

=Vegan & Gluten-Free Menu=

please use the words "GLUTEN-FREE" when ordering

****our kitchen is not gluten-free. there is significant risk for cross-contamination****

GF BREAKFAST SANDWICHES

substitute avocado in place of cheese for free

#1 Egg & Cheese \$8

organic seasoned tofu, cheese, tomato, spinach, roasted red pepper aioli on a gluten-free bun

avocado \$2 carrot ribbons 50¢ grilled onions \$1 raw onion 50¢ bell peppers 50¢

#3 Bacon, Egg & Cheese \$9.50

everything on the #1 plus tempeh bacon

avocado \$2 carrot ribbons 50¢ grilled onions \$1 raw onion 50¢ bell peppers 50¢

Bun With Schmear \$5

gluten-free bun toasted with vegan cream cheese, peanut butter, butter, or bacon-scallion cream cheese (+\$1)

cucumber 50¢ tomato 50¢ avocado \$2 spinach 50¢ carrot ribbons 50¢ bell peppers 50¢
grilled onions \$1 raw onion 50¢ tempeh bacon \$2

GLUTEN-FREE SIDES

Potato Salad cup \$4.50 bowl \$7

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

Chicken Salad cup \$5 bowl \$9

seasoned soy curls, celery, red onion, vegenaïse

Caesar Salad small \$5 large \$8

romaine with housemade garlic caesar dressing, capers, almond parmesan

Kale Side Salad small \$4.50 large \$7

kale, vinaigrette, carrots, parmesan

=Vegan & Gluten-Free Menu=

please use the words "GLUTEN-FREE" when ordering
***our kitchen is not gluten-free. there is significant risk for
cross-contamination***

GF NOT SANDWICHES

add chips and a pickle for \$1 or add any side for \$3.50
substitute avocado in place of cheese for free

Chicken Salad \$12

seasoned soy curls, celery, red onion,
vegenaise, lettuce, tomato
*served as a salad without bread over
spinach and other vegetables*
avocado \$2 tempeh bacon \$2
cheese \$1.50 banana peppers \$1

Cajun Chicken Po Boy \$12

creole seasoned soy curls, spicy
remoulade sauce, lettuce, tomato,
onion, pickle spears
*served as a salad without bread over
spinach and other vegetables*
cheese \$1.50 avocado \$2

GF SANDWICHES

add chips and a pickle for \$1 or add any side for \$3.50
substitute avocado in place of cheese for free

Italian Sub \$12

substitute tempeh bacon for deli meat
(no extra charge), cheese, lettuce,
tomato, onion, banana peppers,
vegenaise, mustard, oil & vinegar
on a gluten-free bun
avocado \$2 cucumbers 50¢ carrots 50¢
bell peppers 50¢

Before the Butcher Burger \$13

a beefy soy patty, lettuce, tomato, onion,
pickles, ketchup, mustard, vegenaise on
a gluten-free bun
cheese \$1.50 tempeh bacon \$2 avocado
\$2 grilled onions \$1

BLT \$11

marinated tempeh bacon, lettuce,
tomato, vegenaise on a gluten-free bun
avocado \$2 cheese \$1.50

The War Eagle \$12

BBQ soy curls, banana peppers,
pickles, onions, vegenaise on a gluten-
free bun
cheese \$1.50 avocado \$2

