

# LUNCH



## organic appetizers

- mediterranean flatbread** – ricotta cheese | heirloom tomato | kalamata olive | red onion | basil | balsamic reduction *(available gluten free)* 13
- live rolls** – bibb lettuce | daikon radish | cucumber | carrot | kimchi | bell pepper | beet | avocado | sesame seed | tahini ginger sauce *(gluten free)* 10
- share board** – cashew cheese | olive | pickled veg | caponata | hummus | crostini *(available gluten free)* 17
- tortilla empanadas** – jackfruit | onion | bell pepper | spinach | potato | salsa verde | cashew crema 12
- phyllo baked brie cheese** – Nuts for Cheese's Un-Brie-Lievable brie cheese | caramelized onion | red pepper jelly 15
- wild mushroom risotto** – porcini | portobello | maitake | cremini *(gluten free)* 12

## organic soup & salads (dressings – blueberry balsamic | turmeric poppy seed | herbed citrus vinaigrette | caesar)

- soup** – made daily | ask server for details *(gluten free)* 8
- bistro salad** – spinach | chick pea | black bean | bell pepper | olive | tomato | artichoke | avocado | onion | cucumber *(gluten free)* 16
- caesar salad** – romaine | kale | crouton | tempeh | parmesan cheese | caesar dressing *(available gluten free)* 13
- house salad** – greens | cherry tomato | cucumber | carrot | onion | choice of dressing *(gluten free)* 12
- caprese salad** – heirloom tomato | Main Vegan Deli's No Buffalo Mozza mozzarella cheese | basil | balsamic *(gluten free)* 16
- superfood salad** – kale | spinach | bibb lettuce | berries | quinoa | sweet potato | beet | cucumber | tomato | chia | flax | choice of dressing *(gluten free)* 16

## organic entrées

- bibimbap** – zucchini | daikon radish | mushroom | carrot | broccoli | spinach | kimchi | tofu | rice | spicy mushroom broth | raw or cooked *(gluten free)* 16
- ravioli** – made weekly | ask server for details 15
- pomodoro linguine** – cherry tomato | corn | mushroom | smoked garlic | bell pepper | basil | zucchini | onion *(available gluten free)* 18
- sweet potato gnocchi** – sage | roasted garlic | spinach | mushroom | spicy cashew | chili oil 16
- chickpea & mushroom burger** – tzatziki | arugula | tomato | feta cheese | choice of side *(available gluten free)* 16
- po'boy sandwich** – crispy tofu | avocado | lettuce | tomato | onion | garlic aioli | choice of side 15
- gourmet grilled cheese** – Nuts for Cheese's Un-Brie-Lievable brie cheese | Chao cheese | tomato | olive oil | garlic | basil | choice of side 16

## organic sides

soup | house salad | caesar salad

We use organic and locally sourced ingredients as often as possible.  
Please identify food allergies to your server.  
All cheese products are nut- or seed-based.