

SEA SALT & CINNAMON



SAVORY

BREAKFAST SANDWICHES



BOWLS

GLUTEN-FREE
(NOT FOR SMOKING, FOR EATING)

OATMEAL \$7
GLUTEN-FREE OATS,
HOT OAT MILK, AGAVE,
CINNAMON AND

(EVERYBODY LIKES THEM.
SANDWICHES!)

EATEN ALL DAY  CHOOSE TWO OF THE FOLLOWING:

NOT-A-MCMUFFIN \$8
LIKE A MCMUFFIN, BUT NOT.
TOASTED ENGLISH MUFFIN; JUST EGG;
VIOLIFE CHEDDAR CHEESE;
AND OUR SEITAN HAM.



SIDES

- FRESH BLUEBERRIES <
- FRESH STRAWBERRIES <
- FRESH RASPBERRIES <
- DRIED CRANBERRIES <
- BANANA <
- WALNUTS <
- CHIA SEEDS <
- PEANUT BUTTER <

PICKLE PASTA SALAD
IYKYK
12oz \$5
32oz \$10



KILLER TOFU! \$7
(OR TOFU! KILLER)
HOUSEMADE BUTTERMILK BISCUIT;
FRIED TOFU PATTY; THRILLING FOODS
BAKON; AND CHEESE.
(GF AVAILABLE ON REQUEST \$9)

QUINOA SALAD  \$.50 PER ADDITIONAL TOPPING
12oz \$5
32oz \$10

STEAK & EGG BURRITO \$8
OUR SEITAN STEAK, GRILLED WITH
PEPPERS AND ONIONS; JUST EGG;
SHREDDED VIOLIFE CHEDDAR;
AND OUR CHIMICHURRI SAUCE.

**HOUSEMADE
PITA & HUMMUS \$5**

SAUCES

2oz \$.50
MAYO, RANCH, SOUR CREAM,
NOT-CFA, & SOME SPECIAL
ONES!

CHEX MIX
HEAVILY ADDICTIVE
12oz \$5
32oz \$10

16oz \$7
MAYO, SOUR CREAM
16oz \$8
HOUSEMADE RANCH DIP

**BREAKFAST ANYTIME
BURRITO \$6**
FLOUR TORTILLA, SCRAMBLED
TOFU W/ PEPPERS & ONIONS,
POTATOES, TOMATOES, SPINACH,
& OUR SOUR CREAM.
(GF AVAILABLE ON REQUEST)

BAKED GOODS



FLAVORS & ITEMS ROTATE
DAILY, CHECK OUT OUR
COUNTER DISPLAY FOR
WHAT'S FRESH TODAY!

NO SUBSTITUTIONS
ALL OUR FOOD IS MADE FRESH IN-HOUSE.
HOWEVER, MOST OF OUR BUSINESS IS WHOLESALE,
OUR KITCHEN IS NOT SET UP TO CUSTOMIZE DISHES.
-THANKS, SS&C



LUNCH



...ALSO SERVED ALL DAY

NOT-A-SANDWICH

SOUP DE JOUR \$6
THE SOUP OF THE DAY!

SAMMIE'S

BUFFALO MOCK CHICK'N SALAD WRAP \$9

GRILLED DARING CHICK'N WITH CELERY, GREEN ONION, AND SEASONING; HOUSE MADE RANCH; FRANK'S BUFFALO SAUCE; FRESH GREENS; TOMATO; ON A FLOUR TORTILLA WRAP.
(GF AVAILABLE ON REQUEST)



BUDDHA BOWL \$8
SEASONAL AND DELICIOUS!
A GRAIN; A GREEN; PROTEIN/VEGGIES;
AND A SAUCE; ALWAYS GLUTEN-FREE.

MAC 'N CHEESE BOWL \$9
IT'S LIKE SALAD... BUT WITH PASTA...
AND CHEESE... AND FRIED CHICK'N...
ADD BUFFALO SAUCE \$.50

GREEK CHICKPEA SALAD SANDWICH \$8

CHICKPEA SALAD WITH FRESH DILL, MAYO, SUNFLOWER SEEDS, AND SEASONING; TZATZIKI; PARSLEY; TOMATO SLICES; GREENS; BANANA PEPPERS; SERVED ON GLUTEN-FREE NATIVE BREAD BUN.

ASIAN SLAW \$8
CRUNCHY RAMEN NOODLES w/ ALMONDS,
SHREDDED SLAW, GRILLED EDAMAME,
AND SWEET & SOUR DRESSING.

SOUTH x SOUTHWESTERN BURRITO \$6
CHIPOTLE ROASTED SWEET POTATOES;
TANGY BLACK BEANS WITH GREEN PEPPERS,
ONION, AND TOMATO; BROWN RICE; SPINACH;
AND OUR HOUSEMADE SOUR CREAM.
(GF AVAILABLE ON REQUEST)



BYO SALAD \$9
START WITH **SPRING MIX** OR **SPINACH**.
THEN CHOOSE TWO OF THE FOLLOWING:

- SUNFLOWER SEEDS<
- WALNUTS<
- CRUNCHY NOODLES W/ ALMONDS<
- RED ONION<
- CARROTS<
- TOMATOES<
- GREEN PEPPERS<
- BANANA PEPPERS<
- MUSHROOMS<
- SHREDDED CHEESE<

\$.50 PER ADDITIONAL OF THESE

AND CHOOSE ONE OF THESE:

- CHICKPEAS<
- GRILLED EDAMAME<
- SEITAN MEATS<
- (HAM, CHICKEN, STEAK, PEPPERONI)
- TOFU EGG SLICE<
- JUST EGG PATTIE<

\$1 PER ADDITIONAL OF THESE

THE SANDWICH SANDWICH \$8
WITH OUR HOUSEMADE SEITAN!
ASK FOR THE DAILY SPECIAL!



THE GABAGOOL \$10
PEPPERONI, SALAMI, ITALIAN DRESSING,
BANANA PEPPERS, TOMATO, AND PROVOLONE
ON A SUB ROLL.



THE LGBT \$9
LETTUCE, TOMATO, THRILLING FOODS BAKON, AND
MAYO ON BREAD, WITH SOME GAYNESS.
(GF AVAILABLE ON REQUEST \$11)

NOT-A-CHICK'N SANDWICH \$9
CHICK'N FILLET BREADED & SEASONED TO
PERFECTION, BAKED, SERVED ON A TOASTED
BUTTERED BUN W/ DILL PICKLE CHIPS.
ADD NOT-CFA SAUCE \$.50



CHOOSE A DRESSING:
RANCH, VINAIGRETTE, TZATZIKI,
SWEET & SOUR, OR HUMMUS.