

LUNCH MENU



*Cuisine from around the globe,
made exclusively from plants*

eat plants feel beautiful

STARTERS

Spicy Tuna Salad Stack 16

Black and jasmine rice, tuna salad, cucumber, avocado, fresno peppers, sriracha aioli, wonton crackers

Cauli-Wings gf 16

Choose buffalo, BBQ, or garlic parmesan, served with poppyseed ranch with celery and carrot sticks *sub blue cheese dressing + \$1*

Calamari Fritti gf 17

King oyster mushrooms, pickled pepperoncini, and carrots, smoky arrabbiata dipping sauce

Sourdough Crust Pizza can be gf 18

Choose pear, feta and arugula or pepperoni and hot honey ricotta

Shishito Peppers gf 14

Roasted shishitos, gojuchang, pickled fresno peppers

Chicken Taco Lettuce Wraps 16

Seasoned chicken, bell peppers, carrot, toasted peanuts, ponzu sauce

Cauliflower Ceviche gf 12

Orange and lemon juices, avocado, red onion, diced jalapenos, cilantro, red bell pepper, toasted quinoa

SALADS and SOUP

**ADD: chicken, or ground beef \$4 | blackened tofu \$3
toasted quinoa \$1**

Sweetcorn Bisque gf 10

Creamy cashew-based corn soup with shitake and oyster mushrooms

SE Chopped gf 17

Mixed lettuces, seasoned toasted quinoa, radishes, charred corn, tomatoes, avocado, feta, with creamy tarragon dressing

Peach and Heirloom Tomato gf 17

Grilled peaches, heirloom tomatoes, ricotta, arugula, citrus vinaigrette and balsamic drizzle

The Wedge gf 16

Wedge of lettuce, pickled onion, bacon, blue cheese

Summer Southwest gf 16

Mixed lettuces, charred corn, black beans, tomatoes, pickled onion, fresno peppers, avocado, tortilla strips, lime cilantro dressing

SIDES

Local Seasonal Vegetables gf 8

Spicy Broccoli gf 8

Pommes Frites gf 8

Welcome to Spirit Elephant. We serve delicious food and drink that is all plant-based so together we can do a world of good for the planet, your health and for animals. Thank you for being here and for helping make the world a little more beautiful.

gf = gluten free gluten-free pasta and bread +\$2

Allergies? Please let your server know. Cross-contamination can occur despite safe handling protocols.

20% gratuity added for parties of 6 or more

SANDWICHES and WRAPS

served with fries

Tuna Salad Sandwich 19

Tuna salad on grilled country loaf with lettuce and tomato
1/2 sandwich with lunch-sized soup or house salad 17

BLT 18

Thick slices of bacon with lettuce, tomato, and lemon aioli
1/2 BLT with lunch-sized soup or house salad 17

Southern Fried Chicken 20

Juicy southern fried chicken with spicy slaw and pickle

Buffalo Wrap 19

Buffalo chicken, american cheese, tomato, blue cheese dressing

The Blue Cheese Bourbon Burger can be gf 24

Blue cheese, caramelized sweet onions with bourbon reduction, arugula, served with pommes frites (*sub American cheese upon request*)

MAINS

Spring Risotto gf 22

Spring peas, corn, cashew cream, shitake and oyster mushrooms, parmesan cheese

Pad Thai gf 21

Pan-seared, blackened tofu, edamame, carrot, toasted peanuts, tamarind, cilantro, bean sprouts, green onion (*spicy upon request*)
add scrambled egg +4

Forbidden Summer gf 23

Black rice, pan-seared blackened tofu, avocado, broccoli, red onion, mango relish, bell pepper, toasted quinoa, mango drizzle

Penne alla Vodka can be gf 23

Cashew vodka cream sauce, roasted mushrooms, baby spinach, fresh basil, grilled country loaf (*spicy upon request*)

Zucchini Spaghetti can be gf 23

Fresh basil pesto, sun dried tomatoes, toasted pine nuts, parmesan cheese, grilled country loaf

DESSERTS

Mammoth Cinnamon Roll 11

Huge, warmed cinnamon roll, cinnamon dust, cream cheese glaze

Brownie Bliss Sundae gf 13

Warmed double chocolate brownie, vanilla gelato, cherry preserves, chocolate sauce

Carrot Cake 13

Petite double layer mini cake, cream cheese frosting, pecans

Seasonal Cheesecake gf 12

Fresh, seasonal, cashew-based graham cracker crust cheesecake - ask your server about our current flavor