

# VEGEMATION



JOIN THE FOOD REVOLUTION!

## STARTERS

### BAO WOW \$8

Steamed bao with tempura tofu, served with shiitake hoisin

### SAVE THE TUNA GF \$9

Hand rolled sushi with black forbidden rice

### MEDITERRANEAN HUMMUS \$8

Seasoned garbanzo puree, served with warm pita

### MY LITTLE DUMPLING \$9

Crispy gyoza with a shiitake mushroom and vegetable filling, served with sweet chili dipping sauce

### ELOTE TAMALE GF \$9

Masa and sweet potato filling, served with sweet corn, salsa verde, parmesan cheese

### BUFFALO CAULIFLOWER WINGS GF \$10

Spicy buffalo, BBQ, or Lemon pepper sauce covered cauliflower, served with ranch dressing

## SIDES

### BLACK BEAN CHILI STIFFED SWEET POTATO GF \$8

### LOADED SWEET POTATO TOTS \$8

Topped with homemade nacho cheese sauce, black bean chili, guacamole and jalapenos

### WOK SAUTEED VEGETABLES GF \$7

### FRESH CUT FRIES GF \$4

Topped with sea salt

## SUPER GREENS

### JOHN SALLY SUPER FOOD SALAD GF \$13

Raw Veggies, Organic Greens, Hemp Seeds, Sunflower seeds. Quinoa, Oil Free Dressing

### THE TORRE WASHINGTON GF \$13

Burrito bowl made with organic greens, black beans, guacamole, quinoa, blue corn chips

### PAMELA ANDERSON RAW POWER TACOS GF \$13

Walnut, sunflower, sun-dried tomato nut meat, avocado, raw veggies, oil free green goddess dressing

### CHICKEN CAESAR SALAD \$13

Crispy chicken, romaine hearts, capers, croutons, Caesar dressing

## PIZZA

### POP UP PIZZA SPECIAL

Daily chefs creation

### CIAO MARGARITA \$13

Home made mozzarella, San Marzano tomatoes, and fresh basil

### MAC N CHEESE PIZZA \$13

Creamy mac n cheese with chipotle ranch blaze doritos

### SPICY PICANTE PINEAPPLE \$13

Fresh pineapple, jalapenos and Italian sausage crumble

## ENTRÉE

### DOWNTOWN TONY \$13

Sautéed Portobello mushroom, caramelized onions, smoked gouda, slaw, sriracha aioli  
Served with fresh cut fries and ketchup

### DANIEL NEGREANU \$13

Meatball grinder topped with melted mozzarella and tomato sauce  
Served with fresh cut fries and ketchup

### CHICKEN POT PIE GNOCCHI \$13

Creamy herb sauce with chicken, peas & carrots, mushrooms  
topped with pie crust crumbles

### CHICKY CHICKY BANG BANG \$13

Nashville style chicken sandwich with slaw, ranch, bread & butter pickles  
Served with fresh cut fries and ketchup

### MAMA MIA \$13

Organic spaghetti topped with meatballs, San Marzano tomato sauce, garlic bread

### EGGPLANT STACKS GF \$13

Layers of roasted eggplant, house made cashew ricotta, melted mozzarella, San Marzano tomato sauce

### MUCHAS GRACIAS \$13

Sweet potato and black bean quesadilla  
Topped with chipotle ranch and guacamole

### RAMEN TIME \$13

Miso broth, noodles, vegan egg, tofu, corn, bok choy

### TEMPURA AVOCADO TACOS \$13

Chipotle, bacon, lettuce, Tomato slaw, guacamole, flour tortillas

### POP UP SANDWICH SPECIAL

Chefs daily special

### THE MAC DADDY BURGER \$14

Topped with creamy mac n cheese, collard greens, bbq sauce, secret sauce, cole slaw  
Served with fresh cut fries



# VEGENATION



## COFFEE

FAIR TRADE ORGANIC PERU **GF** \$4

COLD BREW COFFEE **GF** \$4

PERKY POTION **GF** \$7

super food coffee blend with jasmine green tea, cacao, hemp seeds and coconut oil sweetened with agave nectar

LOCALLY SOURCED @ FRANLYGOODCOFFEE

## HOT TEA

JASMINE GUNPOWDER GREEN TEA **GF** \$4

ROSALAND CHAI BLEND **GF** \$4

LOCALLY SOURCED @ BLOOMINDESERTHERBFARM

## SMOOTHIES

ORANGE BURST **GF** \$7

orange, carrot, ginger, turmeric and pineapple

GREEN MACHINE **GF** \$7

kale, parsley, cucumber, avocado, grapes, apple and coconut water

BERRY BLAST **GF** \$7

blue berry, strawberry, raspberry, mint, spinach and almond milk

CHOCOLATE THUNDER **GF** \$7

cacao, peanut butter, chia seeds, coconut milk

## CHILLED REFRESHMENTS

MATCHA LAVENDER SWEET TEA **GF** \$6

with coconut whipped cream

CHIA SEED LEMONADE **GF** \$4

coconut water, chia seeds and agave nectar

DRAFT KOMUCHA TEA **GF** \$7

ask about today's flavor!

PELLEGRINO SPARKLING WATER **GF** \$4

JAMAICAN HIBISCUS PUNCH **GF** \$4

made with hibiscus and jamaican spices sweetened with agave nectar

ZEVIA NATURAL COLA \$4

cola

MANGO CEYLON ICED TEA **GF** \$4

## WHAT YOU EAT MATTERS!



Heyyyyy! we're stoked to have you at our table. Vegenation is a community based restaurant on a mission to lead a food revolution.

Our passion is serving hungry change-makers daily.

We cook with **100%** plant based ingredients ( yesssss! our meats, cheeses, and ice creams are made from plants too!) our menu is plant-based because of the positive impact it makes on the planet, animals, health and local community.

It's really cool what plants can do!

Seasonally, we seek to cook with locally sourced vegetable, by adopting school, community and hydroponic gardens.

You'll also find awesome locally sourced beer, booze, coffee, tea, artisanal cheeses and spices.

With your meal today, you are making a direct impact on our local community. From our pop-up art gallery, yoga classes, workshops, adopted school gardens and fundraisers, YOU are making a positive change by eating here.

Thank YOU , changemaker!