

Pastas

Rustic Italian Pasta Penne pasta sautéed with Italian sausage, onions, garlic, red peppers, green peppers, black olives and artichokes and lightly tossed in marinara sauce. Served with garlic bread. \$12.95

Chickun Marsala Sautéed chickun and button mushrooms covered in a Marsala wine sauce on a bed of spaghetti. \$12.50

New! **Pasta Primavera** (SF*) Broccoli, onions, peas, carrots, squash and zucchini sautéed with fresh garlic and oil and tossed with penne pasta and Parmesan cheese. \$9.95 *Add Seitan, Chickun or Tofu for +\$2.50*

Tortellini Florentine Tofu-stuffed tortellini sautéed with garlic, mushrooms, artichokes and fresh spinach then tossed in a light cream sauce. \$13.50

Favorite! **Yo Mama's Lasagna** Five layers of lasagna noodles, mozzarella, marinara sauce, and hearty vegetables. Served with garlic bread. \$11.25

Mac 'n Cheese 'n Peas Elbow macaroni, cheddar, and peas, just like mom used to make, but better! \$5.95 *Add Seitan, Chickun or Tofu for +\$2.50*

Main Dishes

BBQ Chickun Grilled chickun brushed with our housemade barbecue sauce. Served with coleslaw, mashed potatoes and gravy and slow-cooked collard greens. \$11.95

Sheep's Pie A meat-free version of Shepherd's Pie for our sheepy friends. Sautéed broccoli, carrots, peas, and onions in gravy topped with mashed potatoes and oven-baked to perfection. Served with housemade artisan bread. \$10.50 *Add Seitan or Chickun for +\$2.50*

New! **Cornbread Skillet** Skillet-baked cornbread topped with sautéed black eyed peas, diced tomatoes, red and green peppers, and celery and your choice of Chickun, Tofu, Seitan, or Blackened Tempeh. \$12.95

Bay Cakes Our rendition of crab cakes is made with chickpeas, chopped celery, and fresh herbs dressed with a spicy remoulade and served with basmati rice and today's vegetable. \$13.95

Favorite! **Pecan Encrusted Eggplant** A slice of eggplant encrusted with pecans, sautéed, and finished with red wine sauce. Served with mashed potatoes and gravy and today's vegetable. \$13.25

Blackened Tempeh (GF) Tempeh coated in our special blend of Cajun seasonings and seared in a cast-iron skillet. Served over basmati rice and layered with black beans with carrots and peppers, collard greens and topped with tomato-mango salsa. \$12.95

Pizzas & Calzones

10" Pizza Pie Our housemade pizza dough hand-tossed and prepared with choice of marinara or pesto sauce, mozzarella, and up to three toppings. \$10.95 *Additional toppings: +50¢ each*

Improved! **10" Calzone** Italian-style calzone stuffed with housemade tofu ricotta and your choice of up to three toppings. Baked to perfection, then brushed with herbed garlic butter and served with a side of marinara. \$10.95 *Additional toppings: +50¢ each*

Artichokes
Banana Peppers
Black Olives
Broccoli
Chickun
Garlic
Green Peppers
Green Olives
Ham
Meatballs
Mushrooms
Onions

Pepperoni
Red Peppers
New! Ricotta
Roasted Red Peppers
Sausage
Seitan
Spinach
Squash
Tempeh
Tofu
Tomatoes
Zucchini

Additional Items Available

Daily lunch specials, kids' menu, sides, beverages, alcohol, desserts, bakery and brunch. Visit our online menu at www.ethosvegankitchen.com/menu.html



Ethos Vegan Kitchen,
Orlando's premiere vegan restaurant!

Menu

Dine In, Take Out, or Call Ahead for Pick Up!



601-B South New York Ave, Winter Park, FL
(On Fairbanks at New York,
one block west of Park Avenue)

Phone: 407-228-3898

www.ethosvegankitchen.com

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Menu

All Menu Items Are 100% Vegan

(made without meat, dairy, eggs, honey, or any other animal derivatives or byproducts).

(GF) = Gluten-Free (SF) = Soy-Free

(GF*)/(SF*) = Can be prepared as such upon request.

Light Bites

Bruschetta Tomatoes, whole-leaf basil, garlic and mozzarella marinated in olive oil and served with mixed spring greens atop toasted housemade artisan bread. \$5.25

Favorite! **Healthy Trio** (GF*) (SF) Black and green olive tapenade, housemade hummus, and tomato-mango salsa served with toasted pita triangles, blue corn tortilla chips, and cucumber, carrot and celery sticks. \$7.50

Crispy Green Beans (GF) Fresh green beans sautéed until crisp and sprinkled with sesame seeds. \$3.95

Boxty Irish potato pancakes dressed with sour cream and scallions. \$5.25

New! **BBQ Empañadas** Flaky pastry dough stuffed with slow cooked barbecue pulled chickun and caramelized onions baked until golden brown. Served with a creamy horseradish sauce. \$6.95

Garlic Knots Our housemade dough is tied by hand, baked until golden brown, brushed with garlic butter and sprinkled with parmesan cheese. \$4.95

Sausage Rolls Spicy sausage baked in flaky pastry dough. Served with a tangy Dijon sauce. \$5.95

Homemade Soup

Bowls of soup are served with housemade artisan bread.

Soup of the Day Cup \$2.95, Bowl \$4.50

Black Bean Soup (GF) (SF*) Slow-cooked to perfection. Topped with sour cream and diced red onions. Cup \$2.95, Bowl \$4.50

Salads

Top any salad with sautéed seitan, grilled tofu or a grilled portabella mushroom for +\$1.25/small or +\$2.50/regular

Ethos Garden Salad (GF) (SF*) Mixed spring greens loaded with artichoke hearts, vine ripe tomatoes, black olives, sprouts, red onions, carrots, cucumbers, and broccoli. Served with your choice of dressing. Small \$5.95, Regular \$8.95

Favorite! **Crispy Chickun Salad** Baby spinach and mixed spring greens topped with crispy chickun, tomatoes, cheddar cheese, cucumbers, carrots, and red onions. Drizzled with your choice of Ranch or Agave Mustard dressing. \$10.95 *Regular Only*

Fiesta Salad Black beans, tomatoes, red and green bell peppers, red onions, cheddar cheese, and avocados on a bed of mixed greens and baby spinach topped with grilled, seasoned chickun. Drizzled with Spicy Ranch dressing and garnished with blue corn tortilla chips. \$10.95 *Regular Only*

New! **Chef's Salad** Cucumbers, tomatoes, red onions, mozzarella cheese, deli ham, deli tofurkey, tofu egg, and housemade croutons over mixed greens and chopped romaine. Served with your choice of dressing. \$11.95 *Regular Only*

Spinach Salad (GF) (SF*) Fresh apples, crunchy raw walnuts, plump raisins, and sliced red onions tossed with fresh spinach and finished with Orange-Ginger dressing. Small \$4.95, Regular \$7.95

Sandwiches

All sandwiches are served with choice of side.

GF Brown Rice Wrap available for +50¢

Chickpea Salad Sandwich (GF*) Chickpeas, celery and dill relish tossed in veganise and topped with lettuce, tomato and Monterey Jack cheese. Served on levain toast. \$8.95

Samson Burger (SF*) A generous black bean patty served with lettuce, tomato, red onion, pickles, sprouts, spicy mustard, ketchup, and veganise. Served on a Kaiser roll. \$8.95

What's the Dilly, Philly? Sautéed marinated seitan with onions, red and green peppers, mozzarella cheese, and veganise. Served on a French deli roll. \$9.50

All American Burger A juicy quarter-pound burger grilled and topped with lettuce, tomato, red onion, pickles, spicy mustard, ketchup and veganise. Served on a Kaiser roll. \$8.95

Hippie Wrap (GF*) (SF) Housemade hummus, sprouts, cucumbers, banana peppers, tomato, and lettuce. Wrapped in a spinach tortilla. \$6.95

Chickun Gyro Marinated, grilled chickun stuffed into a warm pita and topped with lettuce, red onions, tomatoes and housemade tzatziki sauce. \$9.95

Chickun Bruschetta Sandwich Grilled chickun and our housemade bruschetta mix (chopped tomatoes, basil, garlic and mozzarella) topped with spring mix and balsamic veganise. Served on thick slices of housemade artisan bread. \$10.50

Favorite! **Coconut Curry Wrap** (GF*) Grilled tofu coated in curried veganise and tossed with celery, raisins, raw walnuts, coconut, and mixed greens. Wrapped in a spinach tortilla. \$8.95

A Fungus Among Us (GF*) (SF*) Grilled marinated portabella mushroom with lettuce, tomato, roasted red peppers, and veganise. Served on a French deli roll. \$9.50

Meatball Sub Italian-style meatballs in marinara sauce piled onto a French hoagie and topped with Mozzarella cheese then toasted in our hearth oven until golden brown. \$9.50

Menu Prices Subject to Change