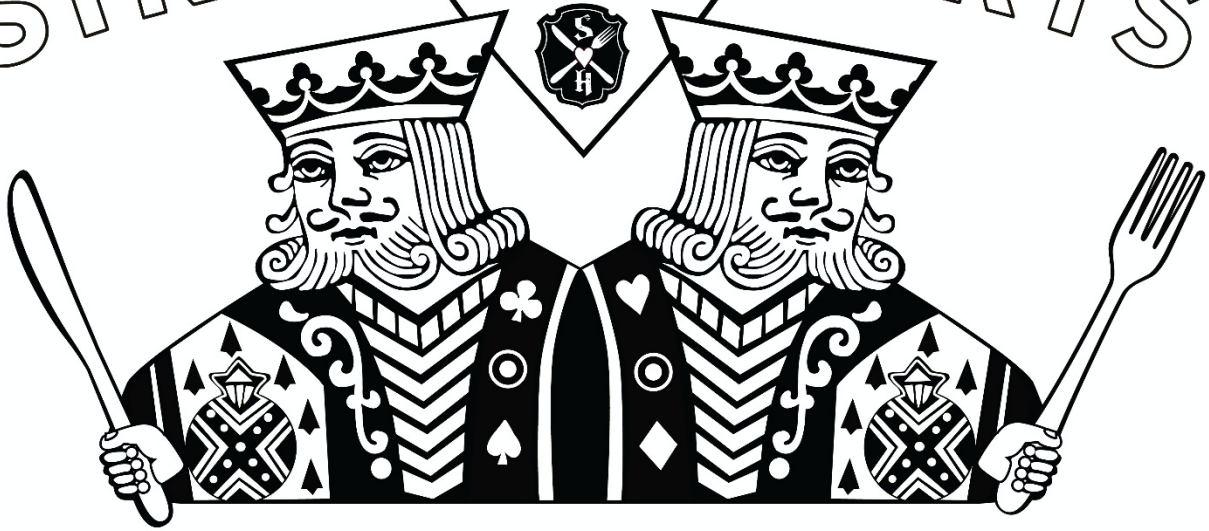


STRONG HEARTS



FOOD ALLERGY MENU

august 2020

STRONG HEARTS

FOOD ALLERGY MENU

tree nuts

legumes and peanuts

gluten

soybean

TREE NUT ALLERGY

PLATES

Fries	\$4.95
fried potatoes, garlic oil, chives, salt	
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	
Hummus Plate	\$7.95
House made hummus, za'atar, baked pita, micro greens, celery, carrot, lemon wedge	

SANDWICHES

Sweet Sassy Molassy	\$9.25
maple chipotle tofu, avocado, grilled onion, tomato, lettuce, chipotle aioli on stretch bread	
Reuben	\$8.95
seitan, sauerkraut, mozzarella, I,000 islands, on toasted rye	
Chicken Salad	\$7.95
chicken salad, lettuce, tomato, onions, mayo on organic multigrain bread	
Buffalo Tofu	\$8.95
buffalo tofu, wing sauce, lettuce, tomato, banana peppers, feta, bleu cheese, on stretch bread	
Grilled Veggie Wrap	\$9
grilled zucchini/squash, onion, roasted red peppers, mushrooms, hummus, lettuce, tomato, Italian marinade in a wheat wrap	
Chicken Bacon Ranch	\$9.95
fried chicken tenders, tempeh bacon, onion, lettuce, tomato, ranch on stretch bread	
Fried Chicken	\$8.95
breaded & fried house made seitan w/ a sweet heat glaze, cheddar, dill pickles, lettuce, tomato, mayo on an organic multigrain roll	
Chicken Parm	\$8.25
fried chicken tenders, mozzarella, warm marinara, parmesan, on garlic butter toasted stretch bread	

BURGERS

Wild West Burger	\$13.25
beyond burger, tempeh bacon, cheddar, jalapeños, tomato, lettuce, French fried onions, BBQ sauce,	
Chicken Wing Burger	\$12.75
beyond burger, fried chicken tenders, red onion, pickles, ranch, wing sauce	
Macho Nacho Burger	\$12
beyond burger, NO house made nacho cheese sauce , roasted corn salsa, guacamole, pickled red onion, micro cilantro	
Bacon Ranch Burger	\$13.25
beyond burger, tempeh bacon, pickle, tomato, lettuce, ranch	
Build-A-Burger	\$11.50+
make your own burger	

SALADS

Thai Tofu

\$9.95

grilled maple chipotle tofu, mixed greens, edamame, cucumber, micro cilantro, **NO Thai spiced cashews**, red cabbage. sweet chili vinaigrette

Grilled Portobello

\$9.95

marinated and grilled portobellos, mixed greens, avocado, grape tomatoes, radish sprouts. balsamic vinaigrette

Buffalo Tofu

\$10.95

buffalo tofu, chopped romaine, grape tomatoes, banana peppers, feta. bleu cheese

Kale Caesar

\$9.95

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

PEANUT ALLERGY

PLATES

Fries \$4.95

fried potatoes, garlic oil, chives, salt

SANDWICHES

Reuben \$8.95

seitan, sauerkraut, mozzarella, **NO 1,000 islands**, on toasted rye

Fried Chicken \$8.95

breaded & fried house made seitan w/ a sweet heat glaze, cheddar, dill pickles, lettuce, tomato, **NO** mayo on an organic multigrain roll

Grilled Portobello \$9.95

marinated and grilled portobellos, mixed greens, avocado, grape tomatoes, radish sprouts. balsamic vinaigrette

GLUTEN ALLERGY

PLATES

- Nachos** \$11.95
house-fried corn tortilla chips, house made cashew nacho cheese sauce, chorizo, black beans, pickled red onion, roasted corn salsa, guacamole, sour cream, micro cilantro
- Mac and Cheese** \$7.95
GLUTEN FREE pasta shells, house made cashew cheese sauce, chives, paprika.
- Fries** \$4.95
fried potatoes, garlic oil, chives, salt
- GLUTEN FREE 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
- Hummus Plate** \$7.95
House made hummus, za'atar, **NO baked pita (SUB tortilla chips or extra veggie)**, micro greens, celery, carrot, lemon wedge

SANDWICHES (as a salad)

Sweet Sassy Molassy \$9.25

maple chipotle tofu, avocado, grilled onion, tomato, lettuce, chipotle aioli

Chicken Salad \$7.95

chicken salad, lettuce, tomato, onions, dressing of your choice

Grilled Veggie Wrap \$9

grilled zucchini/squash, onion, roasted red peppers, mushrooms, hummus, lettuce, tomato, Italian marinade

SALADS

Thai Tofu \$9.95

grilled maple chipotle tofu, mixed greens, edamame, cucumber, micro cilantro, Thai spiced cashews, red cabbage. sweet chili vinaigrette

Buffalo Tofu \$10.95

buffalo tofu, chopped romaine, grape tomatoes, banana peppers, feta. bleu cheese

Kale Caesar \$9.95

chopped kale, **NO croutons**, grape tomatoes, **NO fried chicken tenders**, fried chickpeas, shaved parmesan. Caesar dressing

Grilled Portobello \$9.95

marinated and grilled portobellos, mixed greens, avocado, grape tomatoes, radish sprouts. balsamic vinaigrette

SOYBEAN ALLERGY

PLATES

Fries \$4.95

fried potatoes, garlic oil, chives, salt

Hummus Plate \$7.95

House made hummus, za'atar, baked pita, micro greens, celery, carrot, lemon wedge

SANDWICHES

Reuben \$8.95

seitan, sauerkraut, mozzarella, 1,000 islands, on toasted rye

Grilled Veggie Wrap \$9

grilled zucchini/squash, onion, roasted red peppers, mushrooms, hummus, lettuce, tomato, Italian marinade in a wheat wrap

Fried Chicken \$8.95

breaded & fried house made seitan w/ a sweet heat glaze, cheddar, dill pickles, lettuce, tomato, mayo on an organic multigrain roll

BURGERS

- Wild West Burger** \$13.25
Beyond burger, **NO tempeh bacon**, cheddar, jalapeños, tomato, lettuce, French fried onions, BBQ sauce,
- Chicken Wing Burger** \$12.75
beyond burger, **NO fried chicken tenders**, red onion, pickles, ranch, wing sauce
- Bacon Ranch Burger** \$13.25
beyond burger, **NO tempeh bacon**, pickle, tomato, lettuce, ranch
- Build-A-Burger** \$11.50+
make your own burger

SALADS

- Buffalo Tofu** \$10.95
NO buffalo tofu, chopped romaine, grape tomatoes, banana peppers, feta. bleu cheese
- Kale Caesar** \$9.95
chopped kale, croutons, grape tomatoes, **NO fried chicken tenders**, fried chickpeas, shaved parmesan. Caesar dressing
- Grilled Portobello** \$9.95
marinated and grilled portobellos, mixed greens, avocado, grape tomatoes, radish sprouts. balsamic vinaigrette