
VEGAN BREAKFAST MENU

AVOCADO AND BEET TOAST

beet hummus, avocado, micro greens, sautéed spinach, toasted sesame and pumpkin seeds,
toasted sprouted wheat berry bread ~ \$12.25


IRISH OATMEAL

served with your choice of: golden raisins, pecans, almonds, chia seeds, coconut,
dried cranberries, brown sugar ~ \$9.50

BREAKFAST PLATE

Oomph! spiced potato, sautéed spinach and wild mushrooms,
avocado, toasted sprouted wheat berry bread ~ \$12.75

SIDES

Oomph! spiced home fries  ~ \$4.50

fresh fruit salad ~ \$7.25

side of berries ~ \$3.75

bowl of berries ~ \$12.50

VEGAN LUNCH MENU

CHIPS, GUACAMOLE AND SALSA

housemade corn tortilla chips, guacamole,
salsa fresca ~ \$11.25

BEET HUMMUS

English cucumbers, flaxseed crackers ~ \$8.75

LTA SANDWICH

vine-ripened tomato, avocado, artisan greens,
Stone Ground Bakery nine-grain bread ~ \$12.25

VEGAN TACOS

avocado, micro greens, artisan lettuce,
citrus cilantro dressing,
green apple, pickled Spanish red onions,
white corn tortilla ~ \$13.75

COPPER MOOSE FARM MIXED GREENS

vine-ripened tomato, quinoa, pickled Spanish red
onions, citrus cilantro vinaigrette or oil and vinegar,
flaxseed cracker ~ \$9.75