



FOOD ALLERGY MENU

BRUNCH

september 2020

STRONG HEARTS

FOOD ALLERGY MENU

tree nuts

legumes and peanuts

gluten

soybean

TREE NUT ALLERGY

MAINS

Tofu Scrambles

Our original tofu scramble (served with multigrain toast and margarine)

Classic \$8

red and green peppers, red onions

Spicy \$8

red onions, banana peppers, pickled jalapenos, crushed red pepper

Cali \$10

red peppers, red onion, avocado, pico de gallo, feta

Southwest \$11

red peppers, green peppers, red onions, tomatoes, seasoned chicken, mole sauce

Pancakes

Homemade pancake mix. Served with a side of syrup

Regular \$8

comes with powdered sugar on top

Chef Special \$10

Chef's choice, with a side of syrup

French Toast

Brioche bread, house made batter. Served with a side of syrup

Regular \$8

comes with powdered cinnamon, nutmeg and powdered sugar on top

Deluxe \$10

choose your topping of house made compote: blueberry, strawberry or peach

Bananas Foster \$11

caramelized bananas, and a caramel sauce with candied almonds

The Benedict **\$11**

served on an english muffin, with a tofu egg patty, homemade maple sage sausage seitan and hollandaise. Comes with a side of potato hash

Monte Cristo **\$13**

french Toast sandwich with vegan ham, turkey, mustard, & cheese pressed together and covered with a mornay cheese sauce. Comes with a side of potato hash

Breakfast Burrito **\$11**

a wrap loaded with our classic tofu scramble, black beans, and cheddar cheese, smothered in a mole sauce

Brunch Burger **\$14**

a coffee ground coated beyond burger, avocado slices, tomato slices, tofu scramble, maple bacon strips and hollandaise

Egg Trick Muffin **\$6**

a homemade maple sage sausage seitan patty and a tofu egg patty with mozzarella cheese on an english muffin

MORE

Steel Cut Oatmeal \$5

served with a cinnamon margarine florette and maple syrup

Avocado Toast \$9

a hearty slice of toast loaded with our avocado mixture, topped with everything bagel seasoning, seasonal pickled vegetables and micro greens

Corned Beef Seitan Hash \$9

pan-seared house made corned “beef” seitan, slow-fried potatoes and onions. Served with scramble tofu and hollandaise on top

Dirty Fried Potatoes \$8

pan-seared slow-fried potatoes and onions, red and green peppers, diced vegan ham, tofu scramble all covered in our cheese sauce

Smashed Fingerling Fries \$5

coated in salt and chives, served with a side of our house made lemon aioli.

NOT BREAKFAST

Chicken Salad Sandwich \$7.95

chicken salad, lettuce, tomato, onions, mayo on organic multigrain bread

Chicken Bacon Ranch Sandwich \$9.95

fried chicken tenders, tempeh bacon, onion, lettuce, tomato, ranch on stretch bread

Kale Caesar Salad \$9.95

chopped kale, croutons, grape tomatoes, fried chicken tenders, fried chickpeas, shaved parmesan. Caesar dressing

Chicken Wings \$11.95

buffalo w/ bleu cheese, BBQ w/ ranch, sweet n sassy w/ chipotle aioli, or garlic parm w/ ranch. 4 per order, served w/ celery and carrot sticks

Mozzarella Sticks \$9.95

4 PMA mozzarella sticks with a side of marinara sauce

PEANUT ALLERGY

MAINS

Tofu Scrambles

Our original tofu scramble (served with multigrain toast and margarine)

Classic \$8

red and green peppers, red onions

Spicy \$8

red onions, banana peppers, pickled jalapenos, crushed red pepper

Cali \$10

red peppers, red onion, avocado, pico de gallo, feta

Southwest \$11

red peppers, green peppers, red onions, tomatoes, seasoned chicken, mole sauce

Pancakes

Homemade pancake mix. Served with a side of syrup

Regular \$8

comes with powdered sugar on top

Chef Special \$10

Chef's choice, with a side of syrup

French Toast

Brioche bread, house made batter. Served with a side of syrup

Regular \$8

comes with powdered cinnamon, nutmeg and powdered sugar on top

Deluxe \$10

choose your topping of house made compote: blueberry, strawberry or peach

Bananas Foster \$11

caramelized bananas, and a caramel sauce with candied almonds

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MORE

Steel Cut Oatmeal \$5

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Avocado Toast \$9

a hearty slice of toast loaded with our avocado mixture, topped with everything bagel seasoning, seasonal pickled vegetables and micro greens

Corned Beef Seitan Hash \$9

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Kale Caesar Salad \$9.95

chopped kale, croutons, grape tomatoes, fried chicken tenders, fried chickpeas, shaved parmesan. Caesar dressing

Chicken Wings \$11.95

buffalo w/ bleu cheese, BBQ w/ ranch, sweet n sassy w/ chipotle aioli, or garlic parm w/ ranch. 4 per order, served w/ celery and carrot sticks

Mozzarella Sticks \$9.95

4 PMA mozzarella sticks with a side of marinara sauce

GLUTEN ALLERGY

MAINS

Tofu Scrambles

Our original tofu scramble (served with multigrain toast and margarine)

Classic \$8

red and green peppers, red onions

Spicy \$8

red onions, banana peppers, pickled jalapenos, crushed red pepper

Cali \$10

red peppers, red onion, avocado, pico de gallo, feta

Southwest \$11

red peppers, green peppers, red onions, tomatoes, seasoned chicken, mole sauce

Pancakes

Homemade pancake mix. Served with a side of syrup

Regular \$8

comes with powdered sugar on top

Chef Special \$10

Chef's choice, with a side of syrup

French Toast

Brioche bread, house made batter. Served with a side of syrup

Regular \$8

comes with powdered cinnamon, nutmeg and powdered sugar on top

Deluxe \$10

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SOYBEAN ALLERGY

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