



Dinner Menu

**Lovin'
Spoonfuls**



**Vegetarian
Restaurant**

**100% Plant-Based
Cholesterol-Free
Cruelty-Free**





Appetizers

Ravioli Marinara



Crispy, battered ravioli filled with spinach-tofu ricotta & served with chilled marinara.

7

Hummus Dip

A generous portion of hummus surrounded by whole wheat pita triangles or cucumber slices and carrot coins. *(GF available)*

5

Shoestring French Fries

A basket of shoestring potatoes fried in 100% canola. *(GF but shared fryer)*

3

Seasoned Chipotle Fries



Smoky chipotle seasoned fries with a little bit of kick. *(GF but shared fryer)*

3.25

Chili Cheese Fries



Shoestring fries topped with chili and vegan cheddar. *(GF but shared fryer)*

5.5

Cashew Mushroom Pâté

A savory blend of mushrooms and cashews, gently seasoned and served with grilled, organic, sour dough toast points. *(GF available)*

6

Dolmas

Grape leaves stuffed with seasoned rice, served on green leaf lettuce with lemon twist. *(GF)*

4.5

Battered Mushrooms

Fresh mushrooms battered and fried in 100% canola oil and served with our vegan ranch.

5

Tempura "Shrimp"

Mock shrimp lightly battered and fried, served with our zesty seafood sauce.

7

"Shrimp" Cocktail

Mock shrimp served chilled with our zesty seafood sauce and lemon wedges. *(GF)*

5

Battered Beer Brat Bites

Soy sausage bites in a mustard batter, served with vegan honey mustard dipping sauce.

5

Golden Nuggets

Lightly battered and fried soy chicken nuggets with your choice of vegan honey mustard, sweet & sour, ranch, BBQ or Buffalo style dipping sauce.

6

Crispy Fried Spring Rolls

Shredded cabbage, carrots, shiitake mushrooms and mung bean vermicelli in a crispy wheat wrapper, fried in 100% canola oil & served with pineapple sweet & sour sauce.

5.5

Batter~Up Sampler Platter



Crispy battered fries, onions, tempura shrimp, mushrooms and nuggets.

No substitutions please.

8.5

Athena Sampler Platter



Hummus, cucumbers, carrot coins, whole wheat pita, falafel (chickpea patties), kalamata olives and stuffed grape leaves -No substitutions please *(GF available)*

8.5



Salads

All our dressings are made in-house: Sesame Dijon, Ranch, Italian, Thousand Island and Balsamic fat-free vinaigrette.

Spring Salad

Organic spring mix, carrot shreds, cucumber slices and organic tomato slices. ^(GF)

4

Sesame-Chicken Salad

Our most popular salad, with tender soy chicken in a sesame glaze, organic spring mix, shredded carrots, snow peas, red bell peppers and sesame seeds.

8.5

Spinach Salad

Spinach leaves with soy bacon, juicy strawberry slices, bell peppers, carrot shreds and walnuts. ^(GF)

6.75

Grilled Veggie Kale Salad



Fresh, tender kale with pine nuts, carrot shreds, grilled onions, Portobello strips, bell peppers and Italian dressing on the side. ^(GF)

8.5

Build Your Own Salad



6

Pick Your Greens

Organic spring mix

Romaine

Spinach

Kale

Pick Your Dressing ^(All GF)

Sesame Dijon

Ranch

Italian

Thousand Island

Balsamic Fat-Free

Oil and Vinegar

Lemon slice

Pick up to Four Add-Ins ^(GF)

(75¢ each additional)

Alfalfa sprouts

Bacon style bits

Bean sprouts

Bell peppers

Blue "cheese" scoop

Broccoli

Carrot shreds

Carrot coins

Cauliflower

Celery

Cheddar style shreds

Croutons

Cucumber slices

Guacamole scoop

Hummus scoop

Kalamata olives

Mushrooms

Pine nuts

Raisins

Red onion

Snow peas

Strawberries

Sun-dried tomatoes

Sweet onion

Tomatoes

Walnuts

Premium Add-Ins

(Optional)

Organic tofu (chilled, grilled, steamed or fried)

1.5

Adzuki burger patty

2.5

Organic tempeh ^(GF)

1.5

Grilled Portobello strips

2.5

Grilled mock beef

2.5

Grilled mock chicken

2.5

Grilled mock shrimp ^(GF)

2.5

Mock tuna salad scoop ^(GF)

2.5

Mock chicken salad scoop

2.5

Mock ham strips

1.5

Mock smoked turkey

1.5

Organic brown rice

2.5

Organic quinoa

2.75

Soups and Chili

Hearty bowl of chili with cornbread 7.25

Homemade soup of the day CUP 3.5 BOWL 4.75

Add a piece of cornbread to your soup for 2.5





Dinner Entrées

All dinner entrées are served with an organic spring mix side salad and your choice of house-made dressing. Choose from Sesame Dijon, Ranch, Italian, Thousand Island or Balsamic Fat-Free Vinaigrette

Piccadilly Nut Loaf

Our signature Dish! It's a cashew nut loaf made with organic oats, onions and a savory blend of seasonings, served with mashed potatoes, gravy and steam grilled broccoli, cauliflower and carrots. ^(GF)

11.5

Garden Veggie Plate

Fresh steam grilled cauliflower, broccoli, carrot coins, mushrooms, tomatoes and celery served over organic brown rice and a side of lemon tahini sauce. ^(GF)

9

Mediterranean Plate

Falafel, dolmas and organic brown rice served with hummus, tahini sauce, lettuce, tomato, cucumber and whole wheat pita bread. ^(GF available)

10.25

Mexicali Black Beans & Rice

Seasoned black beans, organic corn and red, green and gold bell peppers served over organic brown rice with guacamole, soy sour cream and fresh salsa. ^(GF)

9

Thai Vegetable Curry

Stir fried broccoli, snow peas, triple peppers, mushrooms and red onions in a delicate curry sauce, served over organic brown rice. ^(GF)

10

Add tofu or tempeh 1.5
Mock chicken or shrimp 2.5

Kale Quinoa Curry

Garden fresh kale, red potatoes, toasted pine nuts and button mushrooms in our light curry sauce over organic quinoa. ^(GF)

11

Add tofu or tempeh 1.5
Mock chicken or shrimp 2.5

Buddha's Delight

Classic Asian vegetables including napa cabbage, bok choy, bean sprouts, carrots and fresh shiitakes, gently stir fried and served in a tasty citrus ginger sauce. Served over organic brown rice. ^(GF)

9.5

Add tofu or tempeh 1.5
Mock chicken or shrimp 2.5

Asian Pepper Steak

Stir fried red, green and gold bell pepper strips, red onions and stir fried vegan beef, served in a savory Asian style brown sauce over organic brown rice (tofu, tempeh or chicken substitutions are available).

10.25 ^(GF available)

Country Fried Chicken Platter

This is our most popular dish. Crispy battered soy chicken, savory stuffing, mashed potatoes smothered in brown gravy & steam-grilled broccoli, cauliflower and carrot coins.

11.95

Old Pueblo Bean Burrito

A whole wheat flour tortilla stuffed with organic brown rice, seasoned organic black beans and organic corn, served with guacamole, soy sour cream and fresh salsa.

8

Burrito Add-ins 75¢ each:

Choose from bell peppers, onions, vegan cheddar, tomato, kalamata olives, spinach, mushrooms or kale.



Pasta Bowls

All pasta dishes are served with a slice of warm, whole wheat garlic bread.

Any dish made with traditional pasta can be prepared with whole wheat pasta upon request 50¢

Pasta Primavera

Portobello mushrooms, zucchini, yellow squash, asparagus and eggplant in a creamy, cashew basil- Alfredo sauce, served over linguine with whole wheat garlic bread. *(GF with rice)*

10.5

Penne Sausage Mac & Cheese

Mock grilled sausage, sun-dried tomatoes and penne pasta smothered in creamy cheddar style cheese sauce.

11

Stroganoff Supreme

Choose between tender vegan beef or organic tempeh with mushrooms and red onions in a rich and tangy stroganoff sauce over linguine. *(GF with rice)*

11

Rainbow Kale Penne Pasta

Garden fresh kale, tomatoes, basil, garlic and pine nuts over whole wheat penne pasta. Served with whole wheat garlic bread. *(GF with rice)*

11

Angel Hair with Tomato & Basil

Diced fresh tomatoes, basil and garlic served over angel hair pasta with a side of whole wheat garlic bread. *(GF with rice)*

9.25

Eggplant Parmesan

Eggplant with a fried crispy batter served over linguine and topped with our chunky marinara sauce. Served with whole wheat garlic bread.

11

Stuffed Pasta Magnifica

Ravioli stuffed with spinach-tofu ricotta, smothered in a creamy cashew basil-Alfredo sauce and served with whole wheat garlic bread.

10.5

Linguine with Italian Meatballs

Hot linguine topped with our own perfectly seasoned marinara sauce and authentic meatless meatballs. Served with whole wheat garlic bread.

9.5

Tomato Basil Alfredo

Diced fresh tomatoes, spinach, basil, garlic and tofu in our creamy cashew basil-Alfredo sauce served over whole wheat pasta. Served with whole wheat garlic bread. *(GF with rice)*

11.5

Build Your Own Pasta Bowl

Sub rice or quinoa for gluten-free

10.75

Pick Your Pasta

Linguine
Angel Hair
Whole Wheat Penne
Whole Wheat Spaghetti
Spinach Tofu Ravioli (add \$2.50)

Pick Your Sauce

Basil Alfredo
Brown Burgundy
Cheesy Cheddar Style
Citrus Ginger
Coconut Curry
Marinara
Stroganoff

Pick up to Four Add-Ins (75¢ each additional)

Bacon
Button mushrooms
Bell peppers
Broccoli
Garlic
Kale
Kalamata olives
Red onion
Snow peas
Sun-dried tomatoes
Sweet onion
Fresh tomato
Pine nuts

Premium Add-Ins (Optional)

Primavera mix (Portobello mushrooms, eggplant, asparagus, zucchini, yellow squash) *(GF)* 2.5
Organic tofu *(GF)* (grilled, steamed, fried) 1.5
Organic tempeh *(GF)* 1.5
Tomato-basil mix 1.5
Eggplant 1.5
Portobello strips *(GF)* 2.5
Mock beef 2.5
Mock chicken 2.5
Mock meatballs 2.0
Mock sausage 2.5
Mock shrimp *(GF)* 2.5



Burger Baskets

All burger baskets are served with your choice of potato salad, coleslaw or carrot walnut-raisin salad. You can build your own burger or choose from one of our classics.

Homemade Adzuki Burger

A grilled veggie patty (adzuki beans, zucchini, shiitake mushrooms, carrots, corn, broccoli, organic oats, walnuts) with lettuce, tomato and vegan mayo on a grilled, organic 100% whole wheat bun. *(GF available)*

7.5

Route 66 Bacon Cheeseburger

A grilled soy burger topped with crispy bacon, melted vegan cheddar, lettuce, tomato, pickle & soy mayo on a grilled, organic, 100% wheat bun. *(GF available)*

8

Wildcat Burger

NEW

Go cats with this grilled soy burger topped with crispy soy bacon, grilled onions, vegan blue cheese, spicy sriracha sauce, lettuce, tomato, pickle & soy mayo on a grilled, organic 100% wheat bun. *(GF available)*

8.5

Southwest Burger

Guacamole and salsa top our soy burger with lettuce, tomato, pickles and vegan mayo on a grilled, organic, 100% whole wheat bun. *(GF available)*

8

S.N.I.P. Burger

NEW

Crispy battered onions and our zesty BBQ sauce on a house-made soy burger with lettuce, tomato, pickles and vegan mayo on a grilled, organic 100% whole wheat bun. This burger is our tribute to the Spay Neuter Intervention Project, to remind everyone to spay/ neuter our four-legged friends! *(GF available)*

8

Spoonfuls Classic Burger

Our tasty soy burger topped with grilled onions, lettuce, tomato, pickles and vegan mayo on a grilled, organic, 100% whole wheat bun. *(GF available)*

7.5

Side Dishes

2.5

Classic Coleslaw *(GF)*

Shredded raw cabbage, green peppers and carrots in a light dressing

Country Potato Salad *(GF)*

Diced red potatoes, onions, carrots and green pepper in a light mustard mayo dressing

Carrot Walnut Raisin Salad *(GF)*

Shredded raw carrots, pineapple, coconut, walnuts and raisins in a sweet lemony dressing

Corn Bread *(GF)*

Southern style corn bread with a hint of sweetness.

Sautéed Spinach or Kale *(GF)*

NEW

A side of your choice of spinach or kale, sautéed with fresh garlic

Steam-Grilled Veggies *(GF)*

Cauliflower, broccoli and carrot coins, steamed on our grill.

Kiddie Korner

Kiddie Grilled Cheese

Grilled vegan cheese sandwich on organic sour dough served with deli chips *(GF available)*

4

Kiddie P & J

Organic peanut butter & organic strawberry jam on organic sprouted wheat bread and deli chip *(GF available)*s

4

Shoestring Fries

These are always a hit with the kids. *(GF but shared fryer)*

3

Kiddie Pasta

Angel hair pasta with buttery spread and garlic bread.

5

Mac & Cheese

NEW

Whole wheat penne pasta smothered in vegan cheddar sauce.

6

Kiddie Pup

Grilled veggie dog on an organic whole wheat bun with deli chips.

4

Golden Nuggies

Lightly battered and fried soy chicken nuggets. Kids love 'em with ketchup!

6

