

# Lovin' Spoonfuls Vegan Restaurant

## Breakfast + Lunch



### From the Griddle

*All selections served with 100% pure maple syrup*

#### **Stack O' Pancakes — \$7**

Three fluffy golden pancakes cooked on the griddle the old-fashioned way.

Choose from organic whole wheat, organic buckwheat or gluten-free organic brown rice batter. **GF**

#### **Short Stack — \$4**

Two smaller pancakes as a side or for a lighter appetite.

Choose from organic whole wheat, organic buckwheat or gluten-free organic brown rice batter. **GF**

#### **French Toast — \$7**

Thick slices of locally baked French bread, dipped into a vanilla-cinnamon batter and grilled to a golden brown.

Top with the works (blueberries, strawberries, banana slices, walnuts, maple syrup and whipped cream) — **\$10.5 GF available**

## Breakfast Burritos

*Our breakfast burritos are served with a side of fresh salsa.*

#### **Traditional Breakfast Burrito — \$7.25**

Soy bacon, organic tofu, and crispy home fries wrapped in a locally baked tortilla.

#### **Southwest Breakfast Burrito — \$7.75**

Chorizo, green chilies, organic tofu and crispy home fries wrapped in a locally baked tortilla.

#### **Grilled Veggie Breakfast Burrito — \$7.75**

Green, red and gold bell peppers, sweet onions, seasoned Portobello strips, organic tofu and crispy home fries wrapped in a locally baked tortilla.

*Add vegan cheddar into any burrito for \$.75*

## Side Dishes

Home Fries — \$2.5

Cornbread — \$2.5

Side of Scramble — \$3.5

Veggie Bacon — \$2.5

Organic Toast and Jelly — \$1.75



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### Our Famous Tofu Scrambles

*All of our scrambles are made with organic tofu and served with organic sprouted wheat toast and crispy home fries. Organic brown rice, quinoa or spring mix may be substituted for home fries. Add 50¢ for salsa.*

#### **Fiesta Scramble — \$9.5**

Seasoned tofu scrambled with soy chorizo, green chilies and vegan cheddar. Served with guacamole and vegan sour cream. **GF available**

#### **Country Scramble — \$6**

Seasoned tofu served with organic, sprouted wheat toast and home fries. **GF available**

#### **Sautéed Kale Scramble — \$8**

Seasoned tofu scrambled with baby kale, toasted pine nuts and fresh tomatoes. **GF available**

#### **Spinach-Mushroom Scramble — \$7.5**

Seasoned tofu scrambled with fresh spinach and flavorful mushrooms. **GF available**

#### **Denver Scramble — \$8.5**

Seasoned tofu scrambled with veggie ham, green peppers, sweet onions and vegan cheddar. **GF available**

#### **Italian Scramble — \$7.5**

Seasoned tofu scrambled with chunks of fresh tomatoes and basil. **GF available**

#### **Mediterranean Scramble — \$9**

Seasoned tofu scrambled with Kalamata olives, garlic, sun-dried tomatoes and sweet onions. **GF available**

#### **Scramble Add-Ins — 75¢ each**

Bell peppers / Garlic / Green chilies / Kalamata olives / Kale / Mushrooms  
Onions / Pine nuts / Scallions / Soy bacon / Soy chorizo / Spinach  
Tomatoes, fresh / Tomatoes, sun-dried / Vegan cheddar / Veggie ham



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### Appetizers

#### **Hummus Dip — \$5**

A generous portion of hummus surrounded by whole wheat pita triangles (cucumber slices and carrot coins can be substituted upon request). **GF available**

#### **Dolmas — \$4.5**

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

#### **Cashew Mushroom Pâté — \$6**

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

#### **Battered Mushrooms — \$5**

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

#### **Battered Beer Brat Bites — \$5**

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

#### **Golden Nuggets — \$6**

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

#### **Shoestring French Fries — \$3**

A basket of shoestring potatoes fried in 100% canola.

#### **Seasoned Fries — \$3.25**

Our shoestring french fries with a bit of smoky chipotle seasoning.

#### **Chili Cheese Fries — \$5.5**

Crispy shoestring french fries topped with our chili and melted vegan cheddar.

*All of our fries are gluten-free but cooked in a shared fryer*

#### **Buffalo Cauliflower Wings — \$7.5**

All the charm of traditional wings ... crispy on the outside, tender on the inside with a little bit of kick. Even if you think that you don't like cauliflower, you'll love these "wings."

#### **Fried Ravioli — \$7**

Crispy, battered ravioli filled with spinach-tofu ricotta and served with chilled marinara dipping sauce.

#### **Crispy Fried Spring Rolls — \$5.5**

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

#### **Batter-Up Sampler Platter — \$9.5**

Crispy battered fries, onions, cauliflower wings, mushrooms and nuggets. No substitutions, please.

#### **Athena Sampler Platter — \$8.5**

Hummus, cucumbers, carrot coins, whole wheat pita, kalamata olives, falafel and stuffed grape leaves. No substitutions, please.

**GF available**

#### **Apollo Platter — \$8**

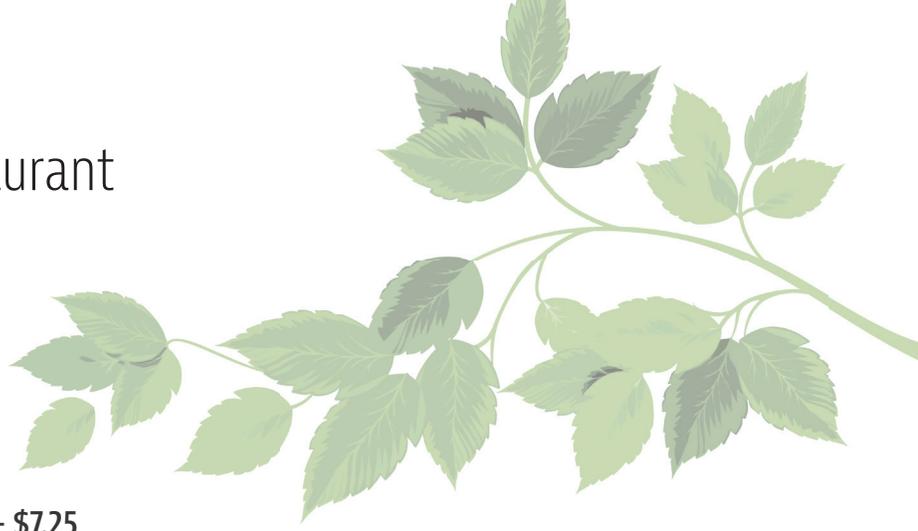
Our tasty hummus with whole wheat pita, green leaf lettuce, cucumber slices, carrot coins, stuffed grape leaves, kalamata olives and spring mix.

**GF available**



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### Soups and Chili

**Hearty bowl of chili with cornbread muffin — \$7.25**

**Homemade soup of the day — Cup \$3.5 / Bowl \$4.75 / Add a cornbread muffin for \$2.5**

### Salads

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

**Spring Salad — \$4**

Organic spring mix, carrot shreds, cucumber slices and tomato slices. **GF**

**Sesame Chicken Salad — \$8.5**

Tender sesame glazed soy chicken with organic spring mix, carrots, snow peas, red bell peppers and Sesame Dijon dressing on the side. **GF with tempeh substitution**

**Grilled Veggie Kale Salad — \$8.5**

Fresh, tender kale topped with grilled Portobello strips, sweet onions, bell peppers, pine nuts, carrot shreds, and served with a side of Italian dressing. **GF**

**Spinach Salad — \$6.75**

Spinach leaves tossed with soy bacon, juicy strawberry slices, bell peppers, carrots and walnuts. **GF**

**Hail Caesar — \$7**

Fresh romaine lettuce tossed with pine nuts, kalamata olives, toasted croutons, carrot shreds and our Caesar salad dressing. **GF available**

**Kale Caesar — \$7**

Our classic Caesar, but prepared with tender baby kale instead of romaine. **GF available**

### Side Dishes — \$2.5

**Country Potato Salad GF** — Diced red potatoes, onions, carrots and green pepper in a light mustard mayo dressing.

**Corn Bread GF** — Southern style corn bread with a hint of sweetness.

**Carrot Walnut Raisin Salad GF** — Shredded carrots, pineapple, coconut, walnuts and raisins in a sweet dressing.

**Sautéed Spinach or Kale GF** — 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.



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### Sandwich Baskets

*All sandwich baskets are served with your choice of potato salad, carrot walnut-raisin salad or an organic spring mix side salad with your choice of dressing. Substitute fries for \$1*

#### **Hummus Sandwich — \$7**

Our own tasty hummus with lettuce, tomatoes, sprouts and cucumber served on grilled organic, sprouted wheat bread. **GF available**

#### **Deli Club Sandwich — \$8.5**

Veggie turkey and ham deli slices stacked with soy bacon, lettuce, tomato, and vegan mayo on toasted, organic, sprouted wheat bread.

#### **Porto Pita — \$8**

Whole wheat pita bread loaded with lettuce, tomato, cucumbers, kalamata olives, onions and juicy, grilled Portobello strips, served with vegan ranch and Italian dressings.

**GF available on GF house-made bread slices**

#### **Falafel Pocket — \$7**

Whole wheat pita bread filled with tasty chickpea patties, lettuce, tomatoes, cucumber and our own tahini sauce. **GF available**

#### **Happy Turkey — \$7**

Sliced oven roasted veggie turkey with lettuce, tomato and vegan mayo on toasted, organic, sprouted wheat bread. **Double stuff add \$1.5**

#### **Peanut Butter & Jelly — \$5.5**

Organic PB & organic strawberry jelly on toasted, organic, sprouted wheat bread. **GF available**

#### **Rice and Bean Burrito — \$8**

Organic brown rice, organic corn and seasoned organic black beans in a tortilla, served with guacamole, vegan sour cream, grilled peppers and onions, salsa and an organic spring mix side salad. **Add vegan cheese for 75¢**

#### **Tempeh Reuben — \$8**

Sliced, organic tempeh on grilled organic seeded rye with organic sauerkraut and our own Thousand Island dressing. **GF available**

#### **Deluxe BLT — \$6.5**

Soy bacon strips, fresh lettuce and tomato and vegan mayo on toasted, organic, sprouted wheat bread.

**GF available, Double stuff add \$1.50**

#### **Portobello Griller — \$8**

Juicy Portobello strips grilled with pepper and onions on a grilled, seeded, locally baked hoagie with cilantro mayo. **GF available**

#### **BBQ "Beef" Sandwich — \$8**

Down home BBQ "beef" or tempeh with grilled onions on a grilled, organic, sprouted ancient wheat bun. **GF available -request tempeh**

#### **BBQ "Chicken" Sandwich — \$8.25**

Mock chicken, battered and fried crispy, smothered in our own zesty BBQ sauce and served on an organic, sprouted ancient wheat bun with lettuce, tomatoes and pickle.

#### **Dogs and Sausages**

**Coney Island dog with Kraut — \$6.5**

**Chili Dog — \$6.5**

**Kielbasa — \$6.5**

#### **Grilled "Cheese" Sandwich — \$5.25**

Cheddar-style vegan cheese on grilled, organic sour dough. Our cheese is tapioca based and soy-free.

**GF available**

#### **"Chicken" Salad Sandwich \$7.5**

Mock chicken salad (soy) served with tomato and green leaf lettuce on toasted, organic, sprouted wheat bread. **GF available**

**Add mock chicken, ham, or a vegan burger patty for \$2.75 / Add-ins 75¢ each: Tomato slices, Grilled onions, Green Chilies, Soy bacon (GF)**



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### Burger Baskets

*All burger baskets are served with your choice of potato salad, carrot walnut-raisin salad or an organic spring mix side salad with your choice of dressing.*

#### **Homemade Adzuki Burger — \$7.5**

A grilled patty with adzuki beans, zucchini, shiitake mushrooms, carrots, corn, broccoli, organic oats and walnuts with lettuce, tomato, pickle and vegan mayo on a grilled, organic, sprouted ancient wheat bun. **GF available**

#### **Spoonfuls Classic Burger — \$7.5**

This American classic is made with our house-made soy burger topped with grilled onions, lettuce, tomato, pickle and vegan mayo on a grilled, organic sprouted ancient wheat bun. **GF available**

#### **Wildcat Burger — \$8.5**

Go Cats with this grilled house-made soy burger topped with crispy soy bacon, grilled onions, vegan blue cheese, spicy sriracha sauce, lettuce, tomato, pickle and vegan mayo on a grilled, organic, sprouted ancient wheat bun. **GF available**

#### **Route 66 Bacon Cheeseburger — \$8**

A grilled house-made soy burger topped with crispy soy bacon, melted vegan cheddar, lettuce, tomato, pickle and vegan mayo on a grilled, organic, sprouted ancient wheat bun. **GF available**

#### **Southwest Burger — \$8**

Guacamole and salsa top our house-made soy burger with lettuce, tomato, pickle and vegan cilantro mayo on a grilled, organic, sprouted ancient wheat bun. **GF available**

#### **S.N.I.P. Burger — \$8**

Crispy battered onions and our own zesty BBQ sauce on a house-made soy burger with lettuce, tomato, pickle and vegan mayo on a grilled, organic, sprouted ancient 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**

#### **Falafel Burger — \$8**

We use our own falafel mix made with garbanzo beans, fresh parsley and middle eastern seasonings to make this burger, and serve it with lettuce, tomato, pickle and tahini sauce on an ancient grain sprouted bun. **GF available**



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### Organic Brown Rice Bowls — \$8

*To any rice bowl, add tofu (GF) or tempeh (GF) — \$1.5*

*Add mock grilled chicken, mock beef — \$2.50 / Sub Quinoa — 50¢*

#### BBQ Rice Bowl

Zucchini, yellow squash, asparagus, eggplant and Portobellos smothered in our own BBQ sauce and served over organic brown rice with grilled tempeh strips. **GF**

#### Peking Rice Bowl

Broccoli, carrots, bean sprouts, red onions and snow peas in an Asian-style ginger-citrus sauce over organic brown rice. **GF**

#### Curry Rice Bowl

Broccoli, cauliflower, carrots and spinach in a delicate Thai coconut- curry sauce over organic brown rice. **GF**

#### Black Beans and Rice Bowl

Seasoned black beans with bell peppers and organic corn over organic brown rice with guacamole, salsa and soy sour cream. **GF**

## Kids Menu

#### Spaghetti and Meatballs — \$6

Whole wheat spaghetti, red sauce and meat balls.

#### Nuggets & Fries — \$6

Lightly battered and fried soy nuggets and crispy fries.

#### Cheese Burger — \$4.5

Pure and simple. A soy patty with melted vegan cheddar on an organic sprouted whole grain bun and ketchup.

#### PB & J — \$4

Organic peanut butter and organic strawberry jam on organic sprouted wheat bread and deli chips. **GF available**

#### Grilled Cheese — \$4

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

#### Tofu Pup — \$4

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



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### Beverages

#### Iced Teas — \$1.75

Lovin' Spoonfuls special spiced blend is a naturally decaffeinated black tea blended with rooibos, rose hips, cinnamon and orange peel with no added sugar. It has a natural sweetness from fruit extract and a hint of stevia. Our China Black iced tea is fully caffeinated with a nice robust flavor.

#### Hot Teas — \$1.75

Caffeinated: China black, green or jasmine

Naturally decaffeinated: Spiced or mango peach

Herbal: Hibiscus, mint or chamomile

#### Hot Coffee — \$1.75

We serve organic, fair-trade, shade grown coffee.

Caffeinated and decaf are available.

Herbal Teccino "coffee" is a 100% caffeine-free alternative.

#### Fruit Juices and Soy Milk

##### Small (6oz) \$1.5 / Large (14oz) \$3

Orange, Organic Apple, Organic Pineapple.

Vanilla or Chocolate Organic Soy Milk.

#### From Our Cooler

Kombucha — \$3.95

Coconut Water — \$3.5

Bottled Water — \$1.75

Izze Sparkling Blueberry — \$1.75

Izze Sparkling Clementine — \$1.75

Izze Sparkling Grapefruit — \$1.75

Yerba Mate Traditional or Mint — \$2.95

#### Fountain Drinks — \$1.75

Pepsi, Diet Pepsi, Sierra Mist, Dole Cranberry Juice, Mug Root Beer, House-Made Lemon-Limeade

#### Organic Wines by the Glass — \$5.5

#### Mimosas — \$6

#### Smoothies

##### Apple Kale — \$5.75

Organic, unfiltered apple juice, fresh kale, mango and banana

##### Strawberry Sunshine — \$5

Strawberries, orange, mango

##### Stella Blue — \$5

Organic apple, blueberry, banana

##### Tropical Dream — \$5

Organic pineapple, mango, banana

##### Orange Mango Creamsicle — \$5

Orange, mango and vanilla soy milk

*Add kale to any smoothie for 75¢*

#### Soy Shakes — \$5.5

Vanilla / Vanilla-Pineapple / Vanilla Mint

Coffee & Cream / Peanut Butter Cup / Chocolate

Chocolate Pineapple / Chocolate Mint

Chocolate Covered Strawberry / Chocolate Orange Truffle

Mexican Delight / Strawberry / Strawberry-Pineapple

Lemon Creamsicle / Orange Creamsicle



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