

# Garden Grille

LUNCH

V=VEGAN GF=GLUTEN FREE

## APPETIZERS & SIDES

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

GREENS of the day \$6 \* SESAME BROCCOLI \$5

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 and jalapenos (GF) \$10

EDAMAME soybean pods steamed, seasoned with salt & dulse flakes, served with 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

LUNCH SPECIAL  
cup of soup, house salad and  
Seven Stars Bread \$7

## SALADS

SEAWEED SALAD with brown rice, carrots and scallions with toasted sesame dressing (V)(GF) \$9

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

GRANDMA REGGIE'S RAW HEAVEN baby arugula, mango, avocado, grapefruit, beet-infused jicama and cashew gomasio (V)(GF) \$10

GARDEN GRILLE HOUSE SALAD with mesclun greens, cucumbers, carrots and tomatoes (V)(GF) \$5

HOMEMADE DRESSINGS: APPLE CIDER VINAIGRETTE \* LEMON TAHINI \* MISO GINGER \* POMEGRANATE VINAIGRETTE

## SANDWICHES and ENTREES

TEMPEH REUBEN swiss, sauerkraut, caramelized onions, thousand island dressing, on rye bread \$8

VEGAN BLT homemade tofu "bacon" with arugula, tomatoes and chipotle sauce on whole wheat (V) \$7  
~ add avocado \$2

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

GRILLED VEGETABLE WRAP portobella mushrooms, asparagus, roasted red peppers, caramelized onions and arugula, with tarragon aioli (V) \$8

MANGO CHICKEN WRAP grilled soy chicken, avocado, mango salsa, black beans and greens (V) \$9

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

SANTA FE BURGER topped with greens, tomatoes, caramelized onions and chipotle sauce (V) \$6  
vegan burger optional ~ add grilled portobella \$2 ~ add tofu bacon \$2

SEITAN MUSHROOM BURGER with sweet potato, caramelized onions, arugula & tarragon aioli, on a wheat roll (V) \$8

BAKED VEGAN MACARONI & CHEESE broccoli, crimini mushrooms and vegan cheese (V)(GF) \$12

MARGHERITA PIZZA 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

# DRINKS

## JUICES

Fresh carrot	\$4/\$5
Fresh orange	\$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

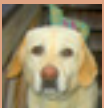
Organic New Harvest dark roast coffee (regular or decaf)	\$2.75
Cold brewed organic iced coffee (seasonal)	\$3
IRIE iced tea: red berry zinger * black	\$2
IRIE hot tea (ask for our daily selection)	\$2
Ginger Brew	\$3
China Cola	\$3
Perrier	\$2

## SMOOTHIES

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

## ADD INS

Hemp Powder 🌱 Plant-based protein	\$1
Complete Meal Powder 🌱 Plant-based protein, vitamins, enzymes and minerals	\$2
Super Green Food 🌱 Blend of greens, enzymes, fiber and antioxidants	\$2



– a note from Henry

Please tell us of any dietary restrictions or food allergies. All items can be made with vegan cheese upon request. The Garden Grille now uses compostable take out packaging, corn based “plastic” and all recyclable. For more information on what we are using please ask our staff. Keep it joyful!

