

# Lunch Menu

available Wednesday through Friday 11:30 am – 2:00 pm

## Soups & Salads

<b>Corn and lemongrass soup</b> , seitan and oyster mushroom wonton, scallion oil	<b>cup</b>	5	<b>bowl</b>	7
<b>Classic French onion soup</b> , crouton, farmer's cheese	<b>cup</b>	5	<b>bowl</b>	7
<b>Grilled artichoke salad</b> , tomato, olives, lemon-rosemary vinaigrette		11		
<b>Tea-smoked tofu salad</b> , sea lettuces, soy-ginger vinaigrette		10		
<b>Green papaya salad</b> , tofu, rau ram, peanuts, chili-lime marinade		10		
<b>Classic Caesar salad</b> , hearts of romaine, sourdough croutons, Caesar dressing		10		
<b>Chinese "chicken" salad</b> , pan-roasted tofu, orange segments, toasted almonds		13		

## Sandwiches & Signatures

<b>Red beet tartare</b> , warm tofu cheese crouton, English cucumber, balsamic glaze		12		
<b>The "Bigger Maque"</b> (two no-beef patties, special sauce, lettuce, cheese...)		11		
<b>Phillet no phish</b> (panko-crusted seitan, cheese, tartar sauce, whole wheat bun)		10		
<b>Madeleine club</b> , chicken-fried seitan, tempeh bacon, sourdough	<b>half</b>	6	<b>full</b>	11
<b>Cajun Caesar Sandwich</b> ,blackened seitan, Caesar dressing, French roll	<b>half</b>	6	<b>full</b>	11
<b>Add</b> a side of potatoes, salad, or soup to any sandwich		3		
<b>Asian tacos</b> (seitan and napa in crispy wonton), kinpira	small plate	12	entrée	18
<b>Chicken-fried seitan</b> , mashed potatoes, gravy, vegetable medley	small plate	13	entrée	18

## Sides

Hot

<b>Mashed potatoes &amp; gravy</b>	5	<b>Chive-red potato salad</b>	4	<b>Pan-roasted cauliflower</b>	5
<b>Seasonal organic vegetable medley</b>	5	<b>Chicken fried seitan cutlet</b>	5		
<b>Organic baby lettuce salad</b>	5	<b>Caesar salad</b>	5	<b>Fresh organic fruit</b>	5

Sweet

Ask your server for today's selections

## Children's Menu

(for ages 12 and under)

<b>Sticks &amp; dip</b> , organic carrots, celery, ranch dip	4
<b>Organic fruit</b>	5
<b>Chicken fried strips</b> , gravy or ranch dipping sauce	5
<b>Wheat-free mac 'n cheese</b>	6

## Beverages

Hot

<b>Groundwork coffee</b> , regular or decaf	3
<b>Hot organic and herbal teas</b>	3

Chilled

<b>Virgil's soda; assorted flavors</b>	4
<b>Kombucha; assorted flavors</b>	4
<b>Freshly brewed organic iced tea; free refills</b>	3
<b>Voss artesian water; Still or Sparkling</b>	small 3 large 5
<b>Silk soy milk; Chocolate, Vanilla, or Unsweetened</b>	3

## Fresh Organic Juices

<b>Organic apple, carrot, orange</b>	5
<b>Custom blend</b> - choose up to four ingredients	6
<b>Apple, orange, carrot, beet, cucumber, celery, parsley, kale, lemon, ginger</b>	

## Signature Blends

<b>Apple-cinnamon caramel juice</b>	6	<b>Beet-orange sunrise</b>	6
<b>Carrot-vanilla crèmesickle</b>	6	<b>Orange-vanilla cremesickle</b>	6
<b>Green blend</b>	6	<b>Green-Apple blend</b>	6
<b>Organic mimosa</b>	8		