

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

shares | serves 2

avocado toast 300 cal
grilled sourdough bread, smashed avocado, avocado dressing, tomato, 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

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

bacon mac-n-cheese 560 cal
mac-n-cheese, vg bacon

yukon cauli-mashed potatoes + gravy GF 110 cal
cauliflower blended with yukon gold 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 310-840 cal

any comfort favorite 1/2 savory kale caesar 280 cal

soup bowl fresh little salad GF 130 cal

1/2 all hail kale™ GF 200 cal

veggie sides

add a side

cup of soup 90/130 cal bowl 180/270 cal

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

roasted broccoli GF 160 cal

turmeric cauliflower GF 70 cal

roasted yams GF 110 cal

new cauliflower rice GF 60 cal

bowls

optional: add cauliflower rice

bulgogi beef protein bowl 390 cal
marinated bulgogi beef, cauliflower rice, brussels sprouts, roasted tomatoes, pickled cucumber, green onions, sesame seeds
36g protein; 21g net carbs

far east bowl 470/840 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 490/830 cal
organic quinoa + seasoned black beans, fire-roasted carrots, avocado, salsa, jalapeños, roasted red pepper sauce | optional: tortilla strips

rustic farm bowl 360/510 cal
farro, grilled mushrooms, roasted yams, braised cannellini beans, broccoli pesto, roasted tomatoes, red pepper sauce
add beyond italian sausage

masala bowl 500/680 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

new beyond italian sausage 17g of protein (190 cal)

grilled chickin' 22g of protein (180 cal)

crispy chickin' 23g of protein (290 cal)

grilled tofu GF 17g of protein (140 cal)

falafel 13g of protein (240 cal)

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

entrée salads

super taco salad GF 490/600 cal
achiote taco 'meat', supergreens (baby kale, brussels sprouts, green cabbage, broccoli slaw), grilled corn, avocado, pinto beans, grape tomatoes, cheddar cheese, crema, citrus vinaigrette + cholula | 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, kale and romaine

savory kale caesar GF 600/760 cal
kale, romaine, crumbled vg bacon, crispy spiced chickpeas, avocado, hemp seed, parmesan cheese | add chickin'

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
kale, quinoa, red cabbage slaw, carrot, tomato-corn salsa, ginger-papaya vinaigrette | optional: agave-roasted walnuts | additional side dressing upon request



fall celebration

beyond burger 'cheesesteak' sandwich *680 cal*

beyond burger, onion and green pepper mix, provolone cheese sauce, hoagie roll | see sandwich section below for options on side

beyond patty melt *610-960 cal*

grilled rye, beyond burger, grilled onions, melted cheese

bbq chickin' chopped salad *550 cal*

radicchio, kale and iceberg, barbecue chickin', red bell pepper, mushrooms, cucumber, tomatoes, pepperoncini, parmesan, fried onions, hemp seeds, balsamic vinaigrette



paleo zucchini noodles with beyond sausage *GF 360 cal*

zucchini noodles, beyond spicy italian sausage crumble, basil pesto, roasted tomatoes, shredded parmesan | **21g protein; 13g net carbs**

pozole verde bowl *520 cal*

tomatillo cilantro broth with hominy, grilled chickin' and brown rice, cabbage, radish, avocado, spicy escabeche vegetables, fresh lime

spicy beef barley soup *90/180 cal*

spicy beef, toasted barley, mixed vegetables

moroccan lentil soup *GF 130/270 cal*

pumpkin spice cake *450 cal*



sandwiches

choice of crispy fries **GF**, roasted broccoli **GF**, or cup of soup *90-370 cal* | gluten + grain-free bun *200 cal* | choice of lettuce-style or kale style™ | whole grain bun available upon request

new bbq beef sandwich *230-590 cal*

bbq beef, chipotle aioli, dill pickles, crispy onion strings, sesame seed bun

★ 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



upgrade your side

add any of these sides

bowl of soup *180/270 cal*

yukon cauli-mashed potatoes **GF** *180 cal*

fresh little salad **GF** *130 cal* | black beans + quinoa **GF** *330 cal*

large crispy fries **GF** *510 cal* | sweetheart fries **GF** *490/580 cal*

choice of ketchup or chipotle ranch

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

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

burgers

served with crispy fries **GF**, sub roasted broccoli **GF** or cup of soup *90-370 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

carne asada tacos *440/660 cal*

3 carne asada tacos, lettuce, avocado, pickled onion, cilantro, fresh limes, fire-roasted salsa | optional: tortilla chips and fire-roasted salsa

★ beyond crispy tacos **GF** *720/940 cal*

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

tres 'fish' tacos *560/780 cal*

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

new carne asada burrito *850/1000 cal*

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

bean + cheese burrito *710/930 cal*

pinto beans, cheddar cheese, pico de gallo | optional: tortilla chips and fire-roasted salsa | **get it ON FIRE:** add jalapeños, sriracha add chickin'

any single taco *150-250 cal*

carne asada, beyond crispy, fish

make it a taco combo with black beans and cilantro rice (excludes single tacos) *310 cal*

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

desserts

new choco-churro sundae 550 cal
★ carrot cake 390 cal
gluten-free chocolate brownie **GF** 390 cal
oatmeal raisin cookie 410 cal
chocolate chip cookie 470 cal

welcome to food that tastes great and does good

join us for a 100% plant-based meal that leaves you AND our planet feeling better.

our entire menu is crafted with absolutely no meat, dairy or eggs. and no antibiotics or hormones. ever.

even our containers are compostable and recyclable, so you can help create a brighter future for everyone to enjoy.

why? because it's time to make food matter more.

high-quality proteins

beyond burger® is the world's first plant-based burger that looks, cooks and tastes like fresh ground beef.

gardein chickin' is made of the finest soybeans, wheat, peas and ancient grains, specially seasoned and marinated.

hodo tofu is handcrafted from certified organic, US-grown, whole soybeans.

our house-made chickpea falafel is high in protein, complex carbohydrates and fiber.

*** gluten-free substitutes are available for many of our menu items ***

catering for every occasion!

For more info, ask one of our helpful experts or grab a catering menu on your way out. veggiegrill.com/catering

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