

QUICK FIXES



ALTERNATIVE THERAPIES

Non-Chicken Wings. Six soy wings tossed in buffalo sauce, served with celery and ranch. 8.25/Meal 11.25

Winner of PETA's Top 5 Vegan Wings in USA

Fried Pickles. Served with vegan ranch. 8.00

Vegan Taquitos. Three taquitos stuffed with Impossible crumbles, black beans, corn, roasted red peppers and vegan cheese. Served with chipotle ranch. 9.25

Flash-fried Broccoli. Served with vegan ranch. 8.75

Lord of the Fries. Fries covered in jalapeno pimento cheese. 9.25

Grilled Shrimp. Served with chipotle mayo. 6/12. 10.95/14.95

Fried Green Tomatoes. Panko-crust, served with jalapeno pimento cheese. 9.75

Vegan Mac & Cheese. Homemade & served in a skillet. 8.25

Crispy Brussel Sprouts. Topped with fresh herbs & lemon. Served with vegan ranch. 8.75

Soup of the Day. Homemade. 5.50 (Monday-Friday only)

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. 12.25, extra balls 3.50 each

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

All served with ciabatta

Add 2 ounces of protein for 3.50

Add 2 ounces of shrimp 4.50

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

BLUE PLATES

Shrimp and Grits. Gouda cheese grits with shrimp topped with bacon crumbles and a side of pico de gallo w/ collards. 15.00

Fried Vegan Chicken. Seasoned and breaded soy chicken patties served with vegan mac & cheese and collards. 15.00

Three of the Same Tacos. Vegan chicken, vegan BBQ, grilled chicken, pulled pork, or grilled shrimp. Topped with pepper jack or vegan cheese, guacamole, habanero salsa, and pickled cabbage. Served with sour cream, pico de gallo, & black beans. 15.00

BBQ Plate. Chopped vegan BBQ or pulled pork w/ eastern or western NC sauce. Served w/cornbread, collards, and slaw. 15.00

Vegan Lasagna. Vegan cheese, Impossible burger crumbles. Served with a side salad and ciabatta bread. 15.00

Veggie Groovy Train. Fried broccoli, goat cheese, cucumber, avocado, spinach, roasted red peppers on a pita. 9.60

Veggie Under the Volcano. Soy chicken tossed in homemade vegan buffalo sauce smothered in gorgonzola, onion, lettuce, and tomato on a Kaiser roll. 9.60

Veggie Reuben. Marinated tempeh grilled on rye topped with avocado, sauerkraut, thousand island dressing, dill pickles, and melted swiss. 9.60/vegan 10.60

Vegan Tempeh Tantrum. Marinated tempeh, vegan pesto mayo, vegan bacon, avocado, and lettuce on wheat. 10.60
Winner of PETA's Top 5 Vegan Sandwiches in USA

Vegan BBQ. Shredded BBQ sandwich with your choice of eastern NC vinegar-based or western NC tomato-based sauce. Served with homemade coleslaw on a Kaiser roll. 10.60

Vegan Black Bean Burger. Homemade black bean patty with lettuce, tomato, red onion, pickles, mustard, and vegan mayo. Served on a toasted Kaiser roll. 10.60

Vegan Philly Fakesteak. Soy beef, grilled green peppers and onions smothered in swiss, provolone, and mayo on a hoagie. 10.60/Vegan 11.60

Vegan & Gluten-Free Impossible Burger. Served with lettuce, tomato, onions, pickles, mustard, and vegan mayo on a potato bun (gluten free buns available). Single 13.50. Double 18.50. Add vegan cheese for 1.00

Vegan Viet-Nom-Nom. Crispy, spicy tofu on a hoagie with sriracha aioli, pickled cabbage, jalapenos, and cilantro. 10.60

Vegan Towanda. Fried green tomatoes, pico de gallo, chipotle aioli, and lettuce on a hoagie. 10.60

MAINSTREAM THERAPIES

Turkey Pesto. Thin slices of turkey, pesto mayo, provolone, bacon, avocado, lettuce and tomato, on a hoagie. 10.60

The REAL Reuben. Six ounces of pastrami, sauerkraut, swiss, thousand island, grilled on rye. 11.60

Sgt. Billy Club. A giant triple-decker of ham, turkey, bacon, avocado, swiss, cheddar, lettuce, tomato, and mayo on toasted wheat bread. 11.60

The Embargo. A Cuban sandwich with pulled pork, ham, dill pickles, spicy mustard, and swiss grilled on ciabatta. 11.60

The Underground. London broil, grilled green peppers, and onions smothered in swiss and provolone served on a hoagie roll with mayo. 10.60

The REAL Burger. Quarter pound patty, cheddar, lettuce, tomato, onions, pickles, ketchup, and mustard on a potato bun. 10.60, double 12.25, add an egg 1.00, add pimento cheese 2.00, add bacon 2.50.

Not So Poor Boy. Sautéed shrimp, chipotle mayo, pico de gallo, and lettuce on a hoagie. 13.00

Apocalypse Wow. London broil, with sriracha aioli, pickled cabbage, jalapenos, & cilantro on a hoagie. 10.60

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

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%

OVER THE COUNTER ELIXERS

Organic Herbal Hot Tea. From Two Leaves & a Bud. 4.00/bag

Wellness Tea. From Lyrix Elixirs, rotating. 6.00/bottle

Coffee. Joe Van Gogh, 3.00/free refills

Soda. Coke, Diet Coke, Ginger Ale, Sprite, Orange Fanta, Coke Zero, Lemonade, Sweet or Unsweet Tea. 2.50/free refills

Juice. Cranberry, Grapefruit, Orange, Pineapple 3.00/glass

San Pellegrino Sparkling Mineral Water 4.00/750ml bottle

Basil Blueberry Lemonade. Homemade. 4.95

Kombucha. From Lyrix Elixirs, rotating. 6.00/bottle

KIDS MENU

Under 12 only

All served with fries

Nuggets. Three vegan soy nuggets 8.50

Cheese Quesadilla 6.00/vegan cheese 7.50

Grilled Cheese. 6.00/vegan cheese 7.50

EXTRAS

Pork bacon (4 slices) 2.50 , vegan bacon (4 slices) 3.50, collards (vegan) 2.25, Gouda grits 3.50, extra dressing .75, extra sauce .75, Pico de Gallo 1.00, habanero salsa .75, vegan sour cream 2.00, sour cream 1.00, add vegan coleslaw 1.00, pesto mayo .75, vegan mayo .75, jalapeno pimento cheese 2.00, gluten-free bread 2.00, lo-carb wrap .50, pickle spear .50 each, add extra cheese 1.50, add vegan cheese 2.00, side of avocado 2.00, add scrambled egg 1.50, add scrambled JustEgg 2.00, add 2oz of Boar's Head meat, tempeh, tofu, vegan BBQ, pork BBQ 3.50, add 2 oz of shrimp 4.50, tortilla chips 1.50, side of fries 3.50 with sandwich 3.50, side of soup with sandwich 3.50, side salad with sandwich 3.50, extra bread 1.00, extra cornbread 1.75, pint of vegan slaw 6.50, large vegan ranch 6.75, pound of vegan BBQ 14.50, half pound 7.25, side of fruit 3.50 (if available), add jalapenos .50, add tomato .50, add onion .50, add lettuce .50, add banana peppers .50, add mushrooms 1.50, extra celery .75, add cucumbers .50, add spinach .50, add carrots .50, add green peppers .50, add raw broccoli .50, add roasted red peppers 1.00, add cilantro .50, add pickled cabbage .50, add sauerkraut .50

HOMEMADE DESSERTS

All of our award-winning desserts are vegan and homemade.

Coconut Cream Pie

Key Lime Pie

Sopapilla Cheesecake

Chocolate Cake

Chocolate Peanut Butter Pie

Rotating Seasonal Pie

7.95

We sell whole pies and cakes.

A 48-hour notice and advance payment is required.

See the chalkboards for daily specials!

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