



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.

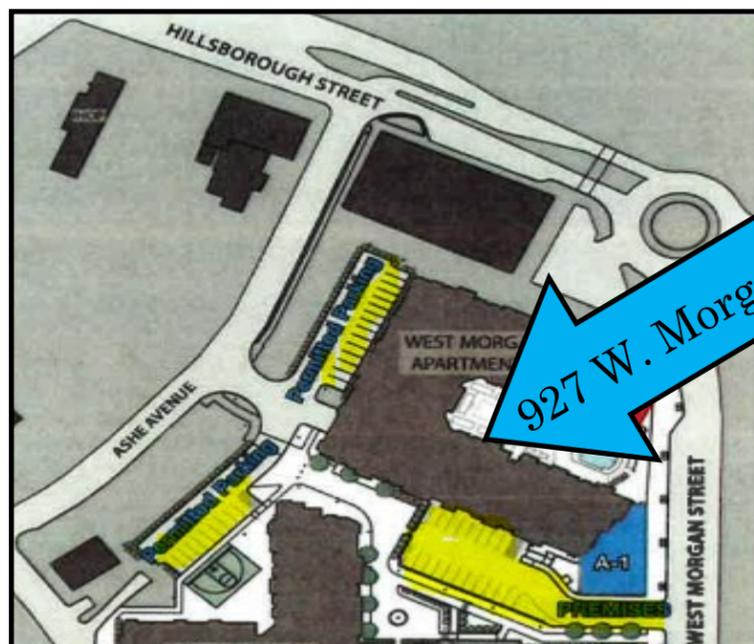
*For our full menu, extended
hours and weekend brunch, visit
us at our new location*

927 West Morgan Street!

919-803-4556

Monday-Sunday 11am-10pm

Parking is available directly behind the restaurant at 927 W. Morgan. There is a second lot accessible via Ashe Ave with a walkway to the building. These areas are highlighted in yellow. Street parking is also available.



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



Turkey Pesto. Thin slices of turkey, pesto mayo, provolone, bacon, avocado, lettuce and tomato, on toasted on a hoagie roll 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. 11.35

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

The BLTs—Real or Vegan (tell us!) Bacon, lettuce, tomatoes, avocado, and ranch on wheat. 10.35

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



ALTERNATIVE THERAPIES



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

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 vegetarian

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

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



Kid's Menu



Kid's Wings. Three wings, no sauce. One dressing included. 6.00. Served with chips.

Kid's Cheese Quesadilla. 6.00, vegan cheese 7.50. Served with chips.

Kid's Grilled Cheese. 6.00, vegan cheese 7.50. Served with chips.

All sandwiches are served with kettle chips.

Substitute gluten-free bread for 2.00.

Substitute lo-carb wrap .50

Pickle spears available .50 each

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

We deliver through TakeoutCentral.com

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.