

# =DC VEGETARIAN=

## GLUTEN-FREE MENU

please say **GLUTEN-FREE** when ordering

all menu items served vegan / dairy cheese available upon request

\*\*\*our kitchen is not gluten-free: we use vital wheat gluten daily. there is potential for cross contamination\*\*\*

## BREAKFAST SANDWICHES

### #1 egg & cheese \$6.50

organic seasoned tofu, cheese, tomato, spinach, roasted red pepper aioli on gluten-free bun  
+ avocado \$1 + carrot ribbons 50¢ + grilled or raw onion 50¢ + bell peppers 50¢

### #3 bacon, egg & cheese \$7.50

house tempeh bacon, organic seasoned tofu, cheese, tomato, spinach, roasted red pepper aioli  
on gluten-free bun  
+ avocado \$1 + carrot ribbons 50¢ + onion 50¢ + bell peppers 50¢

### bun with schmear \$4.50

gluten-free bun toasted with choice of vegan cream cheese, dairy cream cheese, peanut butter or hummus  
+ cucumber 50¢ + tomato 50¢ + avocado \$1 + spinach 50¢ + carrot ribbons 50¢ + bell peppers 50¢  
+ grilled or raw onion 50¢ + tempeh bacon \$1

## GF SIDES

### german potato salad cup \$4 bowl \$6

red and yukon gold potatoes, celery, carrots, green onion, fresh dill, vinaigrette

### caesar salad cup \$5 bowl \$7

organic romaine with housemade garlic caesar dressing, capers, parmesan-y cheese and gluten free croutons

### chicken salad cup \$4 bowl \$6

seasoned soy curls, celery, red onion, vegenaïse, lettuce, tomato

to go orders do not include chips and pickle

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## GLUTEN-FREE SANDWICHES

please say **GLUTEN-FREE** when ordering

all menu items served vegan by default / dairy cheese readily available upon request

substitute avocado for vegan or dairy cheese on any sandwich

sandwiches served with potato chips and dill pickle spear     substitute any side in place of chips \$2.50

### **veggie sandwich \$7.50**

gluten-free bun toasted with schmear and cucumber, tomato, spinach, onion, carrots, bell peppers

### **italian sub \$12**

substitute tempeh bacon for deli meat (no extra charge), cheese, lettuce, tomato, onion, banana peppers, vegenaise, mustard, oil & vinegar on gluten-free bun

+ avocado \$1.50   + cucumbers 50¢   + carrots 50¢   + bell peppers 50¢

### **chicken salad \$12**

seasoned soy curls, celery, red onion, vegenaise, lettuce, tomato

served without bread over spinach and other vegetables

+ avocado \$1.50   + tempeh bacon \$1.50   + cheese \$1.50   + banana peppers \$1

### **cajun chicken po boy \$12**

creole seasoned soy curls, spicy remoulade sauce, lettuce, tomato, onion, pickle spears

served without bread over spinach and other vegetables

+ cheese \$1.50   + avocado \$1.50

### **tempeh burger \$10**

tempeh patty, lettuce, tomato, onion, pickles, ketchup, mustard, vegenaise on a gluten-free bun

+ cheese \$1.50   + tempeh bacon \$1   + avocado \$1.50   substitute grilled onions 50¢

### **BLT \$9**

marinated tempeh bacon, lettuce, tomato, and vegenaise on a gluten-free bun

+ avocado \$1.50   + cheese \$1.50

### **the war eagle \$10**

bourbon BBQ soy curls, banana peppers, pickles, onions, vegenaise on a gluten-free bun

+ cheese \$1.50   + avocado \$1.50   + banana peppers \$1