

## What's Cookin' at The Veggie Grill?

### CHILLIN' CHICKIN' & VEGGIE-STEAK

Our specially seasoned and marinated veggie protein blends – taste and believe.

### TOO GOOD TEMPEH (“tem-pay”)

A tender yet crunchy blend of organic soybeans and rice culture that we sauté and grill.



Original Sandwiches & Burgers

### STARTERS & SIDES

#### Sweetheart Fries . . . . . 4.25

Scrumptious sweet potato fries, seasoned and served with chipotle ranch. *Top with Bean Me Up Chili for \$2.50.*

#### Chill Out Wings . . . . . 6.25

Bite sized chillin' chickin' with our tangy BBQ sauce.

#### Uptown Nachos . . . . . 4.95

Tortilla chips, chili, VG-cheese, corn salsa, avocado, soy cream, jalapenos.

#### Spring Mix Salad . . . . . 3.95

Seasonal boutique lettuces, roasted corn salsa, carrots. *Dressings: ginger-papaya, chipotle ranch, ginger-miso or spicy Thai*

#### Steamin' Kale . . . . . 3.25

Tender kale with a ginger-miso dressing and roasted sesame seeds.

#### Mac-n-Cheese . . . . . 3.50

Brown rice macaroni pasta, VG-cheese, toasted garlic bread crumbs.

### ENTRÉE SALADS

All our salads are infused with Quinoa (“keen-wa”), a nutritionally charged high-protein “supergrain”.

#### Baja Fiesta . . . . . 8.95

Chopped romaine, papaya, avocado, roasted corn salsa, quinoa, cucumber, cilantro, tortilla strips with a ginger-papaya vinaigrette.

#### Thai Chickin' . . . . . 9.50

Chillin' Chickin', romaine, red & green cabbage, roasted corn salsa, green onion, mandarin oranges, toasted sesame seeds, cilantro, wontons with spicy Thai dressing.

#### All Hail Kale. . . . . 7.95

Marinated kale and red cabbage, roasted corn salsa, agave-roasted walnuts with a ginger-papaya vinaigrette. *Add blackened chickin' or tempeh for \$2.50.*

#### Chop-Chop Chef . . . . . 9.50

Chopped romaine, tempeh, veggie-steak, chillin' chickin, green onion, roasted corn salsa with chipotle ranch dressing.

### SOUPS

#### Daily Soup . . . . . 2.95 / 4.50

Homemade daily, served with herb toasted crisps.

#### Bean Me Up Chili. . . . . 2.95 / 4.50

Red & white beans, touch of soy cream, chopped green & red onion.

#### Soup & Salad Combo . . . . . 8.50

Large soup or chili with a side serving of an Entrée Salad.  
*Salad: Baja Fiesta, Chop-Chop Chef or All Hail Kale*

### DRINKS

Iced Teas | Fresh Lemonade | Strawberry Lemonade  
Natural Sodas | Beer & Wine

\* All our menu items are free of cholesterol, trans fat and high-fructose corn syrup \*

### SANDWICHES & BURGERS

Served on a wheat bun with a side of red cabbage 'slaw or chili.  
*Sub side with: Sweetheart Fries (2.25) | Daily Soup (1.95)  
Steamin' Kale (1.50) | Spring Mix Salad (1.95) | Mac-n-Cheese (2.25)*

#### Santa Fe Crispy Chickin' . . . 8.95

Crispy fried chillin' chickin', lettuce, tomato, red onion, avocado, southwestern spiced vegan mayo.

#### Carne Asada . . . . . 8.95

Grilled veggie-steak, marinated in Mexican spices, with southwestern spiced vegan mayo, red onion, lettuce, tomato on a wheat roll.

#### All-American Stack . . . . . 8.95

Grilled veggie-steak, thousand island dressing, pickles, lettuce, tomato, topped with crispy onion rings.

#### Bayou Chickin' . . . . . 8.95

Chillin' chickin', lightly blackened with cajun spices, lettuce, tomato, red onion, avocado, spicy vegan mayo.

#### Bali Bliss . . . . . 6.75

Indonesian styled tempeh, sautéed and grilled, lettuce, tomato, red onion, chipotle ranch. *Blackened upon request. Add avocado or portobello mushroom for \$1.50.*

#### Grillin' Chickin' . . . . . 8.95

Grilled chillin' chickin', avocado, lettuce, tomato, red onion, cilantro pesto, chipotle ranch on a wheat roll.

#### The V-Burger . . . . . 8.95

Marinated and grilled veggie-steak burger, pickles, lettuce, tomato, red onion, chipotle ranch. *Add avocado or portobello mushroom for \$1.50.*

#### VG-Cheeseburger . . . . . 9.95

The V-Burger topped with VG-Cheese. *El Dorado style upon request with jalapenos, caramelized onions, ketchup.*

#### Chipotle BBQ. . . . . 8.50

Shredded veggie-steak, marinated in our tangy BBQ sauce, with chipotle ranch, caramelized onion, lettuce, tomato.

#### Papa's Portobello . . . . . 8.50

Grilled portobello mushroom, chopped tomato, basil & garlic pomodoro, caramelized onion, pesto, lettuce, tomato, red onion, chipotle ranch.

**Wrap-style:** any of the above in a wrap | **Kale-style:** on a bed of Kale (no bun)

### KIDS MEAL

#### Kids' Entrée, Side, Lemonade & Pudding. . . . . 6.25

*Kids' Entrée: Chickin' Nuggets, Mac-n-Cheese or Pasta with marinara  
Side: Sweet Potato Fries or Carrot Sticks*

### DESSERTS

All our desserts are free of dairy, cholesterol and refined sugar.

Carrot Cake | Chocolate Pudding | Chocolate Chip Cookie

\* Not every ingredient is listed. Please ask for a list of our gluten-free choices \*

## Welcome to The Veggie Grill – The Perfect Indulgence!

Dine-in | Take-out

### West Hollywood

8000 W Sunset Blvd  
Los Angeles, CA 90046  
Phone 323.822.7575

### Plaza El Segundo

720 Allied Way  
El Segundo, CA 90245  
Phone 310.535.0025

### Irvine – University Center

4213 Campus Drive  
Irvine, CA 92612  
Phone 949.509.0003

### Irvine Spectrum Center

81 Fortune Drive  
Irvine, CA 92618  
Phone 949.727.9900

### Santa Monica

Opening Fall 2010  
2025 Wilshire Blvd  
Santa Monica, CA 90403  
Phone 310.207.1155

[www.VeggieGrill.com](http://www.VeggieGrill.com)

[facebook.com/veggiegrill](https://facebook.com/veggiegrill)

[twitter.com/veggiegrill](https://twitter.com/veggiegrill)

## Welcome to The Veggie Grill – The Perfect Indulgence!

### SAVORY AND SATISFYING

Thanks to our signature blend of hearty specialties and fantastic flavors, all our food is super-savory and 100% satisfying.

### NATURAL AND WHOLESOME

Nutrient-rich, 100% plant-based, and free of cholesterol, animal fat and trans fat, our food fills you with goodness.

### CASUAL AND CONVENIENT

Whether you want to relax at our place, or grab-and-go, The Veggie Grill keeps pace with your life.



Original Sandwiches & Burgers



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[www.VeggieGrill.com](http://www.VeggieGrill.com)

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