



Lunch Menu

**Lovin'
Spoonfuls**

**Vegetarian
Restaurant**

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





Appetizers

Ravioli Marinara

NEW

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

7

Shoestring French Fries

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

3

Seasoned Chipotle Fries

NEW

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

3.25

Chili Cheese Fries

Crispy shoestring French Fries topped with our chili and melted vegan cheddar. (GF but shared fryer)

5.5

Hummus Dip

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

5

Dolmas

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

4.5

Tempura "Shrimp"

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

7

Cashew Mushroom Pâté

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

6

Battered Mushrooms

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

5

"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 sauce.

6

Crispy Fried Spring Rolls

Shredded cabbage, carrots, shitake 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

NEW

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

No substitutions please.

8.5

Athena Sampler Platter

NEW

Hummus, cucumbers, carrot coins, whole wheat pita, kalamata olives, falafel and stuffed grape leaves. (GF available)

No substitutions please.

8.5





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

Salads

All of 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

Tender soy chicken in a sesame glaze with organic spring mix, carrots, snow peas, red bell peppers and Sesame Dijon dressing on the side.

8.5

Grilled Veggie Kale Salad

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)

8.5

Spinach Salad

Spinach leaves tossed with soy bacon, juicy strawberry slices, bell peppers, carrots & walnuts. ^(GF)

6.75

Hail Caesar

Fresh romaine lettuce tossed with pine nuts, kalamata olives, toasted croutons, carrot shreds & tossed with our Caesar Salad Dressing. ^(GF available)

7

Kale Caesar

Our classic Caesar, but prepared with massaged kale instead of romaine. ^(GF available)

7

Build Your Own Salad

6

Pick Your Green

Organic spring mix
Romaine
Spinach
Kale


Pick Your Dressing ^(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	Guacamole
Bacon style bits	Hummus scoop
Bean sprouts	Kalamata olives
Bell peppers	Mushrooms
Blue "cheese" scoop	Pine nuts
Broccoli	Raisins
Carrot shreds	Red onion
Carrot coins	Snow peas
Cauliflower	Strawberries
Celery	Sun-dried tomatoes
Cheddar style shreds	Sweet onion
Croutons	Tomatoes
Cucumber slices	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 	2.5



Sandwich Baskets

All sandwich baskets are served with your choice of potato salad, coleslaw or carrot walnut-raisin salad

Hummus Sandwich 7

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

Grilled Eggplant Hoagie 8.5 NEW

Eggplant grilled with onion, tomato & basil, served on a seeded, whole wheat hoagie with lettuce, tomato and cilantro mayo. ^(GF available)

Deli Club Sandwich 8.5

Veggie turkey and ham deli slices stacked with soy bacon, lettuce, tomato, pickle and vegan Dijon 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)

Falafel Pocket 7

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

^(GF available as a burger)

Tempeh Reuben 8 NEW

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

Happy Turkey 7

Sliced oven roasted veggie turkey with lettuce, tomato and vegan Dijon mayo on toasted, organic, sprouted wheat bread. Double stuff add 1.50

Portobello Griller 8

Juicy Portobello strips grilled with peppers & onions on a grilled, seeded, whole wheat hoagie with cilantro mayo. ^(GF available)

Peanut Butter & Jelly 5.5

Organic PB & organic strawberry jelly on toasted, organic, sprouted wheat bread. ^(GF available)

BBQ "Beef" Sandwich 8

Down home BBQ "beef" (mushroom based) or tempeh with grilled onions on a toasty, organic, 100% whole wheat bun. ^(GF available)

"Tuna" Salad Sandwich 7

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

"Chicken" Salad Sandwich 7

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

BBQ "Chicken" Sandwich 8.25

Mock chicken, battered and fried crispy, smothered in our own zesty BBQ sauce and served on an organic, 100% whole wheat bun with lettuce, tomatoes and pickle chips.

Dogs and Sausages

Coney Island dog with Kraut 6
Kielbasa Sausage with Kraut 6.5
Chili Dog 6

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 1.5

Grilled "Cheese" and "Cheese" Melts

Sandwiches are served with your choice of coleslaw, potato salad or carrot salad.

Grilled "Cheese" Sandwich

Cheddar-style vegan cheese on grilled, toasty organic sour dough. Our cheese is tapioca based and soy-free. ^(GF available)
5.25

"Cheese" Melts NEW

Cheddar-style vegan cheese on grilled sour dough melted with one of the following:
Mock Tuna ^(GF), Mock Chicken, Adzuki patty ^(GF)
Soy patty, Mock Smoked Turkey Slices,
Mock Smoked Ham Slices ^(GF)
7

Add-ins:

Tomato slices 50¢ Grilled onions 75¢ Green Chilies 75¢ Soy bacon ^(GF) 75¢

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

7.5

Wildcat Burger



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)*

available)

8.5

Spoonfuls Classic Burger

This American classic is made with 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

Route 66 Bacon Cheeseburger

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

8

Southwest Burger

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

8

S.N.I.P. Burger



Crispy battered onions and our own 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

Build Your Own Burger



8

Burgers automatically come dressed with our own mayo, green leaf lettuce, tomato slices and dill pickle chips, and are served with coleslaw, potato salad or carrot-walnut raisin salad.

Pick Your Patty

Soy burger (non-GMO)
Adzuki bean burger *(GF)*
Falafel burger *(GF)*

Pick Your Bread

Organic, 100% whole wheat bun
Gluten-free slices
Organic rye slices
Organic, sprouted slices
Organic, sour dough slices
Pita bread

Pick Your Green

Green leaf lettuce
Spinach
Shredded kale

Pick Your Sauce

(All are GF)
Ranch
Thousand Island
BBQ
Cilantro mayo
Sriracha mayo
Sriracha hot sauce
Yellow mustard
Dijon mustard
Honey mustard

Pick Two Free Add-Ins *(GF)* (75¢ each additional)

Alfalfa sprouts
Bacon
Blue "cheese" scoop
Grilled bell peppers
Hummus scoop
Cheddar style cheese
Cucumber slices
Kalamata olives
Grilled mushrooms
Grilled onions
Raw onion
Guacamole
Salsa

Premium Add-Ins (Optional)

Extra adzuki patty *(GF)* 2.5
Extra soy patty 2
Grilled Portobello strips *(GF)* 2.5
Chili sin carne *(GF)* 2
Battered onions 1.5





Organic Brown Rice Bowls

7.5

To any rice bowl, add tofu ^(GF) or tempeh ^(GF) for \$1.5 Add mock grilled chicken, mock beef or mock shrimp ^(GF) for \$2.50 Sub Quinoa for \$1

Grilled Veggie Rice Bowl ^(GF)

Savory grilled zucchini, yellow squash, asparagus, eggplant and Portobellos over organic brown rice.

BBQ Rice Bowl ^(GF)

Zucchini, yellow squash, asparagus, eggplant and Portobellos smothered in our own BBQ sauce and served over organic browned rice.

Black Beans and Rice Bowl ^(GF)

Organic black beans with bell pepper, and organic corn over organic browned rice with guacamole, salsa and soy sour cream.

Asian Rice Bowl ^(GF)

Classic Asian veggies including bok choy, napa cabbage, shiitakis, carrots and snow peas in a fresh ginger-citrus sauce over organic brown rice.

Curry Rice Bowl ^(GF)

Broccoli, cauliflower, carrots and spinach in a delicate curry sauce over organic brown rice.

Freddie Bowl ^(GF when available)

Sautéed spinach or kale surrounded by organic, brown rice with a scoop of your choice of soup in the middle.

Lunch Platters

8

Rice and Bean Burrito

Organic brown rice, organic corn & seasoned organic black beans in a whole wheat tortilla, served with guacamole, vegan sour cream, salsa and an organic spring mix side salad.

Add-ins 75¢: Peppers, onions, cheese, tomato, spinach, kale

Apollo Platter

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

Side Dishes

2.5

Classic Coleslaw

Shredded raw cabbage, green peppers and carrots in a light dressing. ^(GF)

Country Potato Salad

Diced red potatoes, onions, carrots and green pepper in a light mustard mayo dressing. ^(GF)

Carrot Walnut Raisin Salad

Shredded raw carrots, pineapple, coconut, walnuts and raisins in a sweet lemony dressing. ^(GF)

Corn Bread

Southern style corn bread with a hint of sweetness. ^(GF)

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. ^(GF)

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 chips. ^(GF available)

4

Golden Nuggies

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

6

Mac & Cheese

Whole wheat penne pasta with a creamy cheddar sauce.

6

Kiddie Pup

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

4

