

=The DC Vegetarian Gluten-free Menu=

please say the words "GLUTEN-FREE" when ordering

all items vegan by default, but dairy cheese is available. substitute avocado in place of cheese for free
our kitchen is not gluten-free: we use vital wheat gluten daily. there is a risk for cross contamination

GF 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 \$1.50

GLUTEN FREE SIDES

German Potato Salad cup \$4 bowl \$6

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

Caesar Salad small \$4 large \$6

organic romaine with housemade garlic caesar dressing, capers, parmesan-y cheese

Side Salad small \$4 large \$6

kale, vinaigrette, pickled carrots, parmesan

Chicken Salad cup \$4 bowl \$6

seasoned soy curls, celery, red onion, vegenaïse

Quinoa Salad cup \$4 bowl \$6

quinoa with black beans, red bell peppers, corn, jalapenos, cilantro

to go orders do not come with chips and pickle. if you request extra packaging we reserve the right to charge extra.

=The DC Vegetarian Gluten-Free Menu=

please say the words "GLUTEN FREE" when ordering

our kitchen is not gluten-free: we use vital wheat gluten daily. there is a risk for cross contamination

GLUTEN FREE SANDWICHES

All items vegan by default, but dairy cheese is available. Substitute avocado in place of cheese for free.
Dine-in orders served with potato chips & a pickle spear. Substitute any side in place of chips & pickle \$2.50

Italian Sub \$12

substitute tempeh bacon for deli meat (no extra charge), cheese, lettuce, tomato, onion, banana peppers, vegemaise, 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, vegemaise, 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, vegemaise on a gluten-free bun
cheese \$1.50 tempeh bacon \$1 avocado \$1.50 grilled onions 50¢

BLT \$9

marinated tempeh bacon, lettuce, tomato, and vegemaise on a gluten-free bun
avocado \$1.50 cheese \$1.50

The War Eagle \$10

bourbon BBQ soy curls, banana peppers, pickles, onions, vegemaise on a gluten-free bun
cheese \$1.50 avocado \$1.50 banana peppers \$1

to go orders do not come with chips and pickle. if you request extra packaging we reserve the right to charge extra.