



LUNCH & DINNER



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

HOMEMADE DESSERTS

All of our desserts are vegan and homemade. 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.

PRESCRIPTION ONLY

Classic Cocktails 10.00

Arnold Palmer Spiked. Honey bourbon, lemon, tea

Cosmopolitan. Lemon vodka, Cointreau, cranberry juice, lime garnish

Dark and Stormy. Dark rum, Blenheim's spicy ginger ale, bitters and lime

French 75. Gin, sugar, Cava, lemon

Irish Coffee. Joe Van Gogh coffee, whiskey, Irish cream

Long Island Ice Tea. Tequila, vodka, light rum, triple sec, gin, and coke

Old Fashioned. Bourbon, bitters, sugar, muddled orange and cherries

Martini. Vodka or gin, dry vermouth, olives

Moscow Mule. Vodka, spicy ginger ale, lime

Tequila Sunrise. Tequila, orange juice, grenadine, garnished with orange and cherry

Tom Collins. Gin or vodka, sugar, club soda, lemon

White Russian. Vodka, Kahlua, and cream

EXTRAS

Real bacon (4 slices) 2.50

Vegan bacon (4 slices) 3.50

Collards 2.25

Gouda Grits 3.50

Extra dressing .75

Pico de Gallo 1.00

Sour cream 1.00

Extra cheese 1.50

Vegan cheese 2.00

Kettle chips 1.50

Side of avocado 2.00

Add protein 3.50

Tortilla chips 1.50

Ramekin of coleslaw 1.25

Pound of vegan BBQ 14.00

Pint of vegan ranch 6.50

SPECIALTY COCKTAILS

Attitude Adjustment. Tequila, tart cherry juice, orange juice, sour mix, lemon

Hangover Over. Orange vodka, Emergen-C, soda

Liquid Lobotomy. Dark rum, golden rum, apricot brandy, pineapple juice, orange juice, and lime

Shock Treatment. Tequila, cilantro, lime, pineapple juice

Snake Oil. Dark rum, Tuaca, Blenheim's spicy ginger ale, and lime

10.00

*We deliver
through
Takeout Central!*



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.

Parties of six or more will include an automatic gratuity of 20%

QUICK FIXES

Soup of the Day. Vegetarian & homemade with ciabatta. 5.00

Non-Chicken Wings. Six soy wings tossed in buffalo sauce, served with celery and vegan ranch. 8.50, Wings Meal 11.00

Winner of PETA's Top 5 Vegan Wings in USA

Flash-fried Broccoli. Served with vegan ranch. 8.50

Lord of the Fries. Basket of fries covered in homemade jalapeno pimento cheese. 9.00 Plain fries, 5.00

Vegan Mac & Cheese. 8.00

NATURAL CURE-ALLS

Goat Cheese Salad. 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

Chopped Salad. Romaine, grilled chicken, bacon, avocado, tomato, gorgonzola, boiled egg, banana peppers, red onion. 12.00

House Salad. Mixed greens, cucumbers, tomatoes, carrots, green peppers and red onion. 10.00, half size 5.00
All served with ciabatta, gluten-free bread 2.00

Add 2 ozs of any protein for 3.50

Add 2 ounces of shrimp 4.00

Extra dressing .75

Homemade Dressings (all gluten-free)

Balsamic Vinaigrette (vegan)

Lemon Tahini (vegan)

Thousand Island (regular or vegan)

Ranch (regular or vegan), pint to go 6.50

MAINSTREAM THERAPIES

Turkey Pesto. Thin slices of turkey, pesto mayo, provolone, bacon, avocado, lettuce and tomato, on a hoagie. 10.35

The REAL Reuben. Pastrami, sauerkraut, swiss, thousand island, grilled 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. 11.35

The Embargo. A Cuban sandwich with pulled pork, ham, dill pickles, spicy mustard, and swiss grilled on ciabatta. 11.35

The Underground. London broil, grilled green peppers, and onions smothered in swiss and provolone served on a hoagie roll with mayo. 10.35.

BLT. Bacon, lettuce, tomato, avocado & ranch on wheat. 8.00

Big Mama. London broil, turkey, bacon, swiss, lettuce, tomato, onion, banana peppers, spicy mustard, mayo, oil, red wine vinegar on a hoagie roll. Served cold. 11.35

***The REAL Burger.** Two quarter pound Angus burger patties, cheddar cheese, lettuce, tomato, onions, pickles, ketchup, and mustard on a potato bun. 12.00

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

ALTERNATIVE THERAPIES

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

Under the Volcano. Soy 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. 9.35, Vegan 10.35

Meatball Sub. Homemade vegan meatballs and marinara on a toasted hoagie roll with mozzarella. 10.35. Vegan 11.35

Vegan Tempeh Tantrum. Marinated tempeh, vegan pesto mayo, vegan bacon, avocado, and lettuce on wheat. 10.35

Winner of PETA's Top 5 Vegan Sandwiches in USA

Vegan Eastern Carolina BBQ. Shredded BBQ in classic eastern NC vinegar based sauce with homemade coleslaw on a kaiser roll. 10.35, Pound of BBQ to-go 14.00

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

Philly Fakesteak. Soy beef, grilled green peppers and onions smothered in swiss, provolone, and mayo. Served on a hoagie roll. 10.35, Vegan 11.35.

Vegan BLT. Vegan bacon, lettuce, tomato, avocado & vegan ranch on wheat. 9.50

All sandwiches are served with kettle chips.

In lieu of chips, you can have fries, soup, or a side salad for 3.50

Substitute gluten-free bread for 2.00

Substitute lo-carb wrap .50

Pickle spears available .50 each

KIDS

Nuggets. Three soy nuggets, no sauce served with one vegan ranch. 6.00. Make it a meal with fries for 8.50

Cheese Quesadilla. 6.00, vegan 7.50, served with tortilla chips.

Grilled Cheese. 6.00, vegan 7.50, served with chips.

BLUE PLATES

Shrimp and Grits. Gouda cheese grits with shrimp topped with bacon crumbles and a side of pico de gallo. Served with a side of homemade vegan collards. Substitute vegan shrimp & vegan bacon to make it vegetarian. 14.00

Fried Vegan Chicken. Seasoned and breaded soy nuggets served with vegan mac & cheese and choice of collards or fried broccoli. ***VEGAN.*** 15.00

Vegan Chicken and Dumplings. Homemade dumplings with vegan soy chicken served with a side salad. 14.00

Three of the Same Tacos. Choose from one of the following fillings: vegan chicken, vegan BBQ, grilled chicken, pulled pork, real shrimp, or vegan shrimp. Served with pico de gallo, your choice of pepper jack or vegan cheese, guacamole, habanero salsa, and vegan refried beans. 15.00

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