



## WEEKEND BRUNCH



**Saturday and Sunday 11am-3pm**

**French Toast.** Served with two slices of bacon or sausage and fresh fruit. 10.00

**Breakfast Burrito.** Scrambled eggs, refried beans and pepper jack in a tortilla. Served with tortilla chips and pico de gallo. 10.50 *\*This can be prepared vegan, ask for the Tofu Burrito\**

**The Remedy Breakfast.** Two scrambled eggs, two slices of bacon or sausage, two slices of toast, smoked gouda grits, and homemade seasoned potatoes. 10.50

**“No Huevos” Rancheros.** Spicy scrambled tofu and homemade refried beans served on a bed of corn tortillas. Topped with house made ranchero sauce and guacamole. Served with tortilla chips and pico de gallo. 12.00 *\*VEGAN\**

**Vegan Biscuits and Gravy.** Two homemade biscuits topped with white pepper gravy, served with two slices of bacon and fresh fruit. 12.00 *\*VEGAN\**

**Breakfast Sandwich.** Cheddar, bacon, scrambled egg, red onion, lettuce, tomato and mustard on texas toast. Served with homemade seasoned potatoes. 10.50

**The BLTs—Real or Vegan (tell us!)** Bacon, lettuce, tomatoes, avocado, and ranch on wheat. Served with homemade seasoned potatoes. 10.50

**The Hot & Goey—Real or Vegan (tell us!)** Chicken and bacon smothered in cheddar and homemade gravy served on a biscuit. Served with homemade seasoned potatoes. 10.50

**The Weekender.** Thinly sliced ham, scrambled egg, and tomato covered with creamy, melted goat cheese with spicy mustard on toasted wheat. Served with homemade seasoned potatoes. 10.50

**Quiche of the Day.** Chef’s choice. Ask your server. Served with gouda grits or fresh fruit. 10.00

### BRUNCH COCKTAILS

**Mimosa.** Champagne and orange juice.

**Poinsettia.** Champagne and cranberry juice.

**Greyhound.** Vodka and grapefruit juice.

**Bloody Mary.** Tomato juice, vodka, gin, hot sauce.

**Screwdriver.** Vodka and orange juice.

8.50

### HOMEMADE DESSERTS

All of our desserts are vegan, homemade, and served with soy whipped cream. 6.95

Coconut Cream Pie

Key Lime Pie

Sopapilla Cheesecake

Chocolate Cake

Chocolate Peanut Butter Pie

*Ask your server about our seasonal dessert!*

*We sell whole pies and cakes. We require a 48 hour notice.*



**Our food is made to order and may take longer to prepare. Please be patient.**

**Due to our commitment to freshness and use of specialty ingredients we may temporarily be sold out of certain items. Thanks for understanding.**

## MAINSTREAM THERAPIES



## ALTERNATIVE THERAPIES

**The Big Ka-Tuna.** Homemade tuna salad on a Kaiser. 10.35

**Turkey Pesto.** Thin slices of turkey, pesto mayo, bacon, avocado, lettuce and tomato, on toasted sourdough. 10.35

**The REAL Reuben.** Pastrami, sauerkraut, swiss, thousand island, served hot on rye. 10.35 *\*available as a turkey reuben\**

**Sgt. Billy Club.** A giant triple-decker of ham and turkey, bacon, avocado, swiss, cheddar, lettuce, tomato, and mayo on toasted wheat bread. 10.35

**The Embargo.** A Cuban sandwich with pulled pork, black forest ham, dill pickles, spicy mustard, and swiss grilled on ciabatta. 10.35

**Apocalypse Wow!** Thinly sliced beef, pickled cabbage, carrots, cucumber, cilantro, jalapenos, and homemade Sriracha aioli on a hoagie roll. 10.35

**The Underground.** London broil, grilled green peppers and onions smothered in swiss and provolone served on a hoagie roll with mayo. 10.35. *Sorry, we can't separate the pepper & onions.*

*We use Boar's Head meats which contain no fillers, gluten, artificial colors, flavors, or trans fat.*

### ALL VEGETARIAN

**Groovy Train.** Fried broccoli, local goat cheese, cucumber, avocado, spinach, roasted red peppers, and balsamic on a pita. 9.35

**Flame Job.** Tempeh, pepper jack cheese, fresh jalapenos, and chipotle mayo grilled on sourdough with lettuce and tomato. 9.35

**Under the Volcano.** "Chicken" tossed in homemade vegan buffalo sauce smothered in gorgonzola, served with onion, lettuce and tomato on a Kaiser roll. 9.35

**Veggie Reuben.** Marinated tempeh grilled on rye topped with avocado, sauerkraut, thousand island dressing, dill pickles, and melted swiss, grilled on rye. 9.35

### ALL VEGAN

**Tempeh Tantrum.** Marinated tempeh, homemade pesto mayo, bacon, avocado, and lettuce on sourdough. 10.35

*\*Winner of PETA's Top 5 Vegan Sandwiches in USA\**

**Eastern Carolina BBQ.** Shredded BBQ in classic eastern NC vinegar -based sauce with homemade coleslaw on a Kaiser roll. 10.35

**Black Bean Burger.** Homemade black bean patty with lettuce, tomato, red onion, pickles, mustard and veganaise. Served on a toasted poppy seed kaiser roll. 10.35

**Viet Nom Nom:** Tofu, pickled cabbage, carrots, cucumber, cilantro, jalapenos, homemade Sriracha aioli on a toasted hoagie roll. 10.35

## QUICK FIXES

**Soup of the Day.** Always vegetarian & homemade. 5.00 (not available on weekends)

**Buffalo Non-Chicken Wings.** Soy wings in buffalo sauce with celery and vegan ranch. 8.50. *\*Winner of PETA's Top 5 Vegan Wings in USA\**

**Fried Broccoli.** Served with vegan ranch. 8.50

## NATURAL CURE-ALLS

**Goat Cheese.** Spinach, sun-dried tomatoes, homemade croutons, and toasted almonds. Topped with two slabs of warm goat cheese coated in a crunchy almond and sun-dried tomato crust. 12.00

**Zoo Bee.** Mixed greens, tuna salad, bacon, avocado, gorgonzola, boiled egg, red onion. 12.00

**House.** Mixed greens, cucumbers, tomatoes, carrots, green peppers and red onion. 10.00

*Add grilled chicken, tempeh, or tofu to any salad for 3.00*

### Homemade Dressings (all gluten-free)

Balsamic Vinaigrette (vegan)

Lemon-Tahini (vegan)

Thousand Island (regular or vegan)

Ranch (regular or vegan)

Extra salad dressing .75

*All sandwiches are served with kettle chips. In lieu of chips, you can have fries, soup, or a side salad for 2.50*

*Substitute gluten-free bread and lo-carb wraps at no additional charge.*

*Pickle spears available on request!*

## BLUE PLATES (after 5pm)

**Monday:** Lasagna with a side salad and ciabatta. *\*VEGAN\** 15.00

**Tuesday:** Chicken and Dumplings. Served with fried broccoli. *\*VEGAN\** 14.00

**Wednesday:** Fried vegan chicken with vegan mac and cheese and fried broccoli. *\*VEGAN.\** 14.00

**Thursday:** Spaghetti squash tossed in marinara with homemade vegan meatballs with a side salad. *\*VEGAN\** 15.00

**Friday:** Three blue corn tacos (tofu, vegan chicken, vegan BBQ, grilled chicken, or pulled pork.) Served with homemade refried beans. 15.00

## OVER-THE-COUNTER ELIXIRS

**Organic Herbal Tea.** From Two Leaves & a Bud. Ask to see the tea box. 4.00 per tea bag

**Coffee.** From Joe Van Gogh, organic, shade grown, certified fair trade 3.00

**Soda.** Coke, Diet Coke, Ginger Ale, Sprite, Lemonade, Iced Tea 2.50

**Juice.** Cranberry, Grapefruit, Orange, Pineapple 3.00 (no refills)

**San Pellegrino Sparkling Mineral Water** 750ml 4.00

**Blenheim Spicy Ginger Ale** 3.50

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