

HAND PIES

Vegan - Supergreens and Sun-Chokes 9.99

Lacinato kale, Swiss Chard, spinach, sun-chokes and arugula. Sautéed with a "Whole lotta love," its a little bit spicy and a bit lemony, wrapped in filo dough.

Vegetarian - Cabbage and Potato 9.49

A mixture of cabbage, potato, carrot, onion and garlic sautéed in butter with Nigerian curry spice mix wrapped in a puff pastry. Served with a spicy apricot chutney.

Spicy Lamb 10.99

Olive oil poached carrots and parsnips mixed with sautéed lamb, fresh chili peppers then seasoned with Spanish spices and fresh herbs wrapped in an egg roll wrapper then fried.

Vegan - Mixed Mushrooms 9.99

A mix of Beech, king oyster, portobello and shiitake mushrooms mixed with a salad of smoked tomato-cherry tomato, shaved fennel, onion and herbs wrapped in filo dough and served with a pickled turnip herb dipping sauce.

Vegetarian - Butternut Squash and Feta Cheese 9.99

Roasted squash, braised leeks, spinach, spicy feta cheese and herbs wrapped in puff pastry.

Vegan - Eggplant and Zucchini 9.49

Eggplant, zucchini and tomato braised lentil and walnuts with vegan béchamel sauce wrapped in filo dough.

SIDES

Vegan - Tabouli 5.99

Kale, parsley, bulgur wheat, with diced tomato, cucumber, scallion, mint and lemon. A summer favorite.

Vegan - Housemade Pickled Veggies 5.49

House pickled carrots, fennel, turnips, beets, celery and jalepenos with olives and pickles.

Vegan - My BFF Crispy Potatoes 5.49

Shredded fried, potato, onion and jalepeno thingies, not "tot" thingies, better than those, but kinda like those. Served with Harissa ketchup

SOUP

Vegan - Garbanzo Bean Kale 12oz 4.75 16oz 6.50

A savory mix of veggies, beans and greens with a mellow hint of spice and warmth. Not too heavy, not to spicy.

Check online for special / seasonal soups

HOT SANDWICHES

Vegan - Favalafel 11.99

Fava beans ground with onions, parsley, cilantro, carrot, cauliflower, and spices served in pita with tomato, lettuce, onion and tahini sauce.

Crispy Chicken Shnitzel 12.99

Spicy labne marinated chicken breast lightly fried, served with muhammara sauce, arugula, onion, spicy pickle relish and a touch of tabouli wrapped in pita bread.

Smoked Tomato Braised Lamb 13.99

Slow braised lamb in a spicy tomato sauce with Spanish spices, herbs, onions, fennel and chili peppers on pita with smoked feta spread.

Vegan - Mushroom Wrap 12.99

A mixture of (olive oil) confit, king oyster and Shiitake mushrooms, sauteed cinnamon-lemon beech and portobello mushrooms with tarragon chermoula and arugula on pita bread.

Smoked Beef Brisket Wrap 14.99

Paprika and honey smoked beef brisket in a sherry vinegar-honey bbq sauce with fennel cabbage salad dressed in a black garlic aioli and wrapped in pita.

Vegan - Supergreens with Crispy Sun-Chokes Wrap 12.99

Swiss chard, kale, sun-chokes, broccoli rabe and fresh herbs with charred mixed peppers, muhammara dip and crispy sun-choke chips wrapped in pita bread.

COLD SANDWICHES

Vegetarian - Choban Wrap Turkish Garden Salad 12.49

Diced red and green cabbage, lettuce, tomato, cucumber, radish, feta cheese and olives tossed in a lemon olive oil dressing and wrapped in pita bread.

Vegan - Muhammara Style Beet Wrap 11.99

Roasted beets, arugula, walnuts, scallions, parsley, charred red peppers with muhammara red pepper spread and a pomegranate walnut pesto.

Vegan - Moroccan Eggplant Charred Pepper Wrap 11.99

Roasted eggplant and celery with diced red, charred red, pablano and jalepeno peppers, fresh spinach, spicy pepper relish and hummus.

Chicken Salad Wrap 12.99

Our house made grilled chicken salad seasoned with Spanish spices, tarragon and black garlic aioli. Served with shredded romaine, tomato, onion and wrapped in pita bread.

BEVERAGES

Mountain Valley Spring Water 2.25

Still Water 11oz Sparkling Water 11oz

Culture Pop Soda 2.40 Fruit juice sweetened

FLAVORS:

Strawberry Rhubarb Ginger Lemon Lemon Lime Wild Berry Orange Mango Pink Grapefruit Ginger and Turmeric (Mark's Fave)

Something and Nothing Soda 3.95

FLAVORS:

Cucumber Yuzu

Harney and Sons Unsweetened Teas 2.40

FLAVORS:

White Peach Matcha Soba Green Tea Supreme Black Blood Orange

San Pellegrino Sparkling Juices 2.25

FLAVORS:

Blood Orange Orange Pomegranate Orange Grapefruit

Coconut Water 2.25

Spindrift Sparkling Flavored Water 1.50

FLAVORS:

Pineapple Mango Orange Lemon Grapefruit