



BURGERS

add any side for \$3.50 or chips for 75¢ and a pickle spear for 25¢

Classic Burger \$11

house-made patty with lettuce, tomato, onion, pickles, ketchup, mustard, vegenaïse
+ cheese \$2 + tempeh bacon \$2 + avocado \$2 + grilled onions \$1

Bacon Cheeseburger \$14

the Classic with cheese and tempeh bacon
+ avocado \$2 + grilled onions \$1

Before the Butcher Burger \$12

a beefy patty with lettuce, tomato, onion, pickles, ketchup, mustard, vegenaïse
+ tempeh bacon \$2 + avocado \$2 + cheese \$2 + grilled onions \$1 + substitute GF bun \$1

SANDWICHES

add any side for \$3.50 or chips for 75¢ and a pickle spear for 25¢

Reuben \$13

house seitan, sauerkraut, cheese, thousand island dressing, grilled on rye
+ substitute tempeh or house ham in place of seitan for \$1.50

Grilled Cheese \$8

melted cheese on white, wheat, or rye
+ tomato 50¢ + avocado \$2 + banana peppers \$1 + tempeh bacon \$2 + ham \$2 + seitan \$2

BLT \$11

tempeh bacon, lettuce, tomato, vegenaïse on white, wheat, or rye
+ cheese \$2 + avocado \$2 + substitute sub roll \$1 + substitute GF bun \$1

the War Eagle \$12

BBQ soy curls, banana peppers, pickles, onions, vegenaïse on a pub bun
+ cheese \$2 + avocado \$2 + substitute GF bun \$1

SUBMARINE SANDWICHES

add any side for \$3.50 or chips for 75¢ and a pickle spear for 25¢

substitute avocado in place of cheese for free = can be served as a bowl without bread

Steak & Cheese Sub \$14

house seitan, grilled peppers & onions, cheese, vegenaïse, special sauce
+ tomato \$1 + avocado \$2 + banana peppers \$1 + pickles \$1 + extra sauce 50¢

Cajun Chicken Po Boy Sub \$14

creole-seasoned soy curls, spicy remoulade sauce, lettuce, tomato, onion, pickles
+ cheese \$2 + avocado \$2 + banana peppers \$1 + extra sauce \$1

Italian Sub \$13

house ham, cheese, lettuce, tomato, onion, banana peppers, vegenaïse, mustard, oil & vinegar
+ double meat \$3 + avocado \$2 + tempeh bacon \$2 + cucumbers 50¢ + carrots 50¢
+ bell peppers 50¢ + tempeh bacon or seitan may be substituted for house ham

Chicken Salad Sub \$13

seasoned soy curls, celery, onion, vegenaïse, lettuce, tomato
+ cheese \$2 + avocado \$2 + banana peppers \$1 + pickles \$1

SIDES

small \$5 large \$8

Chicken Salad	soy curls, celery, red onion, vegenaïse
Potato Salad	celery, carrots, green onion, dill, olive oil & vinegar
Seitanic Chili	house seitan, beans, veggies, special sauce
Kale Salad	kale, carrots, vinaigrette, almond parmesan
Caesar Salad	romaine, caesar dressing, capers, parmesan, croutons
Seasonal Soup	see chalkboard



BREAKFAST SANDWICHES

served all day! == substitute avocado in place of cheese for free

+ substitute a bagel 75¢ + substitute a gluten-free bun \$1 (#1 and #3 can be made gluten-free)
+ avocado \$2 + carrots 50¢ + onion 50¢ + bell peppers 50¢ + grilled onions \$1

#1 Egg & Cheese \$7.50

seasoned tofu patty, cheese, tomato, spinach, roasted red pepper aioli on toasted ciabatta

#2 Sausage, Egg & Cheese \$9

everything on the #1 plus a house-made sausage patty

#3 Bacon, Egg & Cheese \$9

everything on the #1 plus tempeh bacon

#4 Steak, Egg & Cheese \$9

everything on the #1 plus seitan

Breakfast Muffins 1 for \$7 or 2 for \$12

house-made sausage patty, house-made ham, tofu, cheese, maple butter on an english muffin

Breakfast Melt \$13

your choice of seitan, tempeh bacon or breakfast sausage with a seasoned tofu patty, melted cheese, spinach, tomato, and roasted red pepper aioli all grilled together on white, wheat, or rye
+ avocado \$2 + grilled onions \$1

BAGELS

your choice of an everything, wheat, plain, or jalapeño bagel with cream cheese, butter, peanut butter, bacon-scallion cream cheese (+ \$1)

+ cucumber 50¢ + tomato 50¢ + avocado \$2 + spinach 50¢ + carrots 50¢ + bell peppers 50¢ + grilled onions \$1 + tempeh bacon \$2 + seitan \$2 + sausage \$2

Just a Bagel with Schmear \$4.50

Veggie Bagel Sando \$7

bagel toasted with schmear, plus cucumber, tomato, spinach, onion, carrots, bell peppers

MORE FUN

BUFFALO WINGS! 4 pack \$8.50 6 pack \$12

served with celery, carrots and ranch

Sauce Sides \$1

Vegenaise, House BBQ, Special Sauce, House Ranch, Hot Dijon Mustard, Remoulade, Buffalo, Thousand Island, Roasted Red Pepper Aioli

KIDS MENU!

Ham and Cheese Slider \$4

deli meat, cheese, mustard, vegenaise on a slider bun + lettuce and tomato 50¢

Burger Slider \$4

little burger patty, lettuce, pickles, ketchup, mustard, vegenaise + cheese \$1

Hot Dog \$5

field roast frankfurter with yellow mustard and ketchup

Plain Bagel with Cream Cheese \$4.50

Peanut Butter and Jelly \$5

