



## 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

### EXTRAS

#### 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

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.** Items marked with asterisk\* are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food borne illness.

## QUICK FIXES

**Soup of the Day.** Always vegetarian & homemade. 5.00

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

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

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

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

**Mac & Cheese.** Homemade & vegan. 6.00

## 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 3.50

*Add 2 ozs of any protein for 3.50*

*\*Add 2 ounces of shrimp 4.00*

### 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

Extra salad dressing .75

## 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, 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 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. 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

***We use 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, grilled on rye. 9.35, Vegan 10.35

**Meatball Sub.** Homemade fake meatballs on a hoagie toasted with mozzarella. 10.35. Vegan 11.35

**Tempeh Tantrum.** Marinated tempeh, vegan pesto mayo, vegan bacon, avocado, and lettuce on wheat. 10.35 **\*VEGAN\***  
**\*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, Pound of BBQ to go 14.00

**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 and provolone, served on a hoagie roll with mayo. 10.35, vegan 11.35.

**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

**Kid's Wings.** Three wings, no sauce. One dressing included. 6.00, meal 8.50

**Kid's Cheese Quesadilla.** 6.00, vegan 7.50

**Kid's Grilled Cheese.** 6.00, vegan 7.50

## BLUE PLATES

**\*Shrimp and Grits.** Gouda grits with real or vegan shrimp topped with pico de gallo and bacon crumbles. Served with a side of collards. 14.00

**Fried Vegan Chicken.** Vegan mac & cheese and choice of collards or fried broccoli. **\*VEGAN.\*** 15.00

**Baked Spaghetti & Meatballs.** Spaghetti tossed in marinara with homemade vegan meatballs & baked with vegan mozzarella on top. Served with a side salad & bread. **\*VEGAN\*** 14.00

**Three Tacos.** Choice of vegan chicken, vegan BBQ, grilled chicken, pulled pork, real shrimp or vegan shrimp. Served with pico de gallo, guacamole, pickled cabbage and homemade vegan refried beans. 15.00

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