

## 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](http://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](http://www.ethosvegankitchen.com)

[info@ethosvegankitchen.com](mailto:info@ethosvegankitchen.com)

# 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 Empanadas** 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*