

# Gluten-Free Options

OUR KITCHEN IS NOT GLUTEN-FREE.  
THERE IS SIGNIFICANT RISK FOR CROSS-CONTAMINATION

## breakfast sandwiches

*substitute avocado in place of cheese for free*

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

### **#1 Egg & Cheese \$8.50**

organic seasoned tofu, cheese, tomato, spinach, roasted red pepper aioli

### **#3 Bacon, Egg & Cheese \$10**

everything on the #1 plus tempeh bacon

### **Bun With Schmear \$5.50**

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

## not sandwiches

*add chips and a pickle for \$1 or add any side for \$3.50  
served as a salad without bread over spinach and other vegetables*

### **Chicken Salad \$13**

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

### **Cajun Chicken Po Boy \$14**

creole soy curls, spicy remoulade sauce, lettuce, tomato, onion, pickles  
+ cheese \$2 + avocado \$2



# 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 \$14

tempeh bacon, cheese, lettuce, tomato, onion, banana peppers, vegenaïse,  
brown mustard, italian vinaigrette

+ avocado \$2 + cucumbers 50¢ + carrots 50¢ + bell peppers 50¢

## BLT \$12

tempeh bacon, lettuce, tomato, vegenaïse

+ avocado \$2 + cheese \$2

## Before the Butcher Burger \$13

soy patty, lettuce, tomato, onion, pickles, ketchup, mustard, vegenaïse

+ cheese \$2 + tempeh bacon \$2 + avocado \$2 + grilled onions \$1

## The War Eagle \$13

BBQ soy curls, banana peppers, pickles, onions, vegenaïse

+ cheese \$2 + avocado \$2

## Grilled Cheese \$9

melted cheese on gluten-free sliced bread

+ tomato 50¢ + avocado \$2 + banana peppers \$1 + tempeh bacon \$2

# sides

cup \$5 bowl \$8

## Seasonal Soup

*see chalkboard*

## Potato Salad

potatoes, celery, carrots, green  
onion, fresh dill, vinaigrette

## Chicken Salad

soy curls, celery, onion, vegenaïse

## Caesar Salad

romaine with house-made garlic  
caesar dressing, capers, parmesan

\*ASK FOR NO CROUTONS\*

## Kale Salad

kale, italian vinaigrette, carrots,  
parmesan

