BEVERAGES

LIMONADE G V S N
Fresh limes, kale, swiss chard, ginger, raw sugar and purified water » 7

LEMONADE INFUSIONS G V S N
Lemon, simple syrup, and club soda » 11
ADDITIONAL FLAVORS: Strawberry Mint, Pear, or Mang

GREEN JUICE G V R S N
Kale, swiss chard, bok choy, cucumber, parsley, celery, romaine, ginger and apple » 12

ASK FOR TEA FLAVORS
RISHI HOT 8, RISHI ICED 7

ANODYNE COFFEE G V S N
Regular or Decaf » 6

IZZE FLAVORED SPARKLING JUICE G V S N » 7

SAN PELLEGRINO SPARKLING WATER G V S N » 8

SHARABLES

MUSHROOM BRIE TOAST S N
Ciabatta toasted with brie cheese and topped with warm herbs, olive oil and wild mushrooms. Served with an arugula and red onion salad with red wine basil vinaigrette » 18
VEGAN OPTION AVAILABLE V
(without brie)
GLUTEN FREE OPTION AVAILABLE G

"CRAB" CAKES V N
Made from hearts of palm, chickpeas and traditional seasonings. The cakes are encrusted in panko breadcrumbs and seared until crisp. Served with remoulade and creamy slaw » 18

GRILLED QUESADILLA N S
Filled with red peppers, caramelized onions, avocado, guajillo salsa, Oaxaca and Cotija cheeses. Served with creamy slaw and side of remoulade » 18
VEGAN OPTION AVAILABLE V
ADD VEGAN CHEESE » 3

ASIAN LETTUCE WRAPS G V N
A blend of Shiitake mushrooms, tofu, bean sprouts and green onions are sautéed with savory maple ginger tamari sauce. Served with crispy rice sticks, sambal chili sauce and tender butter lettuce for wrapping » 17

SOUPS AND SALADS

ADD TOFU OR TEMPEH 8

BLACKENED "CRAB CAKE" V N
Maryland style "Crab Cake" is blackened, seared, and topped with remoulade. Served over arugula and mixed green blend. Dressed with a blood orange vinaigrette and topped with avocado, tomato, radish and micro greens » 20

LENTIL SOUP G V N
Our delicious hearty lentil soup made with tomato, carrot and potato
BOWL 10 · **CUP** 7

SOUP DU JOUR
BOWL 10 · **CUP** 7

ROASTED VEGETABLE GRAIN BOWL G S N
Hot Basmati Brown Rice topped with roasted cauliflower, broccoli, onions and blistered cherry tomatoes. Dressed with charred citrus vinaigrette and topped with feta cheese, toasted sunflower and fennel seeds » 21
VEGAN OPTION AVAILABLE V

G GLUTEN FREE, V VEGAN, R RAW, S SOY FREE, N NUT FREE

SANDWICHES

SERVED WITH YOUR CHOICE OF SWEET POTATOES, BRUSSEL SPROUTS, SIDE SALAD OR FRUIT

BLACK BEAN + MUSHROOM BURGER (V) (S) (N)
A spicy southwestern patty served with roasted Guajillo aioli, fresh cilantro sprigs, tomato and red onion on a toasted ciabatta roll » 17

ADD CHEESE » 2 • ADD AVOCADO » 3
ADD VEGAN CHEESE » 3

TU-NO MELT (N)
A tasty blend of tempeh, celery, sunflower seeds, bell pepper and dill. Served warm on grilled rye with melted Havarti dill cheese » 17

ADD SLICED TOMATO » 2 • ADD AVOCADO » 3
VEGAN OPTION AVAILABLE (V)
GLUTEN FREE OPTION AVAILABLE (G)

GYRO
House made seitan shaved, seared and served on pita bread with sliced tomatoes, onions, cucumber, pepperoncini peppers and feta cheese » 19

VEGAN OPTION AVAILABLE (V)
NUT FREE OPTION AVAILABLE (N)
(different sauce option)

PORTABELLA MELT (N)
Thinly sliced portabella smothered in caramelized onions and melted havarti dill cheese. Served on a toasted ciabatta roll with horseradish cream, fresh spinach, tomato and alfalfa sprouts. Accompanied with au jus » 18

VEGAN OPTION AVAILABLE (V)
GLUTEN FREE OPTION AVAILABLE (G)
ADD VEGAN CHEESE » 3

MAINS

ADD TOFU OR TEMPEH 8

SPICY CHILE NOODLES (V)
Asian noodles sauteed with Gochujang, roasted garlic, sesame and tamari maple sauce. Topped with fresh salad of sugar snap peas, carrots, green onions and toasted peanuts » 18

ADD CHEF'S CHOICE VEGETABLES » 6
NUT FREE OPTION AVAILABLE (N)
(without peanut garnish)

PEACE BOWL (G) (V)
Brown rice and quinoa are topped with pan roasted cauliflower, broccoli, bell pepper, spinach and sweet potato. Tossed with sweet coconut curry and garnished with a cashew berry crunch » 21

SUBSTITUTE UDON NOODLES » 4
NUT FREE OPTION AVAILABLE (N)
(without cashew berry crunch)

THAI PEANUT CAULIFLOWER (V)
Battered and baked cauliflower coated with spicy Asian glaze. Served around udon noodles with sautéed carrots, onion, red pepper, purple cabbage and Thai peanut sauce. Topped with fresh bean sprouts and roasted peanuts » 21

VEGETABLE STIR FRY (G) (V) (N)
Medley of carrots, bell peppers, red onion, broccoli, snap peas and purple cabbage in a maple sesame tamari sauce. Served over brown rice and garnished with fresh bean sprouts and micro greens » 20

SUBSTITUTE UDON NOODLES » 5

(G) GLUTEN FREE, (V) VEGAN, (R) RAW, (S) SOY FREE, (N) NUT FREE

DESSERTS

Chocolate Pistachio Tart (V) (G) (S)

Cashew tart shell filled with pistachio paste and topped with chocolate ganache. Topped with salted pistachios and served with fresh berries and fruit coulis. 10

Carrot Cake (S)

Carrot cake loaded with pecans and bourbon-soaked golden raisins. Iced with cream cheese frosting and garnished with maple caramel sauce and fresh berries. 11

Raw "Cheesecake" (R) (V) (G) (S)

Our dairy-free, non-traditional "cheesecake" prepared with cashews and dates. Ask your server for current flavor. 13

(G) GLUTEN FREE, (V) VEGAN, (R) RAW, (S) SOY FREE, (N) NUT FREE

WINE/BEER/COCKTAILS

WHITE WINE
Glass/Bottle

RIESLING » 10/35
PINOT GRIGIO » 9/31
SAUVIGNON BLANC » 10/3(
CHARDONNAY » 11/39

RED WINE
Glass/Bottle

PINOT NOIR » 10/38
CABERNET SAUVIGNON » 11
RED BLEND » 9/31

SPARKLING
Glass/Bottle

SAINT-HILAIRE BRUT » 8/2
VAL D'OCA PROSECCO » 10/

MIMOSA
Pineapple, Cranberry, or limonade

BLOODY MARY
Bloody Mix, Three Olives Vodka **(SPICY OPTION AVAILABLE)**

MANNA'S LIMONADE
Lalo Tequila or Three Olives Vodka

OLD FASHIONED
Bourbon — add Sprite per request
(THC OPTION NOT AVAILABLE)

MOSCOW MULE
Three Olives Vodka, Citrus, Ginger Beer
Add a Flavor: Strawberry, Blueberry, Mango

GIN SPRITZ
Aviation Gin and Prosecco
Flavors: Strawberry, Blueberry, Mango

MARGARITA (Cranberry or Pineapple)
Lalo Tequila, Triple Sec, Flavor Choice, Lime Juice
Optional: Sugar or Salt rim **(SPICY OPTION AVAILABLE)**

LEMON DROP MARTINI
Vodka, Lemon, Simple Syrup , sugar rim

GREAT LAKES DORTMUNDER GOLD (Lager)

GREAT LAKE FRONT RIVERWEST STEIN (Amber Lager)

NEW GLARUS SPOTTED COW (Farmhouse Ale)

NEW GLARUS TWO WOMEN (Lager)