

We are a from-scratch kitchen that serves up delicious plant-based comfort food that's locally sourced & fresh.



Lunch Menu

Salads

Add Extra Protein: Seared Smoked Tofu +4, Crispy Breaded Tofu +4

AGF **Caesar Salad 15**
Romaine, Kale, Caesar Dressing, Tempeh Bits, Croutons, Lemon Wedge and Parmesan Cheese.

GF **Cobb Salad 23**
Romaine, Smoked Cheddar, JUST Egg, Tempeh Bits, Tomatoes, Cucumber, Green Onion, Red Cabbage, Avocado, Corn Salsa, House-Smoked Tofu, tossed in Ranch Dressing.

GF **Beet & Pearl Onion Salad 21**
Roasted Beets, Pearl Onions, Baby Potatoes, Candied Pecans, Poached Pears, Arugula, Avocado and Herbed Goat Cheese, drizzled with Balsamic Reduction and Olive Oil.

Shareables

Antojitos 16
Flour Tortilla stuffed and rolled with Chipotle Cream Cheese, Green Peppers, Red Onion, Cheddar and Mozzarella Cheese, served with Adobo and Sour Cream.

GF **Wild Mushroom Flatbread 22**
Cauliflower Crust, House-Smoked Wild Mushrooms, Roasted Garlic, Asparagus, Herbed Goat Cheese, Truffle Aioli.

GF **Artichoke Dip 16**
Artichokes, Spinach and Roasted Garlic folded into a Creamy Parmesan Queso served with Tortilla Chips.

Mini Calzones 16
Plant-Based Pepperoni, Mozzarella, Onions and Mushrooms Stuffed in a Flaky Pastry with Marinara Sauce.

GF Gluten-free

AGF Available Gluten-free

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Sandwiches

Comes with your choice of Caesar Salad, Garden Salad, Fries or Daily Soup

AGF **Smashburger 24**
Beer Cheese, Smoked Bell Pepper Relish, Crispy Onions and Chipotle Aioli on a Toasted Sesame Seed Bun. *Gluten-Free Bun +2*

AGF **Caprese Sandwich 19**
Buffalo Mozzarella, Roma Tomatoes, Fresh Basil, Balsamic Reduction, Crispy Tofu with Lemon Aioli, on a Toasted Sesame Seed Bun. *Gluten-Free Bun +2*

Turkey Cranberry Panini 21
Turkey Slices, Cashew Brie, Sage, Onion Jam, Cranberry Sauce, Herbed Aioli, on Multigrain Bread.

AGF **Bulgogi Tofu 19**
Crispy Tofu, Korean Bbq Sauce, Cabbage, Carrot, Green Onions and Kimchi with a Ginger Sesame Aioli, on a Toasted Roll. *Gluten-Free Bun +2*

AGF **Lobster Roll 21**
Old Bay Artichoke Hearts, Celery, Cheddar Cheese, Mayonnaise on a Buttered Toasted Roll, finished with Chives. *Dine-In Only.*

AGF **Meatball Sub 21**
Plant-Based Meatballs, Marinara, Onions, Peppers and Mushrooms, served on a Toasted Hoagie, with Melted Mozzarella Cheese. *Gluten-Free Bun +2*

Cuban 19
Seitan Ham, Spicy Mustard Aioli, Smoked Provolone and House-Made Pickles, on a Buttered Grilled Bun.

Buffalo Caesar Wrap 18
Crispy Breaded Tofu, Romaine, Tempeh Bits, Parmesan, Buffalo Hot Sauce and Caesar Dressing in a Flour Tortilla.

Mains

Add Extra Protein: Seared Smoked Tofu +4, Crispy Breaded Tofu +4

AGF **Cinque Terre 23**
Angel Hair Pasta, Broccolini, Sun-Dried Tomatoes, Artichokes, Olives, Red Onion, Feta Cheese, Pesto, Chili Flakes and Fresh Basil tossed in Olive Oil.

Fajita Bowl 23
Plant-Based Tips, Peppers, Onions, Adobo, Corn Salsa, Green Onions, Jalapeños, Sour Cream and Fresh Lime served with a Grilled Tortilla over Basmati Rice.

AGF **Mac & Cheese 14**
PMK Cheese Sauce, Parmesan, Green Onions and Noodles. *Make it Chipotle +2*

GF Gluten-free

AGF Available Gluten-free