Appetizers:

Cauliflower Wings $9.29 GF*
Cauliflower bites battered and fried to a perfectly golden crisp, tossed in spicy buffalo or BBQ sauce and served with poblano ranch and celery sticks.

Deluxe Nachos $9.99 GF*
Crispy corn tortilla chips covered in refried beans, cheddar cheese or vegan queso, with guacamole and vegan sour cream and jalapeños on top.

Bean & Cheese Nachos $8.99 GF*
Crispy corn tortilla chips covered in refried beans, cheddar cheese or vegan queso, with jalapeños on top.

Fried Pickles $8.49
Panko breaded, deep fried to perfection, kosher dill pickle spears, served with vegan poblano ranch and celery sticks.

Sandwiches, Burritos & Quesadillas:
Served with your choice of a $2 side

Spicy Beef Burrito $11.49
beefless beef strips tossed in a spicy and tangy sauce, fresh sesame ginger slaw, serrano peppers and cilantro, wrapped in a whole wheat tortilla

Quinoa burrito $9.99
Wheat tortilla stuffed with quinoa tabouli, refried beans, avocado spread, spinach, sprouts, chickpea hummus, tomatoes and chipotle mayo.

Falafel Burrito $9.59
A wheat tortilla stuffed with chickpea falafel patties, tomatoes, vegan tzatziki sauce, purple onions, spinach, hummus and olives.

Grilled Cheese $9.19
Toasted multigrain bread with American and cheddar cheese, basil, & sun-dried tomatoes.

Classic Sandwich $9.19
Avocado, cucumbers, sprouts, sesame seeds, spinach, sliced tomato, with chipotle mayo on whole wheat toast.

Artichoke Quesadilla $9.99
Sautéed slices of portobello and artichokes with spinach and mozzarella or vegan cheese inside a whole wheat tortilla.

Burgers:
Served with your choice of a $2 side.
Upgrade to Beyond Meat Patty +$2
Add vegan cheese $2 or dairy cheese for $1.

Big Nasty $12.59
Our chickpea veggie patty with romaine lettuce, tomatoes, avocado, with melted cheddar, grilled onions, fakin' bacon, grilled mushrooms and chipotle mayo.

Green Burger $9.59
House made chickpea patty topped with avocado spread, chipotle mayo, fresh lettuce and tomatoes.

Jalapeno Cheese Burger $9.99
Our homemade chickpea-veggie patty topped with melted cheddar cheese and jalapenos served with avocado spread, romaine lettuce, tomatoes, and chipotle mayo.

Spicy Chicken Sandwich $9.99
Crissy fried chik-n with spicy buffalo sauce, chipotle mayo, lettuce and tomato.

Bowls:
Charita Bowl $10.99 GF*
Avocado, Sesame Slaw, Carrots, Tomatoes, Chickpeas, Quinoa Tabouli, Hummus, Tofu Feta & steamed Broccoli on a bed of romaine. 50 cents from every bowl sold are donated to a local charity.
**Monk’s Bowl $8.99  GF**
Simple bowl. Bold Taste! Whole beans, quinoa tabouli, and kale salad topped with our homemade chipotle mayo.

**Protein Salad $11.49  GF**
Kale salad, fresh spinach, chickpeas, quinoa tabouli, ground flaxseed, chickpea hummus, carrots, tomatoes, guacamole and roasted tofu.

**Spicy Beef Salad $11.99**
Sweet and spicy Korean Style Beef on a bed of greens with quinoa, avocado, serrano peppers, onion and tomatoes.

**Med Bowl $11.49**
Whole wheat tortilla-lined bowl filled with quinoa tabouli, kale salad, vegan tzatziki, green olives, falafel patties, cucumbers, tomatoes, carrots, dolmas, and hummus.

**Entrees:**

**Chicken Parmesan $11.99**
Chik-N filet, marinara sauce and cashew parmesan cheese, served over linguine pasta. Garden salad on the side.

**Eggplant Parmesan $11.99**
Fried eggplant, marinara sauce and cashew parmesan cheese, served over linguine pasta. Served with a garden salad.

**Chicken Fried Chicken $11.99**
Battered and fried Chik-N filet smothered in cream gravy. Served with mashed potatoes and kale salad.

**Chicken Fried Steak $12.99**
A traditional crispy chik’n fried steak smothered in cream gravy and served with mashed potatoes and kale salad.

**Kalelupas $9.59  GF**
Two crispy corn tortillas topped with kale salad, refried beans, shredded cheese, chopped field greens and tomatoes. Guacamole and chia seed brown rice on the side. Made with gluten free ingredients.

**Beef Fajita Plate $11.99**
Tender, savory beefless fajitas with grilled onions and peppers served with chia seed rice, and refried beans, tortillas and guacamole.

**$2 Sides**

- Steamed Broccoli
- Quinoa Tabouli
- Refried Beans
- Kale Salad
- Chia Seed Rice
- Whole Beans
- Mashed Potatoes & Gravy
- Sesame Slaw
- Potato Chips
- Soup

**$3.49 Sides**

- Sweet Potato Fries
- French Fries
- Garden Salad

**Desserts**

- Brownies $4
- Cupcakes $4
- Slice of cake $6

**Kids Entrees (12 and under):**

$6.99 includes a side and drink

Choose from:
- Bean & Cheese Tacos
- Bean & Cheese Nachos
- Pasta (red sauce/ cashew parmesan cheese)
- Cheese Quesadilla
- Grilled Cheese
- Chik’n Basket
- Sides:
  - Steamed Broccoli
  - French Fries
  - Sweet Potato Fries

**GF** = Gluten Free Ingredients

Note: We are not a Gluten Free kitchen and we do not recommend the GF items for those with Celiac Disease as the food may be exposed to gluten during preparation.