

APPETIZERS

OUR FAMOUS MOZZARELLA STICKS
breaded daiya mozzarella with tomato sauce 10

CAPRESE
fresh cashew milk mozzarella with tomatoes, basil, and aged balsamic. GF 12

BUFFALO CAULIFLOWER
buttermilk fried cauliflower with buffalo sauce and homemade blue cheese. 10
GF optional 12

SPANAKOPITA
phyllo pastry with spinach, dill, homemade feta, and lemon. served with tzatziki sauce. 10

OYSTER MUSHROOM "CALAMARI"
crispy fried oyster mushrooms with tartare sauce and marinara sauce. 10
GF optional 12

TOFU "CRAB" CAKES
served with tartare sauce. 10
GF optional 12

ARANCINI
italian rice balls served with tomato sauce. GF optional 10
GF optional 12

POLENTA FRIES
cheesy fried polenta served with ketchup GF 10

EGGPLANT ROLLANTINI
breaded eggplant rolled with tofu-cashew ricotta. topped with fresh cashew milk mozzarella and tomato sauce 10
GF optional 12

"FISH" N CHIPS
gardein fishless fillet with french fries and tartare sauce 12

MOZZARELLA IN CAROZZA
italian style grilled cheese with fresh cashew milk mozzarella. served with tomato sauce. 14

FRIED MAC N CHEESE BALLS
served with truffle aioli and coconut bacon 12

SOUP OF THE DAY 7

SALADS

HOUSE SALAD
mixed greens, tomatoes, cucumbers, red onions, shredded carrot, kalamata olives. your choice of dressing 8

CLASSIC CAESAR SALAD
romaine, cashew parmesan, and croutons.
GF optional 9

KALE CAESAR SALAD
kale, croutons, cashew parmesan, caesar dressing GF
optional 12

BABY SPINACH SALAD
baby spinach, grilled portobello, crumbled cashew bleu cheese, cherry tomatoes, balsamic vinaigrette GF 12

GREEK SALAD
mixed greens, macadamia feta, tomatoes, cucumbers, red onion, grape leaves, lemon vinaigrette GF 12

add grilled seitan 4
add buffalo seitan 4
add grilled tofu 4
add avocado 4
dressings: balsamic, caesar, lemon vinaigrette, bleu cheese, ranch

PASTA

RIGATONI ALLA NORMA

eggplant, tomato sauce, cashew-tofu ricotta GF optional 16

FETTUCCINE ALFREDO

cashew parmesan infused cashew cream sauce GF optional 16

PENNE ALLA VODKA

vodka infused tomato cashew cream sauce GF optional 16

BAKED ZITI

cashew-tofu ricotta, cashew cream, tomato sauce, topped with fresh cashew milk mozzarella and parmesan GF optional 14

MAC N CHEESE

cashew milk cheddar cheese sauce, topped with herbed panko bread crumbs GF optional 14

SPAGHETTI BOLOGNESE

tempeh, tomato sauce, cashew parmesan GF optional 16

SPAGHETTI AND MEATBALLS

housemade seitan meatballs, tomato sauce, cashew parmesan 14

VEGETABLE LASAGNA

spinach, broccoli, roasted peppers, cashew-tofu ricotta, tomato sauce, fresh cashew milk mozzarella, cashew parmesan 14

LINGUINE WITH OYSTER MUSHROOM SCAMPI

oyster mushrooms with a lemon garlic white wine butter sauce GF optional 16

MANICOTTI

cashew-tofu ricotta filled manicotti shells, topped with fresh cashew milk mozzarella and tomato sauce 14

PESTO PASTA

pinenut-basil pesto, sun-dried tomatoes, toasted pinenuts GF optional 16

SPAGHETTI CARBONARA

tempeh bacon, tofu "egg" sauce, green peas, cashew parmesan 16

ORECCHIETTE WITH ITALIAN SAUSAGE AND BROCCOLI RABE

housemade seitan sausage and broccoli rabe, with garlic, white wine, extra virgin olive oil, and cashew parmesan. 16

daiya mozzarella or daiya cheddar is available upon request

pasta selection: spaghetti, linguine, fettuccine, angel hair, penne, ziti, rigatoni, orecchiette, whole

wheat spaghetti, whole wheat penne

Gluten Free Spaghetti or Penne 2

Add Grilled Seitan, Grilled Tofu, or Tempeh Bacon 3

ENTREES

SEITAN PARMESAN

breaded seitan, topped with tomato sauce and cashew milk mozzarella. served with choice of pasta or salad 19

EGGPLANT PARMESAN

breaded eggplant. topped with tomato sauce and fresh cashew milk mozzarella.
served with choice of pasta or salad GF Optional 19

EGGPLANT ROLLANTINI

breaded eggplant rolled with cashew-tofu ricotta, topped with tomato sauce and fresh cashew milk mozzarella. served with choice of pasta or salad 19

SEITAN PICATTA

yukon gold mashed potatoes, creamed kale, lemon-caper sauce. GF Optional with tempeh or tofu 19

SEITAN MARSALA

yukon gold mashed potatoes, haricot verts, mushroom marsala sauce. GF Optional with tempeh or tofu 19

CAULIFLOWER STEAK

roasted cauliflower, cauliflower mash, kale, salsa verde 19

SEITAN SCARPARIELLO

seitan sausage, pecorino peppers, red peppers, mushrooms, potatoes, white wine sauce. served with choice of pasta or salad 19

TEMPEH PORTOBELLO

pan fried tempeh, portobello mushrooms, roasted peppers, parmesan white wine sauce, served with choice of pasta or salad 19

BURGERS, SANDWICHES, & PANINIS

Served with Mesclun or French Fries

BUFFALO SEITAN PANINI

buffalo seitan, fresh cashew milk mozzarella, blue cheese 14

GRILLED PESTO TOFU PANINI

grilled tofu, pine nut basil pesto, fresh cashew milk mozzarella 14

BBQ JACKFRUIT PANINI

bbq jackfruit, cashew milk cheddar, purple cabbage slaw 14

GRILLED EGGPLANT PANINI

grilled eggplant, tomatoes, roasted peppers, fresh cashew milk mozzarella. 14

TEMPEH RUBEN

tempeh, 1000 island dressing, sauerkraut, daiya swiss cheese 14

BACON CHEESEBURGER

housemade seitan burger, tempeh bacon, lettuce, tomatoes, pickles, cashew milk cheddar. 14

SIDES

GRILLED TOFU 8

GRILLED SEITAN 8

SEITAN MEATBALLS 8

BROCCOLI RABE 8

SAUTÉED SPINACH 8

CREAMED KALE 8

MASHED POTATOES 6

FRENCH FRIES 6

BRICK OVEN PIZZA

MARGHERITA

fresh cashew milk mozzarella, san marzano tomato sauce, basil, cashew parmesan 14

BIANCA

garlic and oil, spinach, cashew-tofu ricotta, fresh cashew milk mozzarella 14

EGGPLANT PARMESAN

breaded eggplant, cashew-tofu ricotta, tomato sauce, fresh cashew milk mozzarella, and cashew parmesan 15

SEITAN BACON RANCH

grilled seitan, tempeh bacon, tomatoes, daiya mozzarella, drizzled with ranch 15

GRANDMA PIZZA

square pizza, tomato sauce, fresh basil, fresh cashew milk mozzarella 14

SEITAN BUFFALO PIZZA

buffalo seitan, daiya mozzarella, blue cheese 15

SEITAN PARMESAN PIZZA

breaded seitan, tomato sauce, fresh cashew milk mozzarella, cashew parmesan 15

SAUSAGE AND BROCCOLI RABE

seitan sausage, broccoli rabe, tomato sauce, fresh cashew milk mozzarella 15

GRILLED PORTOBELLO

roasted red peppers, spinach, sun dried tomatoes, fresh cashew milk mozzarella 15

BBQ PULLED JACKFRUIT PIZZA

bbq pulled jackfruit, fresh cashew milk mozzarella and cheddar, red onions 15

VERDURE

grilled zucchini, grilled eggplant, spinach, olives, roasted peppers, basil pesto, cashew milk mozzarella 15

CREATE YOUR OWN BRICK OVEN PIZZA & CALZONES

CRUST

regular 12
whole wheat 13
gluten free 13
calzone 8

CHEESE

fresh cashew milk mozzarella
cashew milk cheddar
daiya tapioca mozzarella
daiya tapioca cheddar
cashew-tofu ricotta
cashew parmesan

SAUCE

tomato
garlic & oil
pesto 1

TOPPINGS

roasted peppers, green peppers, red onions, garlic, olives, spinach, broccoli rabe, sun dried tomatoes, broccoli, tomatoes, grilled eggplant, mushrooms, grilled portobello mushrooms, grilled tofu, grilled seitan, breaded tofu, breaded seitan, buffalo seitan, soy pepperoni, seitan meatballs, seitan sausage \$1 per topping