



LUNCH MENU

ZERO-ANIMAL, 100% PLANT-BASED RESTAURANT
WE USE FAMILIAR NAMES FOR REFERENCE ONLY

STARTERS

CAULI-WINGS buffalo, mango chili, bbq, or garlic parmesan; carrots, celery, poppy seed ranch <i>gf</i>	17	CALAMARI FRITTI king oyster mushrooms, pepperoncini, carrots, marinara, arrabbiata, tartar sauce, charred lemon <i>gf</i>	18
MARYLAND CRAB CAKES artichokes, hearts of palm, chickpeas, spicy slaw, roasted red pepper aioli <i>gf</i>	15	SOUTHWEST EGG ROLLS bell peppers, tomatoes, corn, black bean, jalapeño ranch, salsa verde, spicy slaw	14
GOCHUJANG BRUSSELS almonds, roasted red peppers, green onions, gochujang sauce	16	BAJA FISH TACOS hearts of palm, spicy slaw, tartar dressing, lime, corn tortillas <i>gf</i>	15

SOUP & SALADS

SOUP DU JOUR 11

please ask your server about our soup of the day

**ADD: chicken breast, grilled or crispy +8 | seasoned ground Impossible™ beef +6 | pan-seared tofu +3 | avocado +2*

WATERMELON FETA SALAD arugula, agave curry dressing, lemon citrus, balsamic glaze <i>gf</i>	16	MEDITERRANEAN SALAD romaine, feta, kalamata olives, crispy chickpeas, red onion, pepperoncini, cucumber, tomatoes, red wine vinaigrette <i>gf</i>	16
SOUTHWEST SALAD mixed greens, avocado, black beans, fresno peppers, heirloom tomatoes, pickled onions, corn salsa, tortilla strips, cilantro, jalapeño ranch <i>gf</i>	16	SUMMER CAESAR SALAD grilled artichoke, romaine, garlic croutons, shaved parmesan, charred lemon, caesar dressing <i>can be gf</i>	17

MAINS

PAD THAI pan-seared tofu, tamarind, edamame, carrots, bean sprouts, green onion, peanuts, cilantro <i>gf</i> <i>*add folded egg +4</i>	23	FORBIDDEN BOWL black rice, pan-seared tofu, avocado, mango, broccoli, cauliflower, toasted quinoa, mango chili reduction	24
SWEET HEAT SMASH BURGER two Impossible™ beef patties, smoked gouda, spicy roasted red pepper & onion jam, lettuce, worcestershire aioli, fries <i>can sub black bean burger</i> <i>*can be gf</i>	24	GOLDEN THAI CURRY seared Japanese eggplant, roasted radish, roasted baby carrots, basmati rice <i>gf</i>	21
MARYLAND CRAB CAKE SANDWICH spicy slaw, pickled fresno peppers, sriracha aioli, fries or side salad <i>can be gf*</i>	22	CLASSIC SOUTHERN FRIED CHICKEN SANDWICH double-breaded fried chicken, 11 spices, spicy slaw, pickles, sriracha aioli, served with fries or side salad	19
BLT SANDWICH bacon, arugula, tomato, aioli, sourdough	16	SANTA FE PROTEIN BOWL marinated tofu, crispy chickpeas, seasoned black beans, avocado, fajita vegetables, tomatoes, spicy aioli, rice <i>gf</i>	18
CLUB SANDWICH 19 chicken (grilled, fried or buffalo), bacon, arugula, tomato, aioli, sourdough, fries or side salad			

SPIRIT PICK TWO 15
Choose a Half Sandwich
Club Sandwich, BLT, Crabcake sliders or Burger sliders
And a Soup or Salad Option
Choose from our chef-crafted soup
OR a house salad or caesar salad

SIDES

sides can be gf upon request

GRILLED KING OYSTER MUSHROOMS red peppers, onions, broccoli, chardonnay reduction	9
POMMES FRITES	9
MASHED POTATOES	9
LOADED MASHED POTATOES bacon, mozzarella, cheddar, green onions, sour cream	14
SPICY BROCCOLI garlic, chardonnay, calabrian peppers	11
ROASTED VEGETABLES & RICOTTA roasted carrots, asparagus, creamy ricotta, balsamic glaze	12

DESSERTS

CRÈME BRÛLÉE served with fresh seasonal fruit <i>gf</i>	12
STRAWBERRY CREAM CAKE vanilla sponge cake, strawberry cream frosting, berry coulis	13
SEASONAL CHEESECAKE creamy cashew-based seasonal cheesecake <i>gf</i>	14
BROOKIE DOUGH SKILLET cookie dough, brownie batter, vanilla gelato <i>gf</i> <i>add extra gelato +5</i>	14

gf = gluten free

** = can be gluten free at a possible upcharge*

To help offset rising restaurant costs, a 3% surcharge is being added to all checks. You may request to have this taken off your bill.

Allergies? Please let your server know. We cannot certify against cross-contamination.
20% gratuity added for parties of 6 or more

Eat plants feel beautiful®