



## ✦ STARTERS ✦

### **BRUSCHETTA** / \$9

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

### **GARLIC KNOTS** / \$10

Our housemade dough is tied by hand, baked until golden brown then brushed with garlic butter and dusted with Parmesan cheese.

### **HEALTHY TRIO** / \$13

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.

### **CRISPY GREEN BEANS** / \$9

Fresh green beans sautéed until crisp and sprinkled with sesame seeds.

### **SAUSAGE ROLLS** / \$8

Spicy sausage baked in flaky pastry dough. Served with a tangy Dijon sauce.

## ✦ SOUPS ✦

Soup bowls are served with a slice of artisan bread.

### **SOUP OF THE DAY** / CUP \$5, BOWL \$7

Made from scratch in our kitchen everyday.

### **BLACK BEAN SOUP** / CUP \$5, BOWL \$7

Black beans, onions, carrots and red and green bell peppers seasoned then slow-cooked to perfection. Topped with sour cream and diced red onions.

## ✦ SALADS ✦

Top any salad with sautéed seitan, grilled tofu, blackened tempeh, or grilled chickun.  
\$3 Small / \$4 Regular

### **CAESAR SALAD** / SM \$8, REG \$14

Fresh chopped romaine, croutons, and parmesan cheese tossed in housemade Caesar dressing and topped with tomato wedges.

### **GARDEN SALAD** / SM \$8, REG \$14

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.

### **CRISPY CHICKUN SALAD** / \$16

Baby spinach and mixed spring greens topped with crispy chickun, tomatoes, cheddar cheese, cucumbers, carrots and red onions. Served with your choice of Ranch or Agave Mustard dressing.

### **FIESTA SALAD** / \$16

Black beans, tomatoes, red and green bell peppers, red onions, cheddar cheese, avocados and grilled, seasoned chickun over mixed greens and baby spinach. Served with Spicy Ranch dressing and garnished with blue corn tortilla chips.

### **SPINACH SALAD** / SM \$7, REG \$12

Fresh apples, crunchy raw walnuts, plump raisins and sliced red onions tossed with fresh spinach and finished with Orange-Ginger dressing.

All Menu Items Are 100% Vegan (made without meat, dairy, eggs, honey, or any other animal derivatives or byproducts).

## ✦ SANDWICHES ✦

All sandwiches are served with choice of side: Blue Tortilla Chips & Tomato-Mango Salsa, Fresh Fruit, or Cole Slaw. Upgrade your side to Mashed Potatoes & Gravy, Sautéed Vegetables or Black Beans & Rice for +\$2. Gluten-Free Wrap +\$1

### **SAMSON BURGER** / \$14

A generous, made-from-scratch black bean patty served with lettuce, tomato, red onion, pickles, sprouts, spicy mustard, ketchup and veganise. Served on a Kaiser roll.

### **JERK CHICKUN SANDWICH** / \$17

Grilled chickun smothered in jerk sauce with lettuce, tomatoes, coleslaw, and veganise on a kaiser roll.

### **COCONUT CURRY WRAP** / \$16

Grilled tofu coated in curried veganise and tossed with celery, raisins, raw walnuts, coconut and mixed greens. Wrapped in a spinach tortilla.

### **BBQ "PORK" SANDWICH** / \$17

Thinly sliced grilled ham with housemade bbq sauce, layered on artisan bread and topped with pickled slaw and horseradish sauce.

### **HIPPIE WRAP** / \$12

Housemade hummus with sprouts, cucumbers, banana peppers, tomato and lettuce. Wrapped in a spinach tortilla.

### **CHICKUN BRUSCHETTA SANDWICH** / \$17

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 artisan bread.

### **BUFFALO CHICKUN WRAP** / \$15

Crispy Breaded Chickun tossed in buffalo sauce with lettuce, cucumbers, tomato, and ranch dressing. Wrapped in spinach wrap.

## ✦ ENTRÉES ✦

### **SHEEP'S PIE** / \$16

Sautéed onions, carrots, broccoli and peas smothered in gravy, covered with mashed potatoes and oven-baked to perfection. Served with artisan bread.

+ Add seitan or chickun for +\$4

### **MEATLOAF** / \$20

Home style meatloaf served with mashed potatoes and gravy and roasted vegetables.

### **BAY CAKES** / \$19

Our rendition of crab cakes is made with chickpeas, chopped celery and fresh herbs. Dressed with a spicy remoulade and served with rice and sautéed mixed veggies.

### **BLACKENED TEMPEH** / \$19

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.

### **CHICKUN MARSALA** / \$18

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

### **LASAGNA** / \$17

Five layers of lasagna noodles, tofu ricotta, marinara sauce and hearty vegetables (zucchini, squash, spinach and onions) smothered with mozzarella cheese and fire baked. Served with garlic bread.

### **PUMPKIN SEED PESTO PENNE PASTA** / \$19

Penne pasta sautéed in a creamy pesto sauce and tossed with tomatoes, squash and zucchini. Sprinkled with roasted pumpkin seeds.

+ Add seitan or chickun +\$4

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## ✦ PIZZA AND CALZONES ✦

### 10 INCH PIZZA PIE / \$15

Our housemade pizza dough is hand-tossed and prepared with your choice of marinara or pesto sauce, mozzarella, and up to three toppings.

+ Additional toppings: +75¢ each

### CALZONE / \$15

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.

+ Additional toppings: +75¢ each

## 👉 PIZZA TOPPINGS 👈

Artichokes, Banana Peppers, Black Olives, Broccoli, Chickun, Garlic, Green Peppers, Green Olives, Ham, Mushrooms, Onions, Pepperoni, Red Peppers, Ricotta, Sausage, Seitan, Spinach, Squash, Tempeh, Tofu, Tomatoes, Zucchini

## » — SIDES — «

MASHED POTATOES & GRAVY / \$4

SPINACH OR MIXED VEGETABLES / \$4

TORTILLA CHIPS AND SALSA / \$4

TORTILLA CHIPS AND HUMMUS / \$4

BLACK BEANS AND RICE / \$4

SIDE SALAD / \$5

## ✦ KIDS MENU ✦

### MAC 'N CHEESE 'N PEAS / \$8

Elbow macaroni, cheddar and peas, just like mom used to make, but better!

+ Add seitan, tofu, or chickun + \$3

### BIG DIPPER / \$8

Apple slices, carrot sticks and celery sticks, and tortilla chips served with peanut butter, hummus and ranch for dipping.

### LITTLE DIPPER / \$4

Choose one dipper and one dip from the Big Dipper.

### PIZZA BREAD / \$8

Half of a French loaf topped with marinara, mozzarella and your choice of one topping, baked in the pizza oven until bubbly!

### KIDS' PASTA PRIMAVERA / \$8

Broccoli, onions, peas, carrots, squash and zucchini sautéed with garlic and tossed with penne pasta and Parmesan cheese.

+ Add seitan, chickun or tofu for +\$3

## 👉 DID YOU KNOW? 👈

### TOFU

A versatile food made from soybeans which provides an excellent source of protein and calcium and contains all eight essential amino acids. Tofu originated during the Han dynasty in China some 2,000 years ago.

### SEITAN

A firm, protein-rich food made from wheat protein (gluten). Seitan is free from cholesterol and saturated fats. Seitan originated with the Buddhist monks in seventh-century China.

### TEMPEH

A whole soybean food that has a firm texture and an earthy flavor. Tempeh is high in protein, dietary fiber, and vitamins. Tempeh is an aged soy food that originated on the island of Java in Indonesia.

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## ✦ DESSERTS ✦

### **CHOCOLATE AMARETTO MOUSSE / \$6**

Silky smooth chocolate mousse laced with Amaretto. Topped with whipped cream and sliced almonds.

### **ETHOS SUNDAE / \$7**

Two scoops of vanilla ice cream with whipped cream, chocolate syrup, chopped walnuts and a cherry on top.

### **ICE CREAM FLOAT / \$7**

Two scoops of vanilla ice cream floated in your choice of Boylan Fountain Soda.

### **MILK SHAKE / \$7**

Made the old-fashioned way with vanilla ice cream and soy milk. Topped with a dollop of whipped cream and a cherry. Choose vanilla, chocolate or strawberry.

### **CAFFÈ AFFOGATO / \$5**

One scoop of vanilla ice cream drizzled with a shot of hot espresso.

### **CAKE / \$4**

A slice of today's flavor dusted with powdered sugar.

### **COOKIES / \$2**

Our cookies are made from scratch and baked fresh daily.

## ✦ BEVERAGES ✦

Asterisk \* denotes Free Refills.

### **BREWED ICED TEA / \$4\***

### **BOYLAN FOUNTAIN DRINKS / \$4\***

### **BOTTLED YERBA MATE / \$4**

### **GLASS OF JUICE / \$3**

### **GLASS OF MILK / \$3**

Vanilla Soy, Chocolate Soy or Almond

### **KIDS DRINK / \$3**

### **BOTTOMLESS COFFEE / \$4\***

### **ESPRESSO / \$3 SINGLE / DOUBLE \$4**

### **DOUBLE ESPRESSO / \$4**

### **CAPPUCCINO / LATTE / \$5**

### **COLD BREW / \$5**

### **HOT TEA / \$3**

### **BOTTLED WATER / \$3**

### **BOTTLED PERRIER / \$4**

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