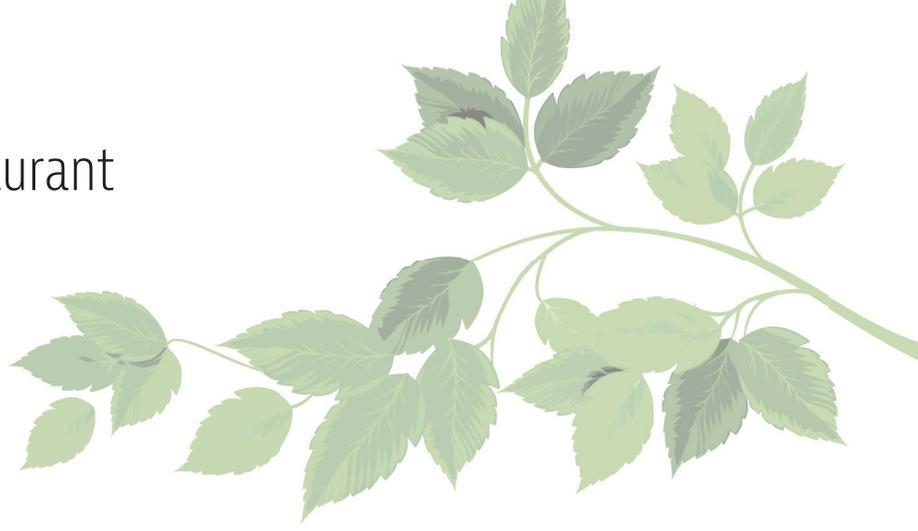


Lovin' Spoonfuls Vegan Restaurant

Dinner



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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Dinner



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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Entrées

All dinner entrées are served with an organic spring mix side salad and your choice of house-made salad dressing. Choose from ranch, Italian, thousand island, balsamic fat-free vinaigrette or our most popular, Sesame Dijon.

Piccadilly Nut Loaf — \$11.5

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**

Mediterranean Plate — \$10.25

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

Mexicali Black Beans & Rice — \$9.5

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**

Thai Vegetable Curry — \$11

Stir fried broccoli, snow peas, triple peppers, mushrooms and red onions in a delicate coconut curry sauce, served over organic brown rice or quinoa. **GF / Add tofu or tempeh \$1.50 / Mock chicken or beef \$2.50**

Beijing Bowl — \$9.5

Broccoli, carrots, bean sprouts, red onions and snow peas in an Asian-style ginger-citrus sauce over organic brown rice. **GF Add tofu or tempeh \$1.50 / Mock chicken or beef \$2.50**

Asian Pepper Steak — \$10.25

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 may be substituted). **GF available**

Country Fried Chicken Platter — \$11.95

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

Old Pueblo Bean Burrito — \$9

A whole wheat flour tortilla stuffed with organic brown rice, seasoned black beans and organic corn, served with guacamole, grilled peppers and onions, soy sour cream and fresh salsa. **Burrito Add-ins 75¢ each: Choose from vegan cheddar, tomato, kalamata olives, spinach, mushrooms or kale.**



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Lovin' Spoonfuls Vegan Restaurant

Dinner



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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Pasta Bowls

All pasta dishes are served with an organic spring-mix side salad.

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

Pasta Primavera — \$10.5

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

Eggplant Parmesan — \$11

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

Kale Penne Pasta — \$11

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

Spaghetti with Tomato & Basil — \$9.25

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

Ravioli Magnifica — \$11.5

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

Linguine with Italian Meatballs — \$9.5

Linguine topped with our own perfectly seasoned marinara sauce and authentic meatless meatballs. Served with garlic bread.

Tomato Basil Alfredo — \$11.5

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



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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

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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