

## Shares

### Buffalo Wings 7.65

Celery sticks, creamy ranch dressing

### Chill Out Wings 7.35

Creamy ranch and roasted red pepper sauce

### Crispy Cauliflower 6.45

Cauliflower florets, panko breading, sweet + spicy orange dipping sauce

**NEW**

### Tempura Green Bean Stack 6.45

Tempura breaded green beans, grilled lemon, onion + garlic ranch dipping sauce

### Mondo Nachos 7.35

Chicasa taco blend of veggie proteins + caramelized onions, mashed avocado, VG-Cheese, jalapeños, soy cream + corn chips

### Sweetheart Fries 4.95 GF

Scrumptious sweet potatoes, chipotle ranch

### Yukon Gold Fries 3.95 GF

Skin on, grown in the Northwest



BUFFALO WINGS

## Pick a Pair

### CHOOSE 1 ITEM FROM EACH SIDE 8.75

Any Snack or Share under 5.00

1/2 Savory Kale Caesar

+ Fresh Little Salad GF

Seasonal Soup Bowl

1/2 All Hail Kale™ GF

GF Gluten-Friendly    Also made as a wrap

Gluten-Friendly. No ingredients with gluten are used. We also offer soy and nut-free options. However, all of our food may be made on equipment or prepared in areas containing gluten, soy, and nuts. Please consider this if you have an extreme allergy.

## Bowls + Plates

**NEW**

### Seoul Bowl 11.95

Chargrilled veggie-steak, Chickin', or organic crispy tofu GF, Korean supergrain + rice mix, gochujang sauce, carrots, house-pickled red onions, cabbage, arugula, scallions, sesame seeds. Yeah, it's spicy!

### Bombay Bowl 9.95 GF

Herb-roasted veggies, supergrains, steamed kale, cannellini beans, cilantro/green curry sauce with coconut milk, almonds, hemp seeds

### Tres 'Fish' Tacos 9.95

Crispy 'fish', green cabbage, original Baja sauce, cilantro, fresh limes, avocado + tomato salad

### Sonoran Bowl 10.95 GF

Organic quinoa + seasoned black beans, fire-roasted corn, avocado, salsa, jalapeños, tortilla strips, roasted red pepper sauce

### Crispy Chickin' Plate 11.25

Fried Chickin', cauli-mashed potatoes, porcini mushroom gravy, seasonal veggies or steamin' kale

*Power your salad or bowl!*

ADD ANY PROTEIN FOR JUST 2.95

Grilled Chickin' - 22 g of protein

Blackened Chickin' - 22 g of protein

Tempeh GF - 23 g of protein



SONORAN BOWL

## Entrée Salads

### Quinoa Power Salad 10.25 GF

Organic quinoa with diced red onion, bell pepper, avocado, fresh fennel, cannellini beans, carrots, almonds, currants, mint, citrus vinaigrette, hemp seeds, marinated kale and romaine

### Savory Kale Caesar 9.95

Marinated kale, romaine hearts, crumbled tempeh bacon, avocado, cucumber, croutons, veggie parmesan

### All Hail Kale™ 9.95 GF

Marinated kale, quinoa, red cabbage slaw, tomato-corn salsa, agave-roasted walnuts, ginger-papaya vinaigrette

### Banh Mi Salad 9.95 GF

Organic glazed tofu, chargrilled eggplant, house-pickled carrots, white cabbage, cucumbers, daikon, fresh jalapeños, basil, cilantro, mint, marinated kale. Lightly tossed in 5-spice glaze

### B-Wing Salad 11.95

Our tasty Buffalo Wings over chopped romaine, avocado, celery, tomato-corn salsa, creamy ranch dressing

See our *Seasonal Menu* for more options

## Sandwiches

Served on a wheat bun, on a spinach wrap or bread-free Kale Style™. Choice of Yukon Gold fries, coleslaw, or cup of seasonal soup.

### Santa Fe Crispy Chickin' 10.95 GF

Fried Chickin', lettuce, tomato, red onion, avocado, spicy mayo  
Blackened (non-fried) upon request

### VG-Cheeseburger 10.95

Topped with Chao cheese, pickles, lettuce, tomato, red onion, chipotle ranch  
No cheese 8.95

Get it El Dorado Style 1.00 (jalapeños and caramelized onions)

### Buffalo Bomber 10.95

Crispy Chickin' tossed with spicy Buffalo sauce, tomato, red onion, lettuce, creamy ranch dressing

### B.T.L.A. 10.50 GF

Smokey tempeh bacon, sliced tomatoes, avocado, cilantro pesto tossed arugula, aioli mayo, grilled sourdough

### Grilled Quinoa + Veg Burger 10.95

Scratch-made blend of organic quinoa + kale + mushrooms, Chao cheese, house-pickled onions, arugula, veg mayo, drizzled cilantro pesto.  
Avocado 1.25

Get it Bad Boy Style 1.00 (spicy tomato Chao cheese, caramelized onions, pickled jalapenos, Sriracha sauce)

### 'Crab' Cake 10.95

Crispy 'Crab' cake, spiced tartar sauce, pickles, tomato, lettuce, red onion

### Grillin' Chickin' 9.95 GF

Grilled Chickin', avocado, lettuce, tomato, red onion, cilantro pesto, chipotle ranch  
Chao cheese 1.00

### Papa's Portobello 9.75

Grilled mushroom, tomato basil and garlic pomodoro, caramelized onions, cilantro pesto, lettuce, red onion, chipotle ranch

*Upgrade your side*

ADD ANY OF THESE SIDES FOR 1.95

Seasonal Soup Bowl  
Herb-Roasted Veggies  
Fresh Little Salad GF

Black Beans + Quinoa GF  
Sweetheart Fries GF  
Cauli-Mashed Potatoes GF

## Snacks

### Buffalo Mini Wrap 3.95

Buffalo Chickin' tenders, lettuce, creamy ranch, flour tortilla

### Black Beans + Quinoa Mini-Bowl 4.95 GF

Roasted red pepper sauce

### Cauli-Mashed Potatoes + Gravy 3.95

Cauliflower blended with mashed potatoes, porcini mushroom gravy

### Mac-n-Cheese 4.95

Organic, non-GMO rice pasta, VG-Cheese sauce, bread crumbs

### Herb-Roasted Veggies 3.95 GF

Seasonal selection of herb-roasted veggies, squash and red onions

### Fresh Little Salad 3.95 GF

Fire-roasted corn, romaine + arugula mix, cucumbers, shaved red beets, almonds. Dressings: Citrus Vinaigrette, Creamy Ranch, Ginger-Papaya Vinaigrette, Chipotle Ranch, Ginger Miso, Low-Cal Balsamic Vinaigrette

### Seasonal Soup

Cup 3.75 Bowl 4.95



SANTA FE CRISPY CHICKIN'

MORE  
VEGGIES  
PLEASE



You've never tasted  
veggies like this.

— The Veggie Grill Way —

### A meat-free zone

All of our menu items are free of meat, dairy, eggs and other animal products, and therefore, contain no antibiotics and hormones.

### Mindful fat choices

Saturated animal fats, cholesterol & trans fats have no place in our food. We choose monosaturated fats: rice bran oil, canola and seed oils.

### No old school tofu

Our tofu and tempeh help us make satisfying sauteed, grilled or glazed food with pleasing textures. They are made from non-GMO soybeans and fermented rice culture: naturally gluten-friendly.

### Alternatives to meat

Our Chickin' Veggie protein, produced by GARDEIN™, is made from the best non-GMO soybeans and wheat. It is specially seasoned, marinated and packed with nutrients and fiber.

### Highlighting supergrains

We use high protein blends of whole grains: millet, buckwheat, organic quinoa and brown rice, all naturally gluten-friendly.

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veggiegrill 

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