

## Starters

- GUACAMOLE & CORN CHIPS** GF 8<sup>99</sup>
- HOUSEMADE HUMMUS** 8<sup>99</sup>  
served with crudité's & pita bread
- BUFFALO BITES** GFJR 7<sup>99</sup>  
dehydrator braised cauliflower in house-made buffalo sauce; served with celery & celery ranch sauce
- FLORIDA ROLL** GFJR 14<sup>99</sup>  
tamari infused watermelon 'tuna', mango, riced jicama, & avocado; served with ginger, wasabi & tamari sauce
- HIPSTER ROLL** GFJR 13<sup>99</sup>  
maple infused riced carrot, avocado, eggplant bacon, & scallion; served with sweet smoked tamari sauce
- SPINACH & MUSHROOM QUESADILLA** 5<sup>99</sup>
- ARTISANAL WALNUT FLATBREAD** GFJR 12<sup>99</sup>  
2 breads topped with tomato-walnut pesto, herbed macadamia ricotta, black olives, capers, baby arugula, caramelized onions & basil

## Salads

- THE CIDER PRESS SALAD** GFJR 7<sup>99</sup> | 11<sup>99</sup>  
mixed greens, apple, carrot, seasonal berries, & smoked walnuts; served with lemon-ginger-apple cider vinaigrette
- CAESAR SALAD** GFJR  
romaine lettuce, walnut croutons, & pine nut parmesan; served with cashew caesar dressing
- KALE RANCH SALAD** GFJR  
massaged kale; avocado, sun dried tomato, & coconut bacon; topped with creamy celery ranch dressing
- FLORIDA CHOPPED SALAD** GFJR  
spring greens, spinach, mango, tomato, avocado, red onion, & coconut bacon; served with a pineapple vinaigrette
- FIESTA SALAD** GFJR 12<sup>99</sup>  
romaine with smoked chipotle dressing, portobello fajitas, guacamole, pico de gallo, jalapeños, & crema macadamia  
add rice & beans +1<sup>99</sup>

SALAD ADDITIONS		
'steak' strips	+6 <sup>99</sup>	beast burger +6 <sup>99</sup>
chick'n strips	+6 <sup>99</sup>	avocado +1 <sup>99</sup>
		Chao® cheese +1 <sup>99</sup>

## Mains

- add a House Salad +3<sup>99</sup>
- GARDEN LASAGNA** GFJR 14<sup>99</sup>  
tomato, marinated zucchini noodles, sun dried tomato marinara, herbed cashew ricotta, basil walnut pesto served with onion bread
  - CHEESE ENCHILADAS** GFJR 14<sup>99</sup>  
3 spiced corn tortillas filled with spinach & jalapeño queso fresco, topped with salsa verde, cashew crema & pickled jalapeños served with corn maque choux
  - CUBAN PLATTER** 12<sup>99</sup>  
jackfruit "ropa vieja", black beans & rice, fried plantains
  - FAJITAS** 16<sup>99</sup>  
'steak', chick'n or portobello mushroom, served with grilled veggies, pico de gallo, rice & beans, flour tortilla
  - PAD THAI** GFJR 14<sup>99</sup>  
kelp and zucchini noodles, spicy tamarind sauce, mixed vegetables, pineapple, cabbage, tamari almonds
  - GREEK DINNER** 14<sup>99</sup>  
falafel balls, hummus, dolma, greek salad; served with pita bread

## Soups

- TOMATO BASIL** GF 3<sup>99</sup> | 7<sup>99</sup>
- CORN CHOWDER** GFJR  
corn, cashew buttercream, coconut, pico de gallo
- GUMBO Z'HERBES** GF  
miso-dulse broth, spinach, kale, cremini, bell peppers, onion, celery, okra, filé; served over rice
- SOUP OF THE DAY**  
ask your server for today's selection

## Sammies

Choose one side dish

- SONOMA JACK SANDWICH** 9<sup>99</sup>  
jackfruit "chicken" salad, walnuts, cranberries, lettuce, tomato; served on a croissant
- AVOBLT** GFJR 12<sup>99</sup>  
avocado, eggplant bacon, lettuce, tomato, and sun dried tomato pesto; served on house-made walnut-squash flatbread
- BBQ JACK SANDWICH** GF 9<sup>99</sup>  
bbq jackfruit and slaw on a toasted gluten free bun

## Burgers

Choose one side dish

- BEAST BURGER** 13<sup>99</sup>  
Beyond Meat® burger, lettuce, tomato, onion, pickle, ketchup, mustard and mayo; served on a kaiser roll
- MONSTER BACON BEAST BURGER** 21<sup>99</sup>  
same as Beast Burger with 2 patties & eggplant bacon
- BELLO BURGER** GFJR 12<sup>99</sup>  
marinated portobello cap (raw or grilled), arugula, tomato, eggplant bacon, cashew cheese spread and house mayo; served on a gluten free bun
- BEACH BURGER** 14<sup>99</sup>  
Beyond Meat® burger, grilled pineapple, Chao® cheese, coconut bacon & ketchup; served on a kaiser roll
- FALAFEL BURGER** 12<sup>99</sup>  
falafel patty, cashew tzatziki, tomato, pickle, spinach, & sun-dried tomato pesto; served on a kaiser roll

BURGER ADDITIONS			
avocado	+1 <sup>99</sup>	Chao® cheese	+1 <sup>99</sup>
eggplant bacon	+1 <sup>99</sup>	gluten free bun	+1 <sup>99</sup>

## Sides

2<sup>99</sup>

- POTATO SALAD** GF
- MACARONI SALAD**
- BLACK BEANS & RICE** GF
- SLAW** GFJR
- CORN MAQUE CHOUX** GFJR
- GREEK SALAD** GFJR
- MADUROS** GF