

BREAKFAST

SCRAMBLED TOFU

Tofu, red and green peppers, onions

VEGAN EGGS

With cheese or W/cheese

BUILD YOUR OWN OMLETE

Peppers Onions Broccoli

Cheese Vegan sausage Spinach

Vegan ham

VEGAN SAUSAGE & VEGAN HAM

CHEESE GRITS & RICE GRITS

WITH GRAVY (COUS COUS &
BUCKWHEAT

SEAWEED CROQUETS

TOFU BACON

CREPES

BREAKFAST SANDWICH,
BURRITOS, AND ROLLS

BISQUITS

PANCAKE OR WAFFLES

Blueberry, plain, strawberry, pecan)

LUNCH

BURGERS & SANDWICHES

BEET BURGER

CHICKPEA BURGER

BLACK BEAN BURGER

VEGGIE BURGER

Potatoes and carrots

TOFU SANDWICH

Battered and fried, bbq, or raw)

CARROT TUNA SANDWICH

CHIX SANDWICH

Battered bean curd

AVOCADO SANDWICH

EGGLESS SANDWICH

BBQ TWIST SANDWICH

MEATBALL SANDWICH

FALAFEL

SLOPPY JOE

HOT DOGS

CHILI DOGS

BUILD YOUR OWN WRAP

Spinach or wheat tortilla

Chicken Battered tofu or raw kalebone

Sauces: Hummus, veganaise, ketchup, mustard

SIDES

POTATO FRIES

SWEET POTATO FRIES

CHIPS