

STARTERS

BAO WOW \$9

(2) steamed buns with crispy chicken, gochujang bbq sauce, slaw



HEARTY MINESTRONE SOUP \$6

italian vegetables & herbs with elbow macaroni



MUSHROOM EMPANADAS \$11

(3) mushroom stuffed empanadas with green chili salsa



BUFFALO CAULIFLOWER WINGS \$11 (GF)

REGULAR \$11 LARGE \$20

spicy buffalo, bbq or lemon pepper cauliflower florets. served with ranch dressing

MY LITTLE DUMPLING \$9

crispy gyoza with a shiitake mushroom & vegetable filling, served with sweet chili dipping sauce

NACHOS VEGANO \$11 (GF)

organic blue corn tortilla chips, nacho sauce, sausage crumbles, pickled jalapenos, guacamole, pico de gallo



SAVE THE TUNA \$10

mango, red pepper, green onion, cucumber, avocado sushi with black forbidden rice



ELOTE TAMALES \$9 (GF)

mash & sweet potato filling, sweet corn, salsa verde, parmesan cheese



HOUSE SALAD \$6

organic greens, grape tomatoes, cucumber, balsamic dressing

ENTREES

EGGPLANT STACKS \$14

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

MUGHAS GRACIAS \$14 (GF)

cauliflower tortilla, sweet potato and black bean quesadilla topped with chipotle ranch & guacamole

CHICKEN POT PIE GNOGCHI \$14

creamy wild mushroom sauce with diced chicken topped with pie crust crumbles



CHICKY CHICKY BANG BANG \$15

nashville style chicken sandwich with slaw, ranch, bread & butter pickles. served with fresh-cut fries

TAGO TIME \$16

tempura avocado, shiitake bacon, chipotle slaw, pico de gallo, black beans

THE MAC DADDY BURGER \$15

topped with creamy mac-n-cheese, collard greens, bbq sauce, secret sauce & cole slaw. served with fresh-cut fries



PIZZA

// ALL PIZZAS MADE WITH NUMU MOZZARELLA //

GIAO MARGARITA \$18

San Marzano tomatoes, grape tomatoes & fresh basil



MAG-N-CHEESE PIZZA \$18

creamy mac-n-cheese with chipotle ranch, blaze doritos



cheesy!

REVOLUTION PIZZA \$21

roman style, sausage crumbles topped with arugula, apple salad, balsamic dressing



GLUTEN-FREE CAULIFLOWER CRUST AVAILABLE +\$2

HOMEMADE PASTA PROJECT

HOMEMADE STUFF PASTA OF THE DAY \$18

BUGATINI CARBONARA \$18

carbonara, shiitake bacon, green onions, creamy sauce

CHICKEN PARMESAN \$21

served with spaghetti and garlic bread



MAMA MIA \$18

homemade spaghetti topped with meatballs, San Marzano tomato sauce & garlic bread

SUPER GREEN FOODS

THE TORRE WASHINGTON \$14

burrito bowl salad made with organic greens, black beans, guacamole, quinoa & blue corn tortilla chips



PAMELA ANDERSON RAW POWER TAGOS \$14 (GF)

nut meat made from walnuts, sunflower seeds & sun-dried tomatoes on a collard green leaf with raw veggies, avocado & oil-free green goddess dressing

CHICKEN CAESAR SALAD \$14

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

SIDES

BLACK BEAN CHILI STUFFED SWEET POTATO \$8 (GF)

FRESH-CUT FRIES \$8 (GF)

topped with sea salt

WOK SAUTEED VEGETABLES \$7 (GF)

DISCO FRIES \$10

served with brown gravy & melted cheese



DINNER MENU 3PM-CLOSE

We're stoked to cook gluten-free dishes for ya HOWEVERRR we are not a gluten-free restaurant and cross-contamination is possible.

(GF) = gluten-free (N) = contains nuts (for nut allergy questions, please ask your server!)

DRINKS

JOIN THE FOOD REVOLUTION

HOT TEA

JASMINE GUNPOWDER GREEN TEA \$4 GF

ROSALIND CHAI BLEND \$4 GF

COFFEE

FAIR TRADE ORGANIC PERU \$4 GF

GOLD BREW COFFEE \$4 GF

PERKY POTION \$7 GF

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

LOCALLY SOURCED AT:
BLOOMIN' DESERT HERB FARM

LOCALLY SOURCED AT:
FRANKLY GOOD COFFEE

CHILLED REFRESHMENTS

MATCHA LAVENDER SWEET TEA \$6 GF

topped with coconut whipped cream

CHIA SEED LEMONADE \$4 GF

coconut water, chia seeds and agave nectar

DRAFT KOMBUCHA TEA \$7 GF

ask about today's flavor!

SMOOTHIES

ORANGE BURST \$7 GF

orange, carrot, ginger, turmeric, pineapple, orange juice

CHOCOLATE THUNDER \$7 GF

cacao, peanut butter, chia seeds, coconut milk

JAMAIGAN HIBISCUS PUNCH \$4 GF

made with hibiscus and Jamaican spices, sweetened with agave nectar

ZEVIA NATURAL COLA \$4 GF

MANGO CEYLON ICED TEA \$4 GF

PELLEGRINO SPARKLING WATER \$4 GF



WINE

SAUVIGNON BLANC \$9/29

astrolabe, marlborough

CHARDONNAY \$9/29

adelsheim, willamette valley

GARNACHA \$9/28

evodia, sierra santa cruz

CABERNET SAUVIGNON \$9/29

ballard lane, central coast

CHAMPAGNE \$8/24

francois montand, france

BEER

CRAFTHAUS BREWERY (SEASONAL FLAVORS) \$8

LOCAL SENSATION!



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 changemakers daily. 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!

THANK YOU, CHANGEMAKER!



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