

## **LUNCH MENU**

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

## **STARTERS**

MARYLAND CRAB CAKES artichoke heart, heart of palm, chickpea, panko, spicy slaw, roasted red pepper aioli gf	16	<b>CALAMARI FRITTI</b> king oyster mushroom, pickled pepperoncini, carrot, marinara arrabbiata <i>gf</i>	18
KING OYSTER MUSHROOM SKEWERS blackened skewers of king oyster mushroom, roasted red pepper, red onion, broccoli, chardonnay reduction gf	17	<b>SOUTHWEST CHICKEN EGG ROLLS</b> crispy egg roll, chicken, mozzarella, cheddar, bell pepper, tomato, corn, jalapeño ranch	16
<b>CAULI-WINGS</b> buffalo, mango-chili, bbq, or garlic parmesan; carrot, celery, poppy seed ranch gf	17	<b>GOCHUJANG BRUSSELS</b> green onion, almond, roasted red pepper, gochujang sauce	15
so	UP & S	SALADS	
	SOUP DU		
•		ut our soup of the day ssible™ beef +6   pan-seared tofu +3   avocado +2	
<b>ROASTED HARVEST VEGETABLE</b> roasted brussels sprouts, carrot, crispy cabbage, candied pecan, apple, parmesan, smoked paprika vinaigrette <i>gf</i>	19	KALE FETA BEET  kale, romaine, roasted beets, roasted squash, avocado, garbanzo beans, feta, smoky crispy quinoa, apple cider vinaigrette gf	19
<b>SOUTHWEST</b> mixed greens, avocado, black bean, pickled fresno pepper, baby heirloom tomato, pickled onion, mango salsa, tortilla strips, cilantro, jalapeño ranch gf	17	<b>SPIRIT CAESAR</b> romaine lettuce, garlic croutons, shaved parmesan, charred lemon, caesar dressing can be gf	16
FISH TACOS  broaded boarts of palm tartar squee, spicy slaw lime, corn t	MAII	THAI GREEN CURRY	23
breaded hearts of palm, tartar sauce, spicy slaw, lime, corn t gf	ortilla	steamed rice, pan-seared tofu, potato, baby corn, carrot, broccoli, red pepper, red onion, toasted pepitas, cilantro gf	
<b>FORBIDDEN BOWL</b> black rice, pan-seared tofu, avocado, broccoli, squash, caul smoky crispy quinoa, red onion, red pepper, mango chili <i>gf</i>	24 iflower,	PAD THAI rice noodle, pan-seared tofu, tamarind, edamame, carrot, bear sprout, green onion, peanut, cilantro gf add folded egg +4	
<b>TUNA POKE BOWL</b> toro sushi, steamed rice, ponzu sauce, sriracha aioli, avocad edamame, carrot, diced fresno pepper, cilantro, radish <i>can</i>		CRISPY ONION MUSHROOM BURGER Impossible™ beef, smoked gouda, balsamic glazed cremini mushrooms, arugula, crispy onions, balsamic aioli, fries can be	27 e gf*
MARYLAND CRAB CAKE SANDWICH spicy slaw, pickled fresno pepper, sriracha aioli, fries or side salad can be qf*	22	<b>SOUTHERN FRIED CHICKEN SANDWICH</b> spicy slaw, pickles, sriracha aioli, fries or side salad <i>can be gf</i>	22
BLT SANDWICH bacon, lettuce, tomato, lemon aioli, sourdough, fries or side	18 salad	<b>SMOKY BURRITO BOWL</b> mixed rice, smoky salsa, marinated tofu, avocado, pico de gallo, radish, cilantro $gf$	22
SIDES		DESSERTS	
all sides are gf	0		
LOCAL SEASONAL VEGETABLES	9	SPICED APPLE CRUMBLE oat crumble, cinnamon spiced apple, vanilla gelato	14
POMMES FRITES MASHED DOTATOES	9	SEASONAL CHEESECAKE creamy cashew-based seasonal cheesecake gf	14
MASHED POTATOES LOADED MASHED POTATOES	9 14	COOKIE DOUGH SKILLET	14
bacon, mozzarella, cheddar, green onion, sour cream	17	chocolate drizzle, vanilla gelato gf add extra gelato +5  CARROT CAKE	14
SPICY BROCCOLI garlic, chardonnay, calabrian pepper	12	cream cheese frosting, pecan, carrot coulis	1-7

gf = gluten free

\* = can be gluten free at a possible upcharge