



America's Meatless Restaurant.

FRESH MADE APPETIZERS

BROCCOLI TOPPED POTATO SKINS

Our giant potato skins topped with chopped fresh broccoli, shaved cheddar cheese and served with side of buttermilk ranch and sour cream.

4.95

MINI VEGETABLE BURGER SLIDERS

Eight of our miniature ½ lb. patties made with ground bell peppers, spinach greens, soybeans, black beans and corn topped on our miniature sesame seed jalapeno buns with mustard glaze, served with side of our roasted brussel sprouts.

6.75

TABLESIDE GUACAMOLE & CHIPS

Our fresh avocados mashed up at your table with your choice of fresh chopped cilantro, fresh squeezed orange juice, chopped red onions, chopped bell peppers, minced jalapenos and chopped fresh pico de gallo, served with baked tortilla chips.

4.25

CREAMY SPINACH ARTICHOKE & CHIPS

Our fresh cream cheese mixed and baked with spinach greens and shredded fresh artichokes, served with baked tortilla chips.

4.25

FRIED ASPARAGUS

Our fresh asparagus, panko-battered and golden fried to perfection, served with side of green tomato salsa.

3.95

FRIED BROCCOLI

Our fresh cut broccoli, panko-battered and golden fried to perfection, served with side of buttermilk ranch.

3.25

ONION FLOWER™

Our giant Spanish colossal onion sliced into petals, Cajun battered and golden fried to perfection, served with our sweet onion tamarind glaze.

4.95

MINI SPINACH & TOMATO SLIDERS

Eight of our miniature sesame seed jalapeno buns topped with fresh spinach leaves, beefsteak tomato slices, Italian sauce and mozzarella cheese, served with side of our roasted brussel sprouts.

5.95

FRIED ZUCCHINI STICKS

Our fresh sliced zucchini, panko-battered and golden fried to perfection, served with side of buttermilk ranch.

3.25

VEGETABLE BURGERS

½ Lb. patties homemade with ground bell peppers, spinach greens, soybeans, black beans, and corn, topped on your choice of our sesame seed jalapeno bun, toasted wheat bread or sesame seed rye bun, Served with your choice of Sweet Potato Cut Fries, Potato Chips, Onion Rings, or Original Idaho Potato Cut Fries with side of homemade tomato ketchup.

ORIGINAL BURGER

Topped with fresh lettuce, sliced tomatoes, ruffle-sliced dill pickle chips, chopped red onions, and mustard.

3.95 Add Swiss, Provolone or Cheddar cheese...0.25 extra!

DOUBLE COLOSSAL BURGER

Double vegetable patties with double cheddar cheese topped with an extra bun of the Original Burger.

6.25

JACK DANIELS® BURGER

Glazed with Jack Daniels® sauce, topped with sauteed onions, sliced fresh mushrooms, Provolone cheese, fresh lettuce, sliced tomatoes and ruffle-sliced dill pickle chips.

4.25

SLICED TURNIP BURGER

Topped with freshly sliced grilled turnip, sauteed onions, Swiss cheese, and cherry tomato pesto.

4.25

SLICED PORTABELLA BURGER

Topped with freshly sliced portabella mushrooms, sliced beefsteak tomatoes, chopped red onions, fresh shredded lettuce and chimichurri sauce.

5.95

VEGETARIAN PHILLY BURGER

Topped on our hoagie roll with sauteed bell peppers, sauteed onions, sliced portabella mushrooms, and our spinach Philly cheese sauce, served with our tomato marinara sauce.

5.95

VEGETABLE MAC & CHEESE BURGER

Topped with homemade creamy white cheddar & bell pepper macaroni & cheese, sliced cheddar cheese, and sliced portabella mushrooms.

5.95

VEGETABLE WAFFLE BURGER

Topped on our homemade spinach infused Belgian waffles with creamy brie cheese, sauteed bell peppers and our mint tomato pesto.

6.25

VEGETARIAN FLATBREADS

Topped on our 14" whole grain homemade flatbreads, oven-baked fresh!

Add our Mozzarella & Beefsteak Tomato Caprese Salad or Caesar Salad for just...1.25!

VEGETABLE PATCH FLATBREAD

Topped with our creamy spinach, shredded mozzarella and fontina cheeses, shredded artichokes and grilled bell peppers.
6.95

MARGHERITA FLATBREAD

Topped with our tomato marinara sauce, shredded mozzarella and fontina cheeses, sliced tomatoes and fresh shredded basil leaves.
6.95

PEANUT BUTTER & YOGURT FLATBREAD

Topped with our organic peanut butter creamy spread, ground granola, oats and dried cranberries, drizzled with our creamy vanilla yogurt sauce.
4.95

CALIFORNIA FLATBREAD

Topped with our tomato marinara sauce, shredded mozzarella and fontina cheeses, sliced fresh avocados, minced fresh jalapenos and cherry tomatoes.
6.95

VEGETABLE SOUPS, SALADS & CHILI

Make it a combo with your choice on cup of vegetable soups or chili plus, any salad for just...3.95!

TURNIP & KALE SALAD

Fresh kale lettuce tossed in our zesty lemon vinaigrette dressing, sliced and grilled turnip, crumbled cojita cheese, water chestnuts and sauteed bell peppers.
4.95

SPICY APPLE & KALE SALAD

Fresh kale lettuce tossed in our sweet and spicy apple Cajun vinaigrette dressing, crumbled cojita cheese, candied pecans and fresh cranberries.
4.95

MOZZARELLA & BEEFSTEAK TOMATO CAPRESE SALAD

Fresh sliced beefsteak tomatoes topped with sliced fresh mozzarella cheese, fresh shredded basil and our sweet balsamic dressing.
3.95

BLACK BEAN SOUTHWESTERN SALAD

Fresh crisp lettuce tossed in our tangy orange vinaigrette dressing, homemade black bean salsa, tortilla strips, cherry tomatoes, sliced avocados, and bell peppers.
4.25

TOFU & VEGETABLE TACO SALAD

Fresh baked homemade taco shell filled with fresh crisp lettuce, fresh tofu, sauteed bell peppers, sauteed onions, black bean salsa, chopped pico de gallo, and homemade freshly mashed guacamole served with side of Italian dressing.
5.25

AVOCADO & SPINACH SOUP

Vegetable broth and sliced fresh avocados slow simmered with black beans and fresh spinach greens.
Bowl...3.25 Cup...1.25

RED BEANS & RICE SOUP

Red beans and rice slow simmered in our vegetable roux.
Bowl...3.25 Cup...1.25

CREAMY POTATO & TOFU SOUP

Our creamy potato broth slow simmered with fresh tofu and topped with fresh shredded cheddar cheese and green chives.
Bowl...3.25 Cup...1.25

SPICY VEGETARIAN CHILI

Made with black beans, soybeans, red beans, hatch green chilies, rice, peas, corn and freshly sliced mushrooms.
Bowl...3.25 Cup...1.25

TOFU CHILI

Made with fresh tofu, black beans, soybeans, red beans, bell peppers and rice.
Bowl...3.25 Cup...1.25

CAESAR SALAD

Fresh crisp lettuce tossed in our creamy Caesar dressing, shaved parmesan cheese, sliced black olives and fresh pepperoncini peppers.
3.25

OTHER VEGETABLE & FRUIT DISHES

WATERMELON FRUIT BOWL

Medium sized whole watermelon gutted and filled with sliced fresh pineapples, melons, blackberries, red grapes, cherries, sliced apples, strawberries, sliced half bananas, and sliced watermelons, served with side of strawberry banana yogurt dip.

5.95

VEGETABLE SOFT TACOS

Grilled zucchini, broccoli, squash and carrots filled in three of our homemade flour tortillas with shredded cheddar cheese, fresh lettuce and chopped tomatoes, served with side of sour cream, freshly mashed guacamole, and our homemade spicy salsa.

4.25

BLACK BEAN BURRITOS

Black beans wrapped in two of our giant homemade flour tortillas with sauteed bell peppers, onions, green chilie rice and shredded cheddar cheese, served with side of sour cream, freshly mashed guacamole, and our homemade spicy salsa.

4.25

ROASTED SPICY PEAR

Fresh whole pear roasted with mint and Cajun spices, served with side of creamy apple relish and cinnamon seasoned rice.

4.95

TUSCAN SPAGHETTI SQUASH

Fresh homemade cooked spaghetti squash noodles mixed with olive oil, salted cherry tomatoes, shaved Parmesan cheese, creamy butter sauce, and fresh basil, drizzled with our chimichurri sauce.

4.25

VEGETABLE FAJITAS

Hot sizzling iron skillet (please, use caution!) sizzling with bell peppers, onions, whole jalapenos, red chili peppers, broccoli and carrots, served with homemade flour tortillas, shredded cheddar cheese, chopped pico de gallo, sour cream and freshly mashed guacamole.

For One or Two...6.95 For Three or More...9.95

FRIED GUACAMOLE STUFFED PEPPERS

Whole bell peppers gutted and stuffed with freshly mashed guacamole, creamy corn, spinach greens, and shredded white cheddar cheese, panko-battered and golden fried to perfection, served with side of buttermilk ranch.

4.25

FRUIT SALAD

Bowl of fresh sliced pineapples, melons, blackberries, red grapes, cherries, sliced apples, strawberries, sliced bananas, and sliced watermelons freshly simmered and chilled in our black cherry gelatin, served with side of strawberry banana yogurt dip.

4.25

TOFU TACOS

Three of fresh homemade fried tortilla taco shells filled with fresh tofu, black beans, green chilie rice, chopped red onions, and shredded cheddar cheese, served with side of sour cream, freshly mashed guacamole, and our spicy salsa.

4.95

SHEPHERD'S TOFU PIE

Fresh tofu mixed and simmered into a crock with peas, carrots and corn, topped with homemade garlic whipped mashed potatoes and brown ale gravy.

4.25

SWEET ENDINGS

FROZEN YOGURT SUNDAE BAR

Serving ALL-YOU-CAN-EAT build your own sundae bar with frozen yogurt and all the toppings you may think of.

2.25

FRUIT SMOOTHIES

Homemade with chopped ice and blended with real fruit.

- Cherry Pomegranate
- Strawberry Banana,
- Peanut Butter Strawberry
- Pineapple Berry.

Small...0.95 Medium...1.25 Large...1.95

SIZZLING APPLE PIE

Hot sizzling iron skillet (please, use caution!) sizzling with cinnamon baked apples, brandy butter sauce and pie pastry, served with cinnamon frozen yogurt.

3.25

LEMON CREAM CAKE

Homemade lemon powdered cake topped with three layers of lemon cream.

3.25

FROZEN LEMONADE

Frozen with ice and blended with real lemon juice and also fruit.

- Original Lemonade
- Cherry Lemonade
- Orange Lemonade
- Peach Lemonade
- Strawberry Lemonade
- Grape Lemonade
- Pomegranate Lemonade

Small...1.25 Medium...1.95 Large...2.25

NON-ALCOHOLIC DRINKS

COCA-COLA® PRODUCTS

Coca-Cola®, Diet Coke®, Sprite®, Sprite Zero®, Coca-Cola® Zero or Pibb Xtra®.
FREE REFILLS!

LEMONADE OR LIMEADE

Original Lemonade, Original Limeade, Strawberry Lemonade, Cherry Limeade, Peach Lemonade, or Strawberry Limeade.
FREE REFILLS!

ICED TEA

Sweetened or Unsweetened.
FREE REFILLS!

HOT DRINKS

Folgers® Coffee (Original or Decaffeinated).
Green Hot Tea.
FREE REFILLS!

BORDEN® MILK

Original or Chocolate.

ALCOHOLIC DRINKS ON “BAR MENU” ONLY!

KIDS’ MENU

Ages 12 & Under, Only!

SNACKS

- Fried Mozzarella Cheese with Tomato Marinara Sauce
- Fried Broccoli with Buttermilk Ranch.

1.25 each!

ENTREES

- Two Vegetable Sliders on Sesame Seed Mini Buns with Sliced Cheddar Cheese and Fruit Cup.
- Grilled Broccoli & Cheddar Cheese Sandwich with Fruit Cup.
- Homemade Macaroni & Cheese with Fruit Cup.

1.95 each!

SWEETS

- One Trip to “Frozen Yogurt Sundae Bar”.
- Cup of Dirt Sundae.

1.25 each!

DRINKS

- Minute Maid® Orange Juice or Motts® Apple Juice.
- Borden® Milk or Chocolate Milk

COMPANY INFORMATION

WEBSITES

www.healthys.us
www.rchronic.com

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