, sriracha

new bean + cheese burrito 620/850 cal

pinto beans, cheddar cheese, pico de gallo | optional: tortilla chips
get it on fire: add jalapeños, sriracha

beer & wine

assorted beer 100-180 cal

pinot noir 150 cal by the glass
chardonnay 150 cal by the glass

drinks

pellegrino 0 cal

acqua panna 0 cal

coconut water 90 cal

spindrift 10 cal

gt's synergy kombucha 60 cal

maine root beverages 170 cal

handcrafted beverages 0-260 cal