



. M . E . N . U .

Starters

ARTICHOKE/SPINACH DIP

Creamy, cheesey, chunks of artichokes and fresh spinach. Served with celery, carrots and crisp. **\$14.95**

DYL PICKLE POPPERS

Fried Pickles with cream cheese filling served with ranch..... **\$12.75**

CAULIFLOWER WINGS

Our buffalo style Cauliflower wings served with a side of celery, carrots and ranch..... **\$12.95**

SPINACH SALAD

Spinach topped with fresh strawberry, blueberries, candied pecans, with a raspberry balsamic dressing **\$13.95**

HUMMUS BOWL

Hummus, rice, black bean, spinach, sweet potatoes topped with toasted chickpeas..... **\$15.95**

CAESAR SALAD

Fresh romaine topped with a house Caesar dressing, shaved parmesan, and croutons..... **\$14.95**
Make it a wrap..... **\$2.00**

Breakfast

AVOCADO TOAST

Multi-grain bread with avocado, greens, Balsamic glaze and tomatoes..... **\$13.95**

POTATO HASH

Potatoes, zucchini, black beans, avocado, onions, mushrooms, tomatoes, garlic, aioli, and a side of toast... **\$17.95**

TOFU WRAP *GF

Tofu scramble, black beans, onions, bell peppers, rice, mushrooms, lettuce and avocado, garlic aioli. Served on a tortilla **\$18.95**

SWEET POTATO WRAP *GF

Sweet potato, black beans, sausage, spinach, avocado, cheese, tomato, rice, green onions and ranch aioli. Served on a tortilla **\$18.95**

BANANA OATMEAL PANCAKES

Banana oatmeal pancakes served with maple syrup and topped with fresh fruit..... **\$15.95**

FRUIT BOWL

Granola, topped with yogurt, surrounded by fresh fruit and toasted coconut..... **\$14.95**

Desserts

CHEESECAKE

Gluten-free topped with seasonal fruit and non-dairy whip cream..... **\$9.95**

FUNNEL CAKE

Topped with seasonal fresh fruit and non-dairy whipped cream **\$12.50**

PEANUT BUTTER SQUARE

A delicate blend of crushed Graham cracker/ pretzels, layered with a creamy peanut butter, agave and top with dark chocolate **\$9.95**

Smoothies

PEANUTBUTTER/ CHOCOLATE

Peanut butter, chocolate, banana, oats, oat milk **\$9.95**

BERRY/KALE

Strawberries, blueberries, raspberries, kale, banana, coconut yogurt, pineapple juice..... **\$9.95**

TROPICAL

Mango, pineapple, peaches, strawberries, banana, coconut yogurt, pineapple juice..... **\$9.95**

Entrees

SIDE CAESAR SALAD

Add to any entrée **\$6.95**

JACKFRUIT "CHX" SALAD SANDWICH *GF

Young green jackfruit, celery, carrots topped with spinach. Served with fruit and a tropical coleslaw .. **\$21.95**

JACKFRUIT "KRABBY" CAKES

Served on a bed of rice with wilted spinach topped with a hollandaise sauce..... **\$23.95**

LASAGNA ROLL

Homemade pasta and ricotta, stuffed with kale, mushroom, garlic served in a red sauce with a side of caesar salad..... **\$24.95**

MUSHROOM RISOTTO

A creamy mixture of Arborio rice, mushroom, spinach and garlic topped with parmesan..... **\$19.95**

QUESADILLA *GF

Tortilla stuffed with hummus, black bean, roasted sweet potatoes and spinach topped with a garlic aioli..... **\$16.95**

ROADHOUSE CHILI

Sweet and spicy, red and black beans, onions, celery, carrots, and garlic. Topped with green onions and cheese served on a bed of rice..... **\$16.95**

JACKFRUIT MELT

Young, green jackfruit, celery, onions, and cheese on sour-dough bread topped with hollandaise sauce and wilted spinach served with fruit and tropical coleslaw..... **\$18.95**

PASTA PRIMAVERA

Homemade fettuccine, marinara, variety of mixed vegetables **\$19.95**

PATTY MELT

Beyond beef, onions, mushrooms with cheddar cheese on rye. Served with fruit and a tropical coleslaw..... **\$15.95**

MOCKO LOCO

Bed of rice, topped with a beyond beef burger, sautéed mushrooms, spinach, and onions, smothered in brown gravy and a drizzle of hollandaise sauce..... **\$19.95**

CHEESEBURGER PIZZA IN PARADISE

Beyond beef and cheese. Topped with lettuce, tomatoes, pickles and ranch aioli **\$19.95**

MEDITERRANEAN PIZZA

Artichokes, tomatoes, red, onions, feta cheese, fresh basil, herbs, and spices, topped with a tahini sauce **\$19.95**

TOSTADA PIZZA

Black bean, cheese top with lettuce tomatoes in a ranch aioli **\$19.95**

PORTOBELLO MELT

Large portobello topped with jalapeno, onions, smoked provolone, spinach and garlic aioli on rye bread served with fruit and tropical coleslaw..... **\$ 16.95**

Drinks

CAPPUCCINO.....	\$8	ICE TEA.....	\$5
LATTES.....	\$8	PINEAPPLE.....	\$5
COFFEE.....	\$4	ORANGE JUICE.....	\$5
STRAWBERRY LEMONADE.....	\$7	CRANBERRY JUICE.....	\$5
SPARKLING WATER.....	\$7	KOMBUCA.....	\$8
OLIPOPS.....	\$4	BOTTLE WATER.....	\$5
COCONUT WATER.....	\$7		

*GF **\$2.50**

