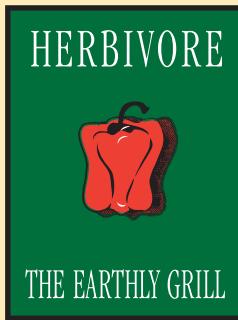


STARTERS

- hummus plate** 4.95
gf with toasted whole wheat lavash
- hummus and grilled beef plate** 6.95
grilled beef and onions in lemon-garlic sauce with toasted whole wheat lavash
- zaatar** 4.25
mediterranean oregano based herb spread on toasted baguette
- gf* **bowl of chili** 6.50
gf with corn cake
- gf* **soft tacos 2** 5.25
gf with soy protein, pinto beans, guacamole, sour cream and tomato chipotle salsa
- gf* **crisp tacos 2** 5.75
gf with soy protein, pinto beans, tofucotta, guacamole, lettuce and tomato chipotle salsa
- nachos** 6.95
gf with melted cheese, pinto beans, guacamole, sour cream, tomato chipotle salsa and jalapeños
- vegetable sampler** 8.25
gf assortment of charbroiled vegetables served with pesto, tahini, lemon-garlic sauce and baguette
- vietnamese spring rolls** 6.75
gf with peanut dipping sauce
- creamy oregano-thyme tofu dip** 4.25
gf with crostini

SALADS

- green salad** sm 5.95 lg 7.50
gf mixed greens, cucumbers, carrots, avocado, red cabbage, onions, tomatoes, bean sprouts, red beets and mint
- with grilled:*
tofu + 1.00
vegetables, beef strips,
chicken chunks or strips + 1.50
- dressings:*
dijon mustard, balsamic, lemon-shallot,
thousand island, tahini or ceasar
- grilled beef and vegetable tahini salad** 8.95
mixed greens, cucumbers, carrots, avocado, red cabbage, onions, tomatoes, bean sprouts, red beets and mint
- chicken caesar salad** 8.50
romaine, croutons and carrots in a creamy caesar almond dressing
- roasted red beet salad** 7.50
gf with greens and balsamic dressing
- gf* **raw kale salad** 7.95
gf diced onions, carrots and fresh jalapeños with avocado in a lemon-olive oil dressing
- quinoa salad** 7.95
gf spinach, roasted red beets, kidney beans, red onions, celery and avocado with lemon-shallot dressing



Since 1997

100% vegan restaurant dedicated to serving healthy quality food.

SALADS cont.

- quinoa tabbouleh** 6.75
gf parsley, cucumbers, onions, tomatoes and mint with lemon-olive oil dressing
- gf* **silver noodle salad** 7.95
gf grilled oyster mushrooms, tofu, oranges, tomatoes, green beans, red cabbage, carrots, onions, peanuts, cilantro and mint with ginger-tamarind dressing
- gf* **green papaya salad** 7.50
gf tomatoes, green beans, red cabbage, carrots, onions, tofu, peanuts and mint with ginger-tamarind dressing
- indonesian noodle salad** 7.95
gf rice noodles, greens, tofu, cucumbers, pineapple, oranges, bean sprouts, mint, cilantro, red cabbage, onions, grilled oyster mushrooms and peanuts
choice of: ginger-tamarind or peanut dressing

SANDWICHES

- 6.95
add 1 side 8.50
add 2 sides 9.95

charbroiled vegetables

oyster mushrooms, zucchini, red onions, red bell peppers and tomatoes

grilled eggplant

basil pesto and grilled tomatoes on focaccia bread

charbroiled portobello mushroom

with grilled tomatoes, zucchini, red onions and garlic aioli on french bread

veggie burger

housemade patty with lettuce, tomatoes, onions and pickles on a bun

bbq sandwich

choice of: tempeh, tofu, seitan, chicken chunks, chicken strips or beef strips with lettuce, tomatoes, onions and pickles

grilled sandwich

choice of: tempeh, seitan, beef strips, chicken strips or chicken chunks in garlic-lemon sauce with lettuce, tomatoes, onions and pickles

cheese steak

grilled beef or chicken strips, grilled onions, mushrooms, bell peppers and melted cheese with dijon and vegenaïse on french bread

SANDWICHES cont.

housemade meatball

with marinara sauce, grilled onions and melted cheese on french bread

choose:

bread: french bread, whole wheat, whole wheat lavash wrap or focaccia
spread: pesto, garlic aioli, dijon mustard, vegenaïse, roasted red pepper chipotle or thousand island
add: cheese or tofu to any sandwich 1.00

sides:

side salad (dijon dressing)
roasted seasoned potatoes
potato salad
macaroni salad

SOUPS

soup of the day with baguette

bowl 4.95 cup 3.95

ramen noodle soup

- gf* ginger 7.50
gf curry 7.50
gf coconut 8.50

all noodle soups include tofu, carrots, oyster mushrooms, green onions, kale, cilantro served with bean sprouts, fresh jalapenos, thai basil and lemon

with grilled: beef or chicken strips + 1.50

COMBOS

cup of soup and any sandwich 9.50

cup of soup and small green salad 8.75

PIZZA

baked on pizza lavash with 7.50
cheese and choice of housemade tomato or basil pesto.

toppings:

- bbq chicken + 1.50
mushroom + .50
tomatoes + .50
red onions + .50
spinach + .50
artichoke hearts + .50
olives + .50
capers + .50
pineapple + .50
hummus + .50

gf - with chilies

gf - gluten free or can be made gluten free

- 18% gratuity for parties of six or more
- take out available

WRAPS

served with side salad (dijon dressing)

shawarma :

grilled in lemon-garlic sauce with seasoned onions, tomatoes, hummus, hot sauce, pickles and tahini in a whole wheat lavash *choice of:*

grilled seitan 7.75

grilled seitan deluxe 8.50
with potatoes and avocados

grilled chicken - chunks or strips 8.95
with avocados and potatoes

grilled beef strips 8.95
with avocados and potatoes

indian wrap 8.95
grilled beef, chicken chunks or strips with seasoned onions, tomatoes, hummus, pickles, avocado, potatoes and apple chutney in a whole wheat lavash

baked falafel 7.50

seasoned onions, tomatoes, hummus, hot sauce, pickles and tahini in a whole wheat lavash

deluxe - potatoes and avocados 8.25

burrito 7.75

pinto beans, mexican brown rice, guacamole, sour cream, jalapeños, and tomato chipotle salsa wrapped in a whole wheat tortilla

with grilled: 8.75

vegetables, beef strips, chicken chunks or strips

ENTREES

served with side salad (dijon dressing)

*quinoa pasta available + .50

*penne lemon-herb cream sauce 10.50
gf charbroiled portobello mushrooms, tomatoes, capers and spinach with crostini

*housemade meatball penne 10.50
meatballs and marinara sauce with garlic bread.

*beef stroganoff 10.50
grilled beef strips and mushrooms in a creamy mushroom sauce over penne pasta.

lasagna 10.50
tofu ricotta, soy protein, cheese, mushrooms and spinach with marinara and garlic bread

ravioli 10.50
filled with seasonal vegetables served with garlic bread
choice of: marinara, creamy marinara, basil pesto or basil pesto-marinara

phillo dough pie 10.50
filled with spinach, tofu, cheese, mushrooms, onions, capers, artichoke hearts with roasted red pepper sauce and sauteed greens

HERBIVORE



THE EARTHLY GRILL

Since 1997

100% vegan restaurant dedicated to serving healthy quality food.

ENTREES cont.

chicken fried rice 8.95
broccoli, green onions, carrots, bean sprouts, celery, peas and corn
choice of: brown or basmati rice

red curry 10.50
gf charbroiled vegetables with potatoes and cilantro
choice of: quinoa, brown or basmati rice

with grilled:

tofu +1.00

chicken chunks or strips +1.50

beef strips +1.50

lentil loaf 10.95

gf with mashed potatoes and mushroom gravy, sauteed greens and crostini
choice of: roasted red beet sauce or tomato-sesame salsa

orange pepper chicken 10.50

chicken chunks and charbroiled vegetables in a orange pepper sauce
choice of: quinoa, brown or basmati rice

quinoa cake 10.50

gf with roasted red pepper sauce, mashed potatoes and mushroom gravy, sauteed greens and crostini
contains walnuts

mexican brown rice and beans 8.50
gf with tomato chipotle salsa, guacamole, jalapeños and sour cream

with grilled:

tofu + 1.00

vegetables + 1.50

chicken chunks or strips + 1.50

beef strips + 1.50

fajita 10.50

grilled beef or chicken strips, bell peppers, red onions and mushrooms with side of pinto beans, tomato chipotle salsa, jalapeños, sour cream and guacamole
choice of: 2 whole wheat or corn tortillas

quesadillas

on whole wheat tortilla with cheese, grilled tomato, onions, guacamole, tomato chipotle salsa, sour cream and jalapeños

cheese 8.25

beef strips 9.25

chicken strips 9.25

chicken strip mole 10.75

housemade mole, pinto beans, tomato chipotle salsa, guacamole, jalapeños and sour cream with mexican brown rice

NOODLES

lemongrass noodles 8.95

gf charbroiled vegetables, cilantro and crushed peanuts in a lemongrass-ginger sauce with rice noodles
with: grilled tofu + 1.00

pad thai 7.50

gf rice noodles sauteed in peanut sauce with tofu, red bell peppers, bean sprouts, green onions, cilantro and crushed peanuts

spicy rice noodles 7.50

gf sauteed in a ginger-lemongrass tomato based sauce with tofu, red bell peppers, bean sprouts, green onions, cilantro and crushed peanuts

chow mein 7.95

wheat noodles, broccoli, carrots, green onions, bean sprouts, celery, mushrooms, peas and corn
choice of: beef strips, chicken chunks or strips

*macaroni and cheese 6.95

gf with grilled tomatoes, broccoli and crostini

KIDS MENU: 12 and under 4.95

gf*macaroni and cheese

gf*pasta with any sauce

marinara, basil pesto, creamy marinara, basil pesto marinara, soy butter or olive oil

grilled cheese sandwich

beans and rice

SIDES

grilled beef strips, chicken chunks or strips 5.50
in lemon-garlic sauce with crostini

sauteed mushrooms 4.95
gf with crostini

sauteed seasonal greens 4.95
gf with crostini

potato salad 4.50

gf carrots, celery, red onion, parsley and vegenaise

macaroni salad 4.50

carrots, celery, red onion, parsley and vegenaise

gf mashed potatoes and mushroom gravy 4.75

seasoned potatoes 4.50

gf roasted with olive oil and rosemary

garlic bread 3.50

toasted baguette with garlic spread

Herbivore proudly features:

- Acme organic breads
- Coconut Bliss ice cream
- Daiya cheese
- Gardein chicken and beef strips
- Earth cafe cheesecake