

BRUNCH

SUNDAYS 9-3

☺=VEGAN ☺=GLUTEN FREE

- The AMERICAN BREAKFAST 2 eggs any style with home fries and toast \$6 ~ add tofu bacon or vegan sausage \$3.50
- GARDEN GRILLE OMELET grilled seasonal vegetables and basil, served with home fries and toast \$8
- PORTOBELLO GOAT CHEESE ARUGULA OMELET served with home fries and toast \$9
- FRIED EGG SANDWICH grilled english muffin, soy sausage and one egg fried, topped with sautéed spinach and mozzarella cheese with a side of home fries \$7
- HOUSE SPECIAL OMELET soy sausage, sweet potatoes, red onions and arugula, served with home fries and toast \$9
~ add avocado \$2 ~ add jack or mozzarella cheese \$1
- HUEVOS RANCHEROS two eggs any style, refried beans, avocado, salsa on tortillas topped w/ranchero sauce & queso fresco \$8
- GARDEN TOFU SCRAMBLE with grilled seasonal vegetables, served with home fries and toast ☺ \$7

FROM THE GRIDDLE

- SILVER DOLLAR PANCAKE STACKS (3) ☺ regular \$6 ~ blueberry \$7 ~ vegan chocolate chip \$7
- VEGAN BELGIAN WAFFLE ☺ regular \$6 ~ blueberry \$7 ~ vegan chocolate chip \$7

BRUNCH SPECIALTIES

- VEGAN FRENCH TOAST with fresh fruit compote and raspberry sauce ☺ \$8
- VEGAN CINNAMON ROLL FRENCH TOAST topped with warm pecan sauce ☺ \$8
- BREAKFAST BURRITO eggs, beans, corn, salsa and jack cheese \$8
- TEMPEH REUBEN swiss, sauerkraut, thousand island dressing, country bread \$8
- ROASTED BUTTERNUT SQUASH QUESADILLA with black beans, jack cheese and avocado, with a side of salsa \$10
- VEGAN BLT homemade tofu "bacon" with arugula, tomatoes and chipotle sauce ☺ \$7 ~ add avocado \$2
- SANTA FE BURGER with greens, tomatoes, caramelized onions & pesto sauce ☺ \$6 ~add grilled portobella \$3 ~add tofu bacon \$2

BRUNCH SALADS

- GRILLED PEAR and ASPARAGUS with candied walnuts, gorgonzola and mesclun greens \$10
- GRANDMA REGGIE'S RAW HEAVEN arugula, mango, avocado, grapefruit, beet-infused jicama and cashew gomasio ☺ ☺ \$10
- GARDEN GRILLE HOUSE SALAD with mesclun greens, cucumbers, carrots and tomatoes \$5

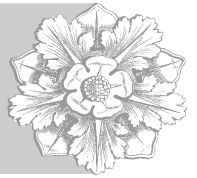
HOMEMADE DRESSINGS: CHAMPAGNE VINAIGRETTE ✨ LEMON TAHINI ✨ MISO GINGER ✨ POMEGRANATE VINAIGRETTE ✨ BALSAMIC VINAIGRETTE

SIDES

- MISO SOUP \$3/\$4 ~ SOUP of the DAY ☺☺ \$4/\$6
- CHIPOTLE SEARED SEITAN ☺ with wasabi mustard dipping sauce \$7
- SOY CHICKEN STRIPS ☺ with bbq sauce or wasabi mustard sauce \$7
- GRILLED SWEET POTATOES with homemade barbeque sauce \$6
- GREENS of the day \$6
- HOMEMADE TOFU BACON ☺☺ \$3.50
- SOY SAUSAGE ☺ \$3.50
- VEGAN CINNAMON ROLLS ☺ \$3.50
- 'LIL SIDE OF PANCAKES ☺ \$2
- 100% MAPLE SYRUP \$3.50

☺ add vegan cheese \$1 ☺ add gluten-free bread \$1

LUNCH



APPETIZERS

V=VEGAN **GF**=GLUTEN FREE

MISO SOUP \$3/\$4 ~ SOUP of the DAY **V****GF** \$4/\$6

TEMPEH SPRING ROLLS with savoy cabbage, carrots, a side of pickled vegetables and sweet and spicy chili dipping sauce **V** \$6

GARDEN GRILLE NACHOS tortilla chips, salsa, black beans, jack cheese, guacamole, vegan sour cream & jalapenos **GF** \$10

EDAMAME soybean pods steamed, seasoned with salt and dulse flakes, served with a lime wedge **V****GF** \$6

CHIPOTLE SEARED SEITAN with wasabi mustard dipping sauce **V** \$7

GRILLED SWEET POTATOES with homemade barbeque sauce **V****GF** \$6

SOY CHICKEN STRIPS with homemade barbeque sauce or wasabi mustard sauce **V** \$7

GREENS of the day \$6 GARLIC BROCCOLI \$5



SALADS

SEAWEED SALAD with brown rice, carrots and scallions with toasted sesame dressing \$9

GRILLED PEAR and ASPARAGUS with candied walnuts, gorgonzola and mesclun greens **GF** \$10

GRANDMA REGGIE'S RAW HEAVEN arugula, mango, avocado, grapefruit, beet-infused jicama & cashew gomasio **V****GF** \$10

GRILLED PORTOBELLA AND RADDICCHIO over arugula with roasted red peppers, shaved Atwells Gold asiago cheese served with a balsamic vinaigrette **GF** \$10

GARDEN GRILLE HOUSE SALAD with mesclun greens, cucumbers, carrots and tomatoes \$5

HOMEMADE DRESSINGS: CHAMPAGNE VINAIGRETTE * LEMON TAHINI * MISO GINGER * POMEGRANATE VINAIGRETTE * BALSAMIC VINAIGRETTE

SANDWICHES AND ENTREES

TEMPEH REUBEN swiss, sauerkraut, thousand island dressing, served on country bread \$8

VEGAN BLT homemade tofu "bacon" with arugula, tomatoes and chipotle sauce **V** \$7 ~ add avocado \$2

BAKED VEGAN MACARONI and CHEESE with broccoli and crimini mushrooms **V****GF** \$12

MARGHERITA PIZZA with grilled tomatoes, basil pesto, roasted garlic spread and mozzarella \$12

ROASTED BUTTERNUT SQUASH QUESADILLA with black beans, jack cheese and avocado with a side of salsa \$10

FALAFEL WRAP with greens, cucumbers, tomatoes and onions and roasted garlic tahini **V** \$8

GRILLED ASPARAGUS WRAP with greens, brown rice, tomatoes and pesto aioli **V** \$8

SOY CHICKEN WRAP with mixed greens, tomato, organic brown rice and lemon tahini dressing **V** \$8

BURRITO black beans, rice, guacamole, jack cheese and salsa \$8

SANTA FE BURGER with greens, tomatoes, caramelized onions & pesto sauce **V** \$6 ~ add grilled portobella \$3 ~ add tofu bacon \$2

SEITAN MUSHROOM BURGER with sweet potato, caramelized onions, arugula & chipotle sauce, on country bread **V** \$8

🌱 add vegan cheese \$1 🌱 add gluten-free bread \$1

DINNER

V=VEGAN **GF=GLUTEN FREE**

APPETIZERS

- MISO SOUP \$3/\$4 ~ SOUP of the DAY **V****GF** \$4/\$6
- TEMPEH SPRING ROLLS with savoy cabbage, carrots, a side of pickled vegetables and sweet and spicy chili dipping sauce **V** \$6
- GARDEN GRILLE NACHOS tortilla chips, salsa, black beans, jack cheese, guacamole, vegan sour cream & jalapenos **GF** \$10
- EDAMAME soybean pods steamed, seasoned with salt and dulse flakes, served with a lime wedge **V****GF** \$6
- CHIPOTLE SEARED SEITAN with wasabi mustard dipping sauce **V** \$7
- GRILLED SWEET POTATOES with homemade barbeque sauce **V****GF** \$6
- SOY CHICKEN STRIPS with homemade barbeque sauce or wasabi mustard sauce **V** \$7
- GREENS of the day \$6 GARLIC BROCCOLI \$5

SALADS

- SEAWEED SALAD with brown rice, carrots and scallions with toasted sesame dressing \$9
- GRILLED PEAR and ASPARAGUS with candied walnuts, gorgonzola and mesclun greens **GF** \$10
- GRANDMA REGGIE'S RAW HEAVEN arugula, mango, avocado, grapefruit, beet-infused jicama & cashew gomasio **V****GF** \$10
- GRILLED PORTOBELLA AND RADDICCHIO over arugula with roasted red peppers, shaved Atwells Gold asiago cheese served with a balsamic vinaigrette **GF** \$10
- GARDEN GRILLE HOUSE SALAD with mesclun greens, cucumbers, carrots and tomatoes \$5

HOMEMADE DRESSINGS: CHAMPAGNE VINAIGRETTE * LEMON TAHINI * MISO GINGER * POMEGRANATE VINAIGRETTE * BALSAMIC VINAIGRETTE

ENTREES

- HEARTS OF PALM "CRAB" CAKES with veracruz sauce and saffron aioli over millet polenta and sautéed greens **V** \$15
- KOREAN SESAME TEMPEH over shitake risotto, served with chayote jicama slaw and scallion puree **V** \$15
- RAW BEET RAVIOLI cashew cheese topped with parsley pistachio pesto, with arugula, radicchio & yellow pepper coulis **V****GF** \$15
- EGGPLANT ROLLATINI grilled and stuffed with herb tofu nut cheese, crispy polenta, garlic sauteed spinach with homemade pomodoro sauce **V****GF** \$15
- BUDDHA BOWL grilled tofu and tempeh, organic brown rice and fresh vegetables in a coconut cilantro sauce **V****GF** \$15
- MIXED GRILLE grilled raspberry chili glazed eggplant, sweet potatoes, red peppers, onions, portobellos, asparagus and zucchini over brown rice with a soy dipping sauce **V** \$13 ~ add chipotle bbq seitan \$3
- BAKED VEGAN MACARONI and CHEESE with broccoli and crimini mushrooms **V****GF** \$12
- MARGHERITA PIZZA with grilled tomatoes, basil pesto, roasted garlic spread and mozzarella \$12
- ROASTED BUTTERNUT SQUASH QUESADILLA with black beans, jack cheese and avocado with a side of salsa \$10
- BURRITO black beans, rice, guacamole, jack cheese and salsa \$8
- SANTA FE BURGER with greens, tomatoes, caramelized onions & pesto sauce **V** \$6 ~ add grilled portobella \$3 ~ add tofu bacon \$2

🌱 add vegan cheese \$1 🌱 add gluten-free bread \$1

DRINKS

SMOOTHIES

Carrot Orange Dreamside * with vanilla soy ice cream	\$5
Playa Tulum * pineapple, coconut, banana, strawberry	\$5
Seychelles Sunset * strawberry, orange, banana	\$5
Kauai Kiss * blueberry, pineapple, banana	\$5
Mambo * blueberry, raspberry, strawberry, banana, cranberry, fresh ginger	\$5
Crazy Weech * chocolate soy milk, banana, peanut butter	\$5
Soy Date Shake * fresh dates, vanilla soy ice cream, bananas, soy milk	\$6

JUICES

Fresh carrot	\$4/\$5
Fresh orange	\$4/\$5
Fresh orange, cranberry	\$4/\$5
Fresh watermelon (seasonal)	\$4/\$5
Fresh carrot, apple, ginger	\$4/\$5
Fresh carrot, beet, parsley	\$4/\$5
The Kermit ~ cucumber, celery, parsley, spinach	\$5/\$7
Pear, lemon, ginger	\$4/\$5
Ginger lemonade	\$4/\$5
Cranberry	\$4/\$5
V-7 ~ carrot, beet, parsley, cucumber, spinach, celery, tomato	\$6/\$7

BEVERAGES

Organic New Harvest dark roast coffee (regular or decaf)	\$2.75
Organic iced coffee (seasonal)	\$3
Organic iced café au lait, with agave nectar (sweet and yummy!)	\$3.50
Iced tea: Herbal wildberry zinger * Black	\$2
Ginger Brew	\$3
China Cola	\$3
Hot tea (ask for our daily selection)	\$2
Perrier	\$3