

Gluten-Free Options

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

GF 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 \$9.50

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

#3 Bacon, Egg & Cheese \$11.50

everything on the #1 plus tempeh bacon

Bun With Schmear \$5.00

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

GF not sandwiches

*add chips and a pickle for \$1.50 or add any side for \$4.50
served as a salad without bread over spinach and other vegetables*

Chicken Salad \$15

seasoned soy curls, celery, red onion, veganaise, lettuce, tomato
+ avocado / + tempeh bacon / + cheese \$2.50 + banana peppers \$1

Cajun Chicken Po Boy \$15

creole soy curls, spicy remoulade sauce, lettuce, tomato, onion, pickles
+ tempeh bacon / + cheese / + avocado \$2.50



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Italian Sub \$15

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

+ avocado \$2.50 + cucumbers 50¢ + carrots 50¢ + bell peppers 50¢

BLT \$14

tempeh bacon, lettuce, tomato, vegenaïse

+ avocado \$2.50 + cheese \$2.50

Before the Butcher Burger \$16

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

+ cheese / + tempeh bacon / + avocado \$2.50 + grilled onions \$1.50

The War Eagle \$14

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

+ cheese / + avocado \$2.50

Grilled Cheese \$11

melted cheese on gluten-free sliced bread

+ tomato 50¢ + banana peppers \$1 + tempeh bacon / avocado \$2.50

GF 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

Kale Salad

kale, italian vinaigrette, carrots,
parmesan

