

Completely plant based cuisine
CALL 413-344-9353

FINGER FOODS & SIDES

Buffalo cauliflower &
blue cheese dip 10

Soft pretzel bites
creamy lemon garlic,
mustard OR cheese dip 8

Hand cut fries 4
with cheese sauce 5.5

Sweet potato fries 5
Almond parm fries 5

Chili loaded fries 12

Fried tofu nuggets 6

Avocado bruschetta 8

Mediterranean platter:
spicy chickpeas & dates,
quinoa salad, tofu feta,
falafel & tzatziki, olive
tapenade, and toast 16

HOMEMADE SOUP bowl 5

with mini pretzel bun 6.5

soup & rice 7.5

soup & salad 12

BURGERS & SANDWICHES

served with CHOICE of: soup, fries, quinoa salad, rice & beans, or spicy kale slaw

pretzel breads contain gluten - substitute gluten free burger bun or sausage roll +1

BEYONDBURGER with lettuce, tomato, onion, & house sauce on a pretzel bun 15

ADD ON: roasted mushrooms ° peppers & onions ° pesto 1

avocado ° cheese ° blue cheese spread ° tofu bacon 1.5

BEYONDSAUSAGE with sautéed peppers & onions on a pretzel roll 14

MOCKBALLSUB with marinara sauce & almond parm on a pretzel roll 14

CHICKPEA OF THE SEA with lettuce & tomato on multi grain GF bread 12

CHICKPEA "TUNA" MELT grilled on multi grain GF bread with cheese & tomato 14

CURRIED TEMPEH SALAD with lettuce & tomato on multi grain GF bread 12

AVOCADO MELT roasted mushrooms, cheese, cayenne-fig sauce, grilled on multi grain GF bread 13

TOFU RUEBEN cheese, sauerkraut, & Russian dressing grilled on multi grain GF bread 14

BLT tofu bacon, lettuce, & tomato on toasted multi grain GF bread 10

NOTDOG on a pretzel roll - single 7.5 cheese +1.5 sauerkraut +1 chili & cheese +2.5

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GLUTEN FREE CORN STREET TACOS

served with CHOICE of: soup, fries, quinoa salad, rice & beans, or spicy kale slaw

JERKY STREET TACOS - soy curl jerky, lettuce, tomato & onions served on a soft corn tortilla accompanied with choice of side 12

BUFFALO CAULIFLOWER STREET TACOS - deep fried GF buffalo cauliflower, lettuce, tomato & onions served on a soft corn tortilla accompanied with choice of side 13

HOUSE SPECIALTY - BUDDHA BOWLS (*choices below*)

A hearty meal in a bowl made with a healthy serving of cold and hot nutrient packed grains & greens, proteins & veggies, and a topping of sauce or vinaigrette.

ALL BOWLS ARE AVAILABLE WITH SALAD OR NO SALAD, GRAIN OR NO GRAIN ☺

Unless otherwise requested, each bowl contains a house salad consisting of mixed greens, cucumber, tomato, carrots, beets, onion & choice of vinaigrette: **italian herb** ° **thousand island** ° **blue cheese** ° **ranch** ° **lemon garlic** ° **herb dijon** ° **raspberry walnut** ° **miso ginger** ° **cayenne fig**

TOFU NUGGETS (*miso-ginger, coconut-lime, buffalo, or bang-bang*) brown rice, sweet potatoes, roasted mushrooms, sautéed peppers & onions, cashews, house salad, choice of vinaigrette 14

SPICY – brown rice, *spicy cayenne-fig* fried tofu nuggets, roasted cauliflower, sautéed peppers & onions, sour cream, spicy kale slaw 15 (*substitute grilled sausage bites or beefy bites +2*)

SOUTHWEST – brown rice, black bean chili, cheddar cheese sauce, sour cream, avocado, served with house salad, choice of vinaigrette 15

MEDITERRANEAN – quinoa, extra virgin olive oil, herbed tofu, spicy chickpeas & dates, house salad, avocado, kalamata olives, almond parm, lemon garlic vinaigrette 15

PASTA & NOODLES 10

GF brown rice rotini pasta OR thin rice noodles

CHOOSE YOUR SAUCE:

CHEDDAR ° **MARINARA** ° **CREAMY SESAME** ° **PESTO** ° **LEMONGARLIC**

all served with almond parm

ADD ON: *hot* thai chilis ° roasted mushrooms ° peppers & onions ° pumpkin seeds ° cashews 1

kalamata olives ° roasted cauliflower ° avocado ° extra cheese ° sour cream 1.5

deep fried tofu ° italian tempeh ° beefy bites ° sausage bites 3

FAN FAVORITE PASTA DISHES

ROTINI & CHEDDAR, P.J.'s HOT SAUCE & BUFFALO CAULIFLOWER 15

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PLEASE INFORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY BEFORE PLACING YOUR ORDER. NO ALLERGEN OR NUTRITIONAL INFORMATION ON THIS MENU SHOULD EVER BE CONSIDERED A GUARANTEE BUT SIMPLY A BEST FAITH EFFORT TO SERVE OUR CUSTOMERS.