

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

shares | serves 2

new seasonal avocado toast 200 cal
grilled sourdough bread, smashed avocado, goddess dressing, jicama, dukkah, pomegranate 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 |
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, jalapeños

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

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 310-930 cal

any comfort favorite + 1/2 savory kale caesar 280 cal
soup bowl + fresh little salad GF
1/2 all hail kale™ GF 200 cal

veggie sides

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

soup cup 110/130 cal bowl 210/270 cal

roasted broccoli GF 160 cal

turmeric cauliflower GF 70 cal

pinto bean stew GF 110 cal

ranchero beans GF 110 cal

roasted yams GF 110 cal

bowls

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

★ **sonoran bowl** GF 600/740 cal
organic quinoa + seasoned black beans, fire-roasted carrots, 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 490/600 cal
al pastor 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, 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, croutons, parmesan cheese

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

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

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.



winter celebration

banh mi salad 480/660 cal

choice of organic crispy or grilled tofu, green papaya salad, green cabbage, cucumber, basil, cilantro, mint, marinated kale, five spice dressing | optional: jalapeños

the LUXE burger 420-580 cal

grilled beyond burger, white truffle cheese sauce, roasted mushrooms, arugula, sriracha ketchup, roasted tomatoes, poppy seed bun | served with crispy fries 370 cal
see burger section below for options on sides and bun style

chickin' zucchini noodle soup

fresh zucchini noodles, grilled chickin', carrots, celery + grilled sourdough bread | bowl 320 cal
made-to-order meal (not available as a cup)

olive oil cake 500 cal



barbacoa torta 580 cal

barbacoa, mashed pinto beans, lettuce, tomato, mashed avocado, pickled onion, telera roll
see sandwich section below for options on sides

whole earth bowl GF 670 cal

lentil and quinoa melange, organic grilled tofu, roasted broccoli, fire-roasted carrots, grilled zucchini, golden beets, ginger miso dressing, hemp seeds | add avocado

beyond crispy tacos GF 690/850 cal

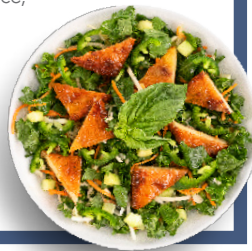
3 crispy corn tortillas with beyond taco meat, lettuce, pico de gallo, spicy crema | optional: tortilla chips

tomato basil soup

cup 110 cal bowl 210 cal

moroccan lentil soup GF

cup 130 cal bowl 270 cal



sandwiches

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

new fala-full wrap 750 cal

scratch-made falafel, hummus, schug sauce, raita, arugula, fresh cilantro, mint, basil

★ 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

upgrade your side add any of these sides

bowl of soup 210/270 cal

fresh little salad GF 130 cal

black beans + quinoa GF 330 cal

cauli-mashed potatoes GF 180 cal

large crispy fries GF 510 cal

sweetheart fries GF 490/580 cal

choice of ketchup or chipotle ranch



burgers

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

new steakhouse burger 480-680 cal

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

★ vg beyond burger 450-620 cal

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

grilled quinoa + veg burger 380-580 cal

house-made blend of organic quinoa + kale + mushrooms, cheese, house-pickled onions, arugula, veg mayo, drizzled cilantro pesto, brioche bun

tacos/burritos

make tacos a combo with black beans and cilantro rice 310 cal

new barbacoa tacos 360/510 cal

barbacoa, lettuce, avocado, pickled onion, fresh limes | optional: tortilla chips

tres 'fish' tacos 550/690 cal

crispy 'fish', cabbage, original baja sauce, cilantro, fresh lime | optional: tortilla chips

all-day breakfast burrito 760/910 cal

JUST scrambled egg, chorizo, home fries, black beans, cheddar cheese, fire-roasted salsa on a toasted flour tortilla | optional: tortilla chips

★ XX fire-roasted chickin' burrito 870/1020 cal

grilled chickin', fire-roasted peppers and onions, cilantro rice, fire-roasted salsa, crema, cheddar cheese on a toasted flour tortilla | optional: tortilla chips

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

carrot cake 390 cal

oatmeal raisin cookie 410 cal

chocolate chip cookie 470 cal

gluten-free chocolate brownie

GF 390 cal

