



LUNCH MENU

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

STARTERS

- CAULI-WINGS** 17
Buffalo, BBQ, or mango chili, served with poppyseed ranch, celery and carrot sticks. *Sub blue cheese dressing for \$1 gf*
- CALAMARI FRITTI** 17
King oyster mushrooms, pickled pepperoncini and carrots, smoky arrabbiata gf
- HONEY WASABI BRUSSELS** 13
Roasted sprouts, wasabi glaze, vegan honey, red bell peppers, grilled lemon gf
- PIZZA FLATBREADS** 18
Pepperoni OR cashew-cream fig and feta (can be gf)

- PAN-SEARED CRAB CAKES** 16
Artichoke, hearts of palm, chickpea, panko, spicy slaw, roasted red pepper aioli gf
- TORO SUSHI** 15
House-made toro tuna, sriracha aioli, ponzu sauce, wasabi and ginger gf
- SOUTHWEST FLAUTAS** 14
Fried corn tortillas, potato, chorizo, cilantro, sriracha aioli, jalapeño ranch gf

SOUPS & SALADS

**ADD: whole chicken breast, grilled or crispy \$8 | ground beef \$4 | blackened tofu \$3 | toasted quinoa \$1 | add avocado \$2*

- SOUP DU JOUR** 11
Chef crafted soup--please ask your server for today's variety
- SHAVED BRUSSELS** 16
Mixed lettuce, cranberries, avocado, toasted pumpkin seeds, mozzarella, pickled onion, radish, heirloom tomato, honey citrus vinaigrette gf

- FALL HARVEST** 18
Mixed lettuce, acorn squash, baby figs, carrots, pine nuts, pickled freso peppers, feta, apple cider vinaigrette gf
- SPIRIT CAESAR** 16
Romaine, house-made garlic croutons, shaved parmesan, black pepper, charred lemon (can be gf)
- SOUTHWEST** 16
Mixed lettuce, avocado, marinated cauliflower, black beans, baby heirloom tomatoes, peppers, onions, cilantro, jalapeño ranch, corn tortilla strips gf

MAINS

- RED COCONUT CURRY** 23
Rich red curry, pan-seared tofu, steamed rice broccoli, baby corn, carrots, red bell peppers, yukon gold potatoes, cilantro gf
- PAD THAI** 22
Pan-seared blackened tofu, peanuts, edamame, carrot, tamarind, cilantro, bean sprouts *spicy upon request, add folded egg \$4 gf*
- FORBIDDEN FALL** 23
Black rice, pan-seared blackened tofu, avocado, broccoli, acorn squash, cauliflower, toasted quinoa, red pepper, red onion gf
- PENNE ALLA VODKA** 23
Cashew cream and tomato vodka sauce, spinach, mushroom, basil. Served with garlic bread *Spicy upon request (can be gf)*
- BLT SANDWICH** 18
Bacon, lettuce, tomato, mayo, fries or side salad (can be gf)
- TUNA SALAD SANDWICH** 19
Tuna salad, mayo, lettuce, tomato, fries or side salad
- CRAB CAKE SANDWICH** 20
Spicy slaw, pickled freso peppers, sriracha aioli (can be gf)

- BLUE CHEESE BOURBON BURGER** 24
Blue cheese, bourbon-caramelized onion jam, arugula, mayo, fries *Sub pommes frites for \$2 (can be gf)*
- BACON AND EGG BBQ BURGER** 29
Sunny-side up egg, bacon, American cheese, hickory BBQ sauce, lettuce, tomato, fries *Sub pommes frites for \$2 (can be gf)*
- SOUTHERN FRIED CHICKEN SANDWICH** 20
Spicy slaw, house-made pickles, sriracha aioli, fries or side salad
- BUFFALO WRAP** 19
Spinach flour tortilla, fried chicken, blue cheese dressing, romaine lettuce, chopped tomatoes, buffalo sauce, fries or side salad (can be gf)
- CHICKEN CAESAR WRAP** 19
Spinach flour tortilla, fried chicken, shredded parmesan, romaine lettuce, caesar dressing, fries or side salad (can be gf)
- POKE BOWL** 19
Home-made toro sushi, white rice, ponzu sauce, sriracha aioli, avocado, edamame, carrots, diced fresnos, cilantro, radish, lime gf

DESSERTS

- BREAD PUDDING** 14
Warm caramelized bread, coconut, cinnamon, nutmeg, cranberries, caramel, vanilla gelato
- BROWNIE BLISS** 13
Warmed double chocolate brownie, vanilla gelato, cherry preserves, chocolate sauce gf
- CARROT CAKE** 13
Cream cheese frosting, pecans, carrot coulis
- PUMPKIN CHEESECAKE** 14
Creamy, cashew-based pumpkin cheesecake, toasted pumpkin seeds and whipped cream gf

SIDES

- Local seasonal vegetables 8
- Spicy broccoli 8
- Mashed potato 8
- Pommes frites 8
- Twice-baked potato 8
- Brussels sprouts 8

Eat Plants Feel Beautiful
We serve delicious plant-based food and drink which does a world of good for the planet, your health and for animals. Thank you for helping make the world a little more beautiful.

gf = gluten free

Allergies? Please let your server know--we cannot certify against cross-contamination.

20% gratuity added for parties of 6 or more