

STARTERS

- HUMMUS** \$11
Middle Eastern Chickpea Pâté, served with Cumin Dusted Grilled Pita Wedges & Veggies. GF Bread add \$1
- GUACAMOLE** \$10
Authentic Avocado Pâté with hints of Lime and Cilantro. Served with Corn Tortilla Chips. GF
- COUNTRY NUGGETS** \$11
Plant Based "Chicken" Nuggets, Breaded in Panko Bread Crumbs and Fried Golden. Choice of BBQ, Agave Dijon or Buffalo Hot Sauce.
- TEMPEH BUFFALO WINGS** \$12
Crispy Battered Tempeh, Pan Fried with Buffalo Sauce. Creamy Cucumber Ranch & Fresh Celery Sticks. GF
- TOFU BUFFALO WINGS** \$11
Crispy Tofu, Pan Fried with Buffalo Sauce. Creamy Cucumber Ranch & Fresh Celery Sticks. GF
- BUFFALO CAULIFLOWER BITES** \$12
Crispy Battered Cauliflower, Pan Fried w/ Buffalo Sauce. Creamy Cucumber Ranch & Fresh Celery Sticks. GF
- BBQ SEITAN RIBS** \$12
Our Famous Southern Style Tender Seitan Strips, Smothered in our Home Made Tangy BBQ Sauce.
- MAC & CHEESE** \$10
Brown Rice Elbow Pasta in our Creamy Home Made Cheese Sauce. GF
- SEITAN SATAY KABOBS** \$13
Skewered Seitan Marinated in our Thai Peanut Sauce, Grilled to Perfection over Open Flame.
- KAYA'S COMBO** \$17
Sharing Size Sampler of Country Nuggets, Assorted Buffalo Wings, BBQ Seitan Ribs & Home made Potato Salad. Served with Ranch, BBQ & Agave Dijon Dipping Sauces.
- TURKISH DELIGHT** \$18
Sharing Size Sampler of Hummus, Crispy Falafel, Vegan Feta, Babaganouj, Tabouleh, Olives & Cumin Dusted Pita Wedges Drizzled with Creamy Tahini.

SOUPS

- FRENCH ONION** \$9
Simmered Onions in Homemade Vegetable Broth with hints of Dijon and Wine. Topped with Sprouted Bread & Mozzarella, Baked to Perfection. GF Bread add \$1
- CHILI** \$9
Our Famous Three Bean Recipe, Stewed for 3 hours with Beyond Beef, Peppers & Onions with just the right amount of heat. GF
- MISO** \$8
Mellow White Miso simmered with Wakame, Tofu & Scallions. GF
- SOUP DU JOUR** \$9
Ask about our Home Made Daily Selections!

SALADS

Choice of Sesame Ginger, Tahini Vinaigrette, Agave Dijon, Creamy Cucumber Ranch, Thousand Island, Thai Peanut, or Balsamic Vinaigrette **ALL GF**

- HOUSE SALAD** \$12
Mixed Field Greens, Red Cabbage, Cucumber, Grape Tomato, Chickpeas, Carrots, Alfalfa Sprouts, Hemp Seeds.
- MEDITERRANEAN SALAD** \$13
Mixed Field Greens w Diced Cucumber, Red Onion, Grape Tomato, Roasted Red Pepper, Tabouleh, & Vegan Feta.
- KALE CAESAR SALAD** \$14
Green Kale Tossed in Caesar Dressing with Grilled "Chicken", Croutons and Sprinkled Parmesan.

Add Ripe Avocado to any Salad \$2

Served 'till 2PM

BREAKFAST CORNER

Served 'till 2PM

- THE JERSEY DEVIL** \$13
"Pork Roll", Tofu Scram, Cheese & Ketchup. Choice of Sprouted or Pretzel Bun, Served w/ Home Fries.
- SUNRISE SAUSAGE** \$13
Beyond Breakfast Sausage, Tofu Scram, Cheese & Ketchup. Choice Sprouted or Pretzel Bun, Served w/ Home Fries.
- BELLY BUSTER** \$14
"Pork Roll", Beyond Breakfast Sausage, Tofu Scram, Cheese & Ketchup. Choice of Sprouted or Pretzel Bun, Served w/ Home Fries.
- BREAKFAST BURRITO** \$14
Tofu Scram, Black Beans, Salsa, Home Fries & Cheese rolled in a flour tortilla.
- FRENCH TOAST** \$15
Thick Cut Texas Toast in our Vegan Batter with hints of Maple, Vanilla & Cinnamon, Griddled Golden. Served with Home Fries & Tofu Scram.
- THE SAUSAGE SCRAMBLER** \$14
Seasoned Tofu Scram, Beyond Breakfast Sausage & Home Fries. Choice Sprouted or GF Toast. GF
- RANCHEROS PLATTER** \$16
Chipotle Tofu Scram, Black Beans, Salsa & Cheddar. Served w/ Home Fries, Beyond Breakfast Sausage & choice of Flour Tortilla or Corn. GF

SANDWICHES

Choice of Pretzel Bun, Sprouted Bun, Flour Tortilla,
Gluten Free Bread add \$1
Choice of Fries, Potato Salad, or Side House Salad

MELLOW PORTOBELLO \$14

Portobello Mushroom Cap Marinated and Grilled in Balsamic Reduction, stacked with Lettuce, Tomato, Onion & Roasted Red Peppers. **GF**

PESTO \$14

Thin Breaded Eggplant, Fried Golden, Stacked with Roasted Red Peppers, Lettuce, Tomato, Onion & Basil Pesto.

TEMPEH REUBEN \$14

Thin Sliced Tempeh with Saurkraut and Russian Dressing. Baked with Vegan Provolone. Stacked with Lettuce, Tomato & Onion. **GF**

HUMBLE HIPPIE \$14

Homemade Hummus, Ripe Avocado, Sprouts, Lettuce, Tomato, Onion & Cucumber with a Tahini Drizzle. **GF**

BLT \$14

Homemade Maple Tempeh "Bacon" with Mayo, Lettuce, Tomato & Onion. Served on Sprouted Grain Bread.

"CHICKEN" SALAD \$14

Our Famous Textured Veggie "Chicken" Salad, Stacked with Lettuce, Tomato & Onion.

VFC \$14

Vegan Fried "Chicken" Patty, Stacked with Lettuce, Tomato, Onion, Mayo & Pickles.

THAI TOFU \$14

Sliced Tofu Marinated and Grilled in our Thai Peanut Sauce, Stacked with Cucumber, Lettuce, Tomato & Onion. **GF**

PHILLY CHEESESTEAK \$15

Slivered Seitan, Griddled with Peppers, Onions, & Mushrooms, with Melted Cheddar, Mayo & Ketchup. Served on a Toasted Hoagie Roll.

"CHICKEN" PARM \$15

Breaded "Chicken" Cutlet Topped with Marinara & Mozzarella, Baked to Perfection. Sprinkled with Fresh Basil. Served on a Toasted Hoagie Roll.

Add Ripe Avocado to any Sandwich for \$2

Add Tempeh Bacon to any Sandwich for \$2

PIGA SANDWICHES

FALAFEL \$13

Traditional Middle-Eastern Seasoned Chickpea Fritters with Lettuce, Tomato, Cucumber, Onions & Sprouts. Drizzled with Creamy Tahini.

GYRO \$14

Slivered Seitan, Lettuce, Tomato, Onion, Cucumber with Creamy Tzaziki Sauce.

Add Vegan Feta for \$2

BURGERS

Choice of Black Bean or Beyond Burger Patty
Choice of Pretzel Bun, Sprouted Grain Bun or
Gluten Free Bread add \$1
Choice of Fries, Potato Salad, or Side House Salad

CLASSIC BURGER \$14

Served with Lettuce, Tomato, Onion & Pickle.

Tempeh Bacon	\$2	Guacamole	\$2
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Sautéed Mushrooms	\$1	Cheese	\$1
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Sautéed Onions	\$1	Mayo	\$1
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Sautéed Peppers	\$1	Avocado	\$2
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PIZZAS

Dough Made Fresh Daily. Available 'till Sold Out

16" PIZZA \$17

Seasoned Tomato Pie with Daiya Vegan Mozzarella.

Tempeh Bacon	\$2	Pineapple	\$1
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Vegan Pepperoni	\$2	Extra Cheese	\$1
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Mushrooms	\$1	Basil	\$1
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Onions	\$1	Peppers	\$1
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SOUTH OF THE BORDER

ENCHILADAS \$18

Two Flour Tortillas Rolled with Ground Seasoned Tempeh, Sour Cream and Cheese. Baked with Chipotle Sauce. Served with Guacamole & Salsa.

Below, Choice of Spicy Seasoned Ground Tempeh **GF**, Cilantro Lime "Chicken" **GF** or Chipotle Portobello **GF**

TACOS (3) \$16

Stuffed with Shredded Lettuce, Cheddar, Black Beans, Sour Cream, Salsa & Guacamole. Choice of Soft Flour or Soft Corn **GF**

QUESADILLAS \$16

Large Flour Tortilla Layered with Black Beans & Cheese. Served with Sour Cream, Salsa & Guacamole.

BURRITOS \$18

Large Flour Tortilla Rolled with Rice, Black Beans & Cheese. Topped and Baked with Salsa & Cheese. Served with Sour Cream & Guacamole.

Served After 2PM

HOUSE CLASSICS

Served After 2PM

House Classics Served with Lightly Seasoned Veggies, Mashed Potatoes & Gravy

LENTIL LOAF <i>Plant Based "Meat Loaf" made with Lentils and Baked to Perfection.</i>	\$18
THE MAVERICK <i>Our Famous Southern Style BBQ Seitan Ribs.</i>	\$18
GRILLED TOFU STEAK <i>BBQ Marinated Tofu Cutlets Grilled and Baked. GF</i>	\$18
GRILLED SEITAN STEAK <i>Tender Seitan Cutlet, Marinated and Grilled in Our Smokey Steak Sauce,</i>	\$19
BUFFALO SOLDIER <i>Tempeh Buffalo Wings & Tofu Buffalo Wings. GF</i>	\$19
BBQ DRUMSTICKS <i>Plant Based "Chicken" Drumsticks, Marinated and Grilled in Tangy BBQ Sauce,</i>	\$19
SOUL SEITAN <i>Tender Breaded Seitan Cutlets, Fried Golden and topped with Gravy.</i>	\$18

Served After 2PM

CHEF'S SPECIALTIES

Served After 2PM

PIEROGIES <i>Potato & Spinach Pierogies Sautéed with Onions and Spinach in a Light Savory Herb Gravy Sauce.</i>	\$18
LION OF JUDAH <i>Chunks of our Lentil Loaf Sautéed with Sweet Potatoes, Broccoli, Onions, Peppers, Kale, Garbanzo Beans & Black Beans in a Sweet and Spicy Jamaican Sauce. Served over Brown Rice.</i>	\$23
PEPPER STEAK <i>Tender Sliced Seitan "Wok-Fried" with Peppers, Shiitake Mushrooms & Broccoli in a Sweet and Spicy Ginger Sauce. Served over Brown Rice.</i>	\$22
SEITAN STROGANOFF <i>A Traditional Stew of Diced Onions, Broccoli, Spinach & Mushrooms with Slivered Seitan in a Russian White Gravy Sauce. Tossed with Pasta.</i>	\$21

Add Tofu, Tempeh, "Chicken", Seitan or Lentil Loaf to any meal below for \$3

ROCKY MOUNTAIN STEW <i>A Hearty Stew of Carrots, Onions, Broccoli, Kale, Mushrooms & Cauliflower in a Seasoned Brown Gravy Sauce. Served over a Mountain of Mashed Potatoes. GF</i>	\$19
BUDDHA'S DREAM <i>A Taste of the Northern Indian Himalayas brings Sweet Potatoes, Onions, Mushrooms, Eggplant, Broccoli, Cauliflower & Green Peas together in a Coconut Ginger Cilantro Sauce. Served over Brown Rice. GF</i>	\$21
GOLDEN TEMPLE <i>A Melody of Broccoli, Cauliflower, Onions, Peppers, Mushrooms & Kale in a Delightful Thai Peanut-Coconut Sauce with Red Curry. Served over Brown Rice. GF</i>	\$21
COCONUT PINEAPPLE CURRY <i>Sweet Potatoes, Onions, Broccoli, Chickpeas & Fresh Pineapple in a Tropical Pacific Coconut Yellow Curry Sauce. Served over Brown Rice. GF</i>	\$21
GARLIC SESAME SENSATION <i>Shiitake Mushrooms, Onion Hearts, Broccoli & Cauliflower, Sautéed in a Classic Sesame Garlic Sauce. Served over Brown Rice. GF</i>	\$20
JAMBALAYA <i>Flavor from the Deep Bayou blends Carrots, Peppers, Zucchini, Onions, Mushrooms, Potatoes & Tomatoes in a Spicy Seasoned Sauce. Served over Brown Rice. GF</i>	\$20