

starters + sides

buffalo wings 7.95

serves 2 | celery sticks, creamy ranch 290 cal

chill out wings 7.95

serves 2 | choose 2 sauces: bbq, roasted red pepper sauce, creamy ranch 280-300 cal

2 tacos 6.95

serves 2 | choice of beyond crispy tacos or 'fish' tacos | served with pico de gallo 190-240 cal

crispy cauliflower 7.95

serves 2 | fresh cauliflower florets, panko breading, green onions, sesame seeds | choice of buffalo or sweet-n-spicy orange dipping sauce 330/340 cal

tempura green beans 6.95

serves 2 | tempura breaded green beans, grilled lemon, creamy ranch 310 cal

mondo nachos 7.95

serves 2 | corn chips, nacho chicken, queso sauce, black beans, tomatoes, green onions, mashed avocado, crema, jalapeños, cilantro 540 cal

mac-n-cheese 4.95

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

buffalo mini wrap 4.95

buffalo chicken, lettuce, creamy ranch, flour tortilla 350 cal

yukon cauli-mashed potatoes + gravy GF 4.50

cauliflower blended with yukon gold mashed potatoes, porcini gravy 140 cal

crispy fries GF 4.50

serves 2 250 cal

sweetheart fries GF 4.95

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

seasonal soup 3.95/4.95

90/180 cal

moroccan lentil soup GF

3.95/4.95 140/270 cal

desserts

carrot cake 4.25

400 cal

chocolate brownie GF 3.95

390 cal

cookie 2.75

choice of oatmeal raisin or chocolate chip 410/470 cal

bowls

✓ **features chef-selected protein** | substitute at no charge: grilled chicken (22g protein), crispy chicken (23g protein), grilled tofu (17g protein), falafel (13g protein), beyond italian sausage (17g protein), tempeh (23g protein)

low carb option: substitute cauliflower rice for grain +1.00

sonoran bowl 11.25 GF

organic quinoa + seasoned black beans, fire-roasted carrots, avocado, salsa, jalapeños, roasted red pepper sauce | optional: tortilla strips
add crispy chicken 3.75 630-770 cal

✓ far east bowl 11.50

choice of sesame-crusted chicken or grilled tofu, brown rice, cilantro green curry sauce, spicy broccoli, green papaya salad, Fresno peppers, Thai sweet chili sauce, mint + cilantro 710/820 cal

rustic farm bowl 11.25

farro, grilled mushrooms, roasted yams, braised cannellini beans, broccoli pesto, roasted tomatoes, red pepper sauce | add beyond italian sausage 5.00 600 cal

masala bowl 11.25

chana masala (spiced chickpeas), turmeric-roasted cauliflower, quinoa, kale, hemp seeds, cilantro green curry sauce, raita | optional: grilled garlic flatbread
add grilled tofu (17g protein) or tempeh (23g protein) 3.75 570-680 cal

✓ bulgogi beef protein bowl 11.95

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

✓ paleo zucchini noodles with beyond sausage GF 10.95

zucchini noodles, beyond spicy italian sausage crumble, basil pesto, roasted tomatoes, shredded parmesan | 21g protein, 13g net carbs 360 cal

salads

✓ **features chef-selected protein** | substitute at no charge: grilled chicken (22g protein), crispy chicken (23g protein), grilled tofu (17g protein), falafel (13g protein), beyond italian sausage (17g protein), tempeh (23g protein)

✓ mediterranean supergreens salad 11.50

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

✓ super taco salad GF 11.50

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 500/610 cal

✓ b-wing salad 11.50

buffalo wings over romaine, avocado, celery, carrot, tomato-corn salsa, creamy ranch dressing 740 cal

quinoa power salad GF 11.50

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 540 cal

savory kale caesar GF 10.95

kale, romaine, crumbled vg bacon, crispy spiced chickpeas, avocado, hemp seeds, parmesan cheese
add chicken 3.75 580 cal

all hail kale™ GF 10.95

kale, quinoa, red cabbage slaw, carrot, tomato-corn salsa, ginger-papaya vinaigrette | optional: agave-roasted walnuts | additional side dressing upon request | add chicken 3.75 260-410 cal

tacos

beyond crispy tacos 10.95 GF

3 crispy corn tortillas with beyond taco meat, lettuce, pico de gallo, spicy crema | optional: tortilla chips 720/950 cal

tres 'fish' tacos 10.95

3 crispy 'fish' tacos, cabbage, original baja sauce, pico de gallo, fresh limes | optional: tortilla chips 560/790 cal

burgers + sandwiches

includes choice of 1:

- crispy fries GF
- roasted broccoli GF
- cup of soup 90-370 cal

bun substitutions:

- lettuce-style
- kale-style
- gluten + grain-free +2.00

add any of these sides for 2.25

- yukon cauli-mashed potatoes GF 140 cal
- fresh little salad GF 160 cal
- sweetheart fries GF 490/580 cal
sweet potatoes | choice of ketchup or chipotle ranch

vg beyond burger 12.95

grilled beyond burger, american cheese, grilled onions, house-made sauce, tomato, iceberg lettuce, whole grain sesame flax bun 450-840 cal

the LUXE burger 13.50

grilled beyond burger, white truffle cheese sauce, roasted mushrooms, arugula, sriracha ketchup, roasted tomatoes, whole grain poppy seed bun 420-790 cal

steakhouse burger 13.50

grilled beyond burger, provolone cheese, steakhouse sauce, vg bacon, tomato, iceberg lettuce, creamy ranch dressing, cracked pepper, whole grain poppy seed bun 520-900 cal

grilled quinoa + veg burger 11.75

organic quinoa + organic shiitake mushrooms + raw sunflower seeds, cheese, house-pickled onions, arugula, veg mayo, cilantro pesto, whole grain sesame flax bun 480-870 cal

santa fe crispy chicken 10.95

fried chicken, lettuce, tomato, red onion, mashed avocado, chipotle mayo, wheat roll 460-700 cal

nashville hot chicken 11.50

crispy chicken, nashville hot sauce, coleslaw, creamy ranch dressing, bread & butter pickles, whole grain sesame flax bun 540-920 cal

b.t.l.a. 11.25

vg bacon, sliced tomatoes, avocado, cilantro pesto-tossed arugula, grilled rye 290-540 cal

buffalo bomber 11.25

crispy chicken tossed with spicy buffalo sauce, tomato, red onion, lettuce, creamy ranch dressing, wheat roll 430-680 cal

grillin' chicken 10.95

grilled chicken, mashed avocado, lettuce, tomato, red onion, cilantro pesto, chipotle ranch dressing, wheat roll | add cheese 1.00 390-640 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.

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