

# VEGAN SPECIALS

## EVERY DAY OFFERINGS

### CHILE CON QUESO \$8

SERVED WITH CORN TORTILLA CHIPS (CONTAINS NUTS)

### AVOCADO TOAST \$5

LEMON ZEST, SEA SALT, SESAME SEEDS

### VEGAN GUMBO \$3.5/\$5.5

KIDNEY BEAN, SCALLIONS, JASMINE RICE

### FRITO PIE \$11

VEGAN CHILI, VEGAN QUESO, CORN CHIPS,  
PICO DE GALLO (CONTAINS NUTS)

### POWER BOWL \$14

CURRIED TOFU-QUINOA, LENTILS, TURNIPS,  
GARBANZO, TOMATO, AVOCADO VINAIGRETTE

## DAILY OFFERINGS

### MONDAY

#### COBB SALAD \$13

OUMPH 'CHICKEN', PLANT-BASED BACON CRUMBLES, CHOPPED TOFU EGGS,  
CHERRY TOMATO, RED ONION, AVOCADO, ROMAINE, BLEU 'CHEESE' DRESSING

### TUESDAY

#### GYRO PITA POCKET \$12

GREEK SPICED PORTABELLO, MIXED GREENS, TOMATO, RED ONION,  
VEGAN FETA, & TZATZIKI

### WEDNESDAY

#### VEGGIE POT PIE \$14

BROCCOLI, CAULIFLOWER, CARROT, ONION, CELERY, PEAS,  
FRESH ROSEMARY, FLAKY PASTRY CRUST, SMALL SIDE SALAD

### THURSDAY

#### 'CHICKEN' SALAD SANDWICH \$13

OUMPH 'CHICKEN', DRIED CRANBERRIES, PECANS, ONION, CELERY,  
VEGAN AIOLI, DILL PICKLE, LETTUCE, TOMATO, SERVED ON HARVEST WHEAT

### FRIDAY

#### BUFFALO CAULIFLOWER SANDWICH \$14

PANKO BREADED OVEN-BAKED CAULIFLOWER, LETTUCE, TOMATO,  
RED ONION, BLEU 'CHEESE' DRESSING, TOASTED PRETZEL BUN