

QUICK FIXES

Non-Chicken Wings. Six soy wings tossed in buffalo sauce, served with celery and ranch. 9.00/ Meal 11.25***Winner of PETA's Top 5 Vegan Wings in USA***

Vegan Taquitos. Three taquitos stuffed with vegan beef, black beans, corn, roasted red peppers and vegan cheese. 9.25

Brussels Sprouts. Fried, served with vegan ranch. 9.25

Flash-fried Broccoli. Served with vegan ranch. 9.25

Soup of the Day. Homemade. 7.00

NATURAL CURE-ALLS

Seasonal Salad. Rotating featuring the freshest local seasonal vegetables. Ask your server. 12.25

Chopped Salad. Romaine, grilled chicken, bacon, avocado, tomato, gorgonzola, boiled egg, banana peppers, red onion. 12.25

House Salad. Mixed greens, cucumbers, tomatoes, carrots, green peppers and red onion. 10.50

Add vegan chicken, vegan beef, tempeh, or chicken 6.00. Add shrimp 8.00

All of our dressing are homemade and vegan: balsamic vinaigrette, ranch, lemon tahini, thousand island

All sandwiches served with choice of chips, or vegan pasta salad.

Sub side house salad, fries, or soup 3.50

Gluten-free sourdough and hamburger buns available 2.50

VEGGIE SANDWICHES

VEGAN Reuben. Tempeh grilled on rye with avocado, sauerkraut, thousand island, dill pickles and vegan cheese. 12.60 (available vegetarian)

VEGAN Tempeh Tantrum. Tempeh, vegan pesto mayo, vegan bacon, avocado, lettuce, and tomato on wheat. 12.60 ***Winner of PETA's Top 5 Vegan Sandwiches in USA***

VEGAN BBQ. Shredded BBQ with eastern or western NC sauce. Served w/ homemade coleslaw on a Kaiser roll. 12.60

VEGAN Philly Fakesteak. Soy beef, grilled green peppers and onions, vegan cheese & mayo on a hoagie. 12.60 (available vegetarian)

VEGETARIAN Volcano. Soy chicken in buffalo sauce with onion, lettuce, gorgonzola & vegan ranch on a Kaiser roll. 12.60

VEGAN & Gluten-Free Impossible Burger. Served with lettuce, tomato, onions, pickles, mustard, and vegan mayo on a potato bun. Single 13.50. Double 18.50.

VEGAN Hot & Goopy. Soy fried chicken and vegan bacon smothered in vegan cheese and gravy on a biscuit. Served with seasoned potatoes.

VEGAN BLT. Vegan bacon, lettuce, tomatoes, avocado, and ranch on wheat. 10.50

KIDS

Under 12 only

Nuggets. Three vegan soy nuggets 8.50

Cheese Quesadilla 6.00/vegan cheese 7.50

Grilled Cheese. 6.00/vegan cheese 7.50

All served with fries

MEAT SANDWICHES

Turkey Pesto. Thin slices of turkey, pesto mayo, swiss, bacon, avocado, lettuce and tomato, on a hoagie. 11.60

The REAL Reuben. Pastrami (or turkey), sauerkraut, swiss & thousand island on rye. 12.60

The Underground. London broil, grilled green peppers, and onions with swiss, served on a hoagie roll with mayo. 11.60

Texas Roadhouse. London broil, fried egg, western NC BBQ sauce, and swiss piled high on Texas toast. 13.60

Hot & Goopy. Fried chicken and bacon smothered in cheddar cheese and gravy on a biscuit. Served with seasoned potatoes. 12.50

The American Burger. Eight ounce 100% Angus beef, cheddar, lettuce, tomato, onion, pickles, ketchup, and mustard on a potato bun. 11.60, double 13.25, add bacon 2.50.

BLT. Bacon, lettuce, tomatoes, avocado, and ranch on wheat. 10.50

BLUE PLATES

The Remedy Breakfast. Two scrambled eggs, two slices of bacon, sausage or vegan bacon, two slices of toast, smoked gouda grits, and seasoned potatoes. 12.00

Three of the Same Tacos. Choose 1: vegan chicken, vegan BBQ, shrimp, or grilled chicken. Topped with cheddar (dairy or vegan), guacamole, habanero salsa, and pickled cabbage. Served with sour cream, pico de gallo, and black beans. Choice of corn (GF) or flour tortillas. 16.00

Chicken and Waffles. Real or vegan fried chicken served with house made orange marmalade, spring mix and fries. 13.50

Vegan Lasagna. Vegan cheese, vegan beef. Served with a side salad and ciabatta bread. 16.00

Vegan Chicken Plate. Fried vegan chicken, collards, and seasoned potatoes. 15.00

Yum Yum. Quinoa topped with black beans, roasted sweet potatoes, diced tomatoes & cucumbers, roasted red peppers, drizzled with lemon tahini. (GF, V, NF) 12.95

ELIXERS: Organic Herbal Hot Tea. From Two Leaves & a Bud. 4.00/bag, Coffee. Joe Van Gogh, 3.00, Soda. Coke, Diet Coke, Ginger Ale, Sprite, Orange Fanta, Coke Zero, Lemonade, Sweet/Unsweet Tea.2.50, San Pellegrino 4.00/750ml bottle, Kombucha.Lyrix Elixirs 6.00/bottle

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

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