

LUNCH



SMALL PLATES

MISO SOUP \$3/4 ~ SOUP of the DAY \$4/6

TEMPEH SPRING ROLLS with savoy cabbage, peppers, carrots and sriracha, a side of pickled vegetables and sweet chili sauce \$6

GARDEN GRILLE NACHOS yellow tortilla chips, black beans, jack cheese, guacamole, vegan sour cream & jalapenos \$10

EDAMAME soybean pods steamed, seasoned with salt and dulse flakes, served with lime wedge \$6

VEGAN Gluten Free MACARONI and CHEESE with broccoli \$9

CHIPOTLE SEARED SEITAN with wasabi dipping sauce \$7

GRILLED SWEET POTATOES with home made barbeque sauce \$6

SOY CHICKEN STRIPS with home made barbeque sauce or wasabi mustard sauce \$7

GREENS of the day \$6



SALADS

MISO GINGER SEAWEED SALAD with brown rice, carrots and scallions \$9

GRILLED PEAR and ASPARAGUS with candied walnuts, gorgonzola and mesclun greens \$10

GRANDMA REGGIE'S RAW HEAVEN arugula, mango, avocado, grapefruit, beet-jicama and cashew-sesame gomasio \$10

GRILLED PORTOBELLOS over arugula with roasted red peppers, grilled artichoke stems and shaved parmesan, served with a champagne vinaigrette \$10

GARDEN GRILLE HOUSE SALAD with mesclun greens, cucumbers, carrots and tomatoes \$5

HOMEMADE DRESSINGS: CHAMPAGNE VINAIGRETTE ~ LEMON TAHINI ~ MISO GINGER ~ POMEGRANATE VINAIGRETTE

SANDWICHES AND ENTREES

TEMPEH REUBEN swiss, sauerkraut, thousand island dressing, served on country bread \$8

VEGAN BLT home made tofu "bacon" with arugula, tomatoes and chipotle sauce \$7 ~ add avocado \$2

GRILLED PORTOBELLO PIZZA with roasted red peppers, grilled onions, goat cheese and mozzarella \$13

MARGHERITA PIZZA with grilled tomatoes, basil pesto, roasted garlic and mozzarella \$12

ROASTED BUTTERNUT SQUASH QUESADILLA with black beans, jack cheese and avocado \$10

FALAFEL WRAP with cucumbers, tomatoes and onions and roasted garlic tahini \$8

GRILLED ASPARAGUS WRAP with greens, brown rice, tomatoes and pesto nayo \$8

SOY CHICKEN WRAP with mixed greens, tomato, organic brown rice and lemon tahini dressing \$8

BURRITO beans, rice, guacamole, jack cheese and salsa \$8

GARDEN GRILLER SOY BURGER with greens, tomatoes, grilled onions and pesto nayo \$5 ~ add grilled portobello \$3

SEITAN MUSHROOM BURGER with sweet potato, grilled onion, arugula and cilantro vinaigrette, served on country bread \$8