

# burgers

*add any side for \$4.50 or chips for \$1 and a pickle spear for 50¢*

## **Classic Burger** **\$12.50**

house-made patty with lettuce, tomato, onion, pickles, ketchup, mustard, vegenaïse  
+ cheese \$2.50 + tempeh bacon \$2.50 + avocado \$2.50 + grilled onions \$1.50

## **Bacon Cheeseburger** **\$15**

the Classic with cheese and tempeh bacon  
+ avocado \$2.50 + grilled onions \$1.50

## **Before the Butcher Burger** **\$14**

a beefy patty with lettuce, tomato, onion, pickles, ketchup, mustard, vegenaïse  
+ tempeh bacon \$2.50 + avocado \$2.50 + cheese \$2.50 + grilled onions \$1.50  
+ substitute GF bun \$2

# sandwiches

*add any side for \$4.50 or chips for \$1 and a pickle spear for 50¢*

## **Reuben** **\$14**

house seitan, sauerkraut, cheese, thousand island dressing, grilled on rye  
+ substitute tempeh or ham in place of seitan N/C

## **Grilled Cheese** **\$10**

melted cheese on white, wheat, or rye  
+ tomato 50¢ + avocado \$2.50 + banana peppers \$1 + tempeh bacon \$2.50  
+ ham \$2.50 + seitan \$2.50

## **BLT** **\$12**

tempeh bacon, lettuce, tomato, vegenaïse on white, wheat, or rye  
+ cheese \$2.50 + avocado \$2.50 + substitute sub roll \$1 + substitute GF bun \$2

## **the War Eagle** **\$12**

BBQ soy curls, banana peppers, pickles, onions, vegenaïse on a pub bun  
+ cheese \$2.50 + avocado \$2.50 + substitute GF bun \$2

# submarine sandwiches

*substitute avocado in place of cheese for free to any sandwich*

*add any side for \$4.50 or chips for \$1 and a pickle spear for 50¢*

## **Steak & Cheese Sub** **\$15**

house seitan, grilled peppers & onions, cheese, vegenaïse, special sauce

+ tomato \$1 + avocado \$2.50 + banana peppers \$2 + pickles \$1 + extra sauce side \$2

*can be served as a bowl without bread*

## **Cajun Chicken Po Boy Sub** **\$15**

creole-seasoned soy curls, spicy remoulade sauce, lettuce, tomato, onion, pickles

+ cheese \$2.50 + avocado \$2.50 + banana peppers \$2.50 + extra sauce \$1

*can be served as a bowl without bread*

## **Italian Sub** **\$15**

house ham, cheese, lettuce, tomato, onion, banana peppers, vegenaïse, mustard, oil & vinegar

+ double meat \$4 + avocado \$2.50 + tempeh bacon \$2.50 + cucumbers 50¢

+ carrots 50¢ + bell peppers 50¢ + substitute tempeh or seitan for ham N/C

## **Chicken Salad Sub** **\$15**

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

+ cheese \$2.50 + avocado \$2.50 + tempeh bacon \$2.50 + banana peppers \$2

+ pickles \$1

*can be served as a bowl without bread*

# 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** beans, veggies, special sauce

**Kale Salad** kale, carrots, vinaigrette, almond parmesan

**Caesar Salad** romaine, caesar dressing, capers, parmesan, croutons

**Mac Salad** noodles, onion, celery, bell pepper, corn in a zesty mix

**Country Potatoes** sautéed breakfast potatoes

**Soupe de la Semaine**

# breakfast (or any time) sandwiches

*substitute avocado in place of cheese for free on any sandwich*

## **#1 Egg & Cheese** **\$7.50**

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

## **#2 Sausage, Egg & Cheese** **\$9.50**

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

## **#3 Bacon, Egg & Cheese** **\$9.50**

everything on the #1 plus tempeh bacon

## **#4 Steak, Egg & Cheese** **\$9.50**

everything on the #1 plus seitan

### **ADD ONS to any of the above**

*avocado \$2.50 carrots 50¢ onion 50¢ bell peppers 50¢ grilled onions \$1  
extra protein \$2.50*

*get any #ed sandwich on a bagel for \$1*

## **Breakfast Melt** **\$14**

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

### **ADD ONS!**

*extra protein \$2.50 avocado \$2.50*

## **Breakfast Muffins** **1 for \$7.50 or 2 for \$13**

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

# breakfast (or any time)

## bagels

your choice of an everything, wheat, plain, or jalapeño bagel with vegan cream cheese, butter or peanut butter

**Just a Bagel with Schmear \$5**

**Veggie Bagel Sando \$8**

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

### ADD ONS

-cucumber 50¢ -tomato 50¢ -avocado \$2 -spinach 50¢ -carrots 50¢ -bell peppers 50¢  
-grilled onions \$1.50 -tempeh bacon \$2.50 -seitan \$2.50 -sausage \$2.50

## more fun

**BUFFALO WINGS! 4 pack \$10.50 6 pack \$14**

served with celery, carrots and ranch

**Sauce Sides \$2**

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

## kids menu!

**Ham and Cheese Slider \$5**

deli meat, cheese, mustard, vegenaise on a slider bun

**Burger Slider \$5**

little burger patty, lettuce, pickles, ketchup, mustard, vegenaise

- add cheese \$1

**Peanut Butter and Jelly \$5**

**Hot Dog \$5**

field roast frankfurter with yellow mustard and ketchup

**Plain Bagel \$5**

cream cheese, butter, peanut butter

**Breakfast Slider \$5**

tofu patty with cheese and butter on a slider bun. spinach added by request.

