



LUNCH & DINNER



QUICK FIXES

Non-Chicken Wings. 6 soy wings tossed in buffalo sauce, served with celery and ranch. 8.25, Wings Meal 11.25

Winner of PETA's Top 5 Vegan Wings in USA

Vegan Taquitos. Three deep fried 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. Basket of fries covered in homemade jalapeno pimento cheese. 9.25 Plain fries, 5.25

Vegan Mac & Cheese. 8.25

Hot Nashville Tofu. Served with chipotle vegan mayo and pickles. 8.25

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

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. 10.25, half size 5.25

Vegan Chicken Caesar Salad. Romaine, breaded and fried vegan chicken, croutons, and vegan Caesar. 12.25

All served with ciabatta, sub gluten-free bread 2.00

Add 2 ozs of any protein for 3.50

Add 2 ounces of shrimp 4.00

Balsamic Vinaigrette

Lemon Tahini

Thousand Island

Ranch, pint to go 6.75

KIDS: under 12 only, all served with fries

Nuggets. Three vegan soy nuggets 8.5

Cheese Quesadilla 6.00, vegan cheese 7.50

Grilled Cheese. 6.00, vegan 7.50

Vegan dog. 7.50

OVER-THE-COUNTER ELIXIRS

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

Coffee. Joe Van Gogh, 3.00

Soda. Coke, Diet Coke, Ginger Ale, Sprite, Lemonade, Iced Tea, Orange Fanta, Coke Zero 2.50

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

San Pellegrino Sparkling Mineral Water 750ml 4.00

Basil Blueberry Lemonade. Homemade. 4.95.

Lenny Boy Kombucha, rotating, 12 oz bottle. 6.00

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. 14.25

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

Three of the Same Tacos. Choose from one of the following fillings: vegan chicken, vegan BBQ, grilled chicken, pulled pork, or shrimp. Topped with your choice of pepper jack or vegan cheese, guacamole, habanero salsa, and pickled cabbage. Served with sour cream, pico de gallo, and a side of black beans. 15.00

BBQ Plate. Chopped vegan BBQ or real pulled pork with choice of homemade eastern or western NC sauce. Served with cornbread, collards, and slaw. 15.00

Meatloaf. Two thick slices of brown sugar glazed meatloaf served with homemade garlic mashed potatoes and a side salad. 15.00

Stuffed Peppers. Two green peppers stuffed with soy chorizo and quinoa, topped with cheddar and mozzarella. Served with house salad and tortilla chips. 13.50, vegan 15.00.

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

HOMEMADE DESSERTS

All of our 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.

EXTRAS

Real bacon (4 slices) 2.50

Vegan cheese 2.00

Vegan bacon (4 slices) 3.50

Side of avocado 2.00

Collards 2.25

Add protein 3.50

Gouda Grits 3.50

Tortilla chips 1.50

Extra dressing .75

Ramekin vegan coleslaw 1.25

Pico de Gallo 1.00

Pound of vegan BBQ 14.25

Sour cream 1.00

Mashed potatoes 3.75

Vegan sour cream 1.50

Homemade chips 3.50

Extra cheese 1.50

Pimento cheese 2.00

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%



LUNCH & DINNER



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 **available as a turkey reuben**

Sgt. Billy Club. A giant triple-decker of ham and turkey, bacon, avocado, swiss, Ashe Co. 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

BLT. Bacon, lettuce, tomato, avocado & ranch on wheat. 8.25

The REAL Burger. Quarter pound Angus burger patty, Ashe Co. cheddar cheese, 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.

Meatloaf Sandwich. Meatloaf, mayo, lettuce, tomato on Texas toast. 10.60

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

REAL Meatball Sub. Homemade meatballs and marinara on a toasted hoagie roll with mozzarella. 10.60

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

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

All sandwiches are served with homemade kettle chips, unless otherwise noted.

In lieu of chips, you can choose 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

ALTERNATIVE THERAPIES

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

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

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

Veggie Meatball Sub. Homemade vegan meatballs and marinara on a toasted hoagie roll with mozzarella. 10.60. Vegan 11.60

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 sauce, western NC tomato based sauce, or SC mustard-based sauce. Served with homemade coleslaw on a kaiser roll. 10.60, Pound of BBQ to-go 14.50

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

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

Vegan BLT. Vegan bacon, lettuce, tomato, avocado & vegan ranch on wheat. 9.75

The Impossible Burger. Served with lettuce, tomato, onions, pickles, mustard, and veganaise on a potato bun. Single 13.50. Double 18.50. Add vegan cheese for 1.00.

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

Flame Job. Tempeh, pepper jack, lettuce, tomato, jalapenos, chipotle mayo on grilled sourdough. 10.60

Greek Out. Soy beef, vegan tzataki, lettuce, tomato, onion on a pita. 10.60

See the chalkboards for daily specials and seasonal cocktails!



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