

Sides

4-5

Steamed Quinoa
Steamed Brown Rice
Saffron Basmati
Multi-Seed Crackers
Steamed Greens
Lentils

6

BBQ Tempeh
Sauerkraut
Kimchi
Sourdough Buckwheat Focaccia
Teff Flatbread

8

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup



Something Simple

Karma Bowl 17

choice of two: *steamed greens, lentils, BBQ tempeh, sauerkraut, kimchi*
choice of sauce: *tahini lemon, miso ginger, or flax oil and lemon*
choice of grain: *brown rice, quinoa or saffron basmati*

Sauces

sm 3 | lg 5

**all food items are gluten free, vegan
and made from scratch with love**

*A 20% gratuity will be added to your bill
if your party is 6 or more*

Spring Menu

Soup & Salads

soup and salads served with a multi-seed cracker

House Soup cup 7
ever-changing bowl 11

Farmer's Market 19
young greens | seasonal juliennes | sprouts
sauerkraut | radish | cherry tomato
fennel root | hemp hearts
*choice of dressing: tahini lemon,
miso ginger, or lemon flax oil*

Pesto Salad 21
baby greens | juliennes | pesto
cherry tomato | kalamata | soy curls
preserved lemon | cashew cheese | almond parm

Moroccan Lentils 20
seasoned lentils | hummus | preserved lemon
shredded carrot & cucumber | cilantro-mint yogurt
red onion | dates | red pepper | greens | sprouts
dukkah

Starters & Shares

Tempeh Tacos 15
BBQ tempeh | spicy mayo | slaw | lime
pico de gallo | candied jalapeños | corn tortilla
pickled red onion

Warm Olives 11
herbs | citrus peel | wine

Springtide Roll 14
nori | seasonal lacto-fermented veggies | sprouts
brown rice | yam | kimchi | furikake
cucumber | spicy mayo | ponzu

Mezze 21
za'atar spiced flatbread | marinated olives | kimchi
cashew cream cheese | roasted garlic hummus
sauerkraut | rotating ferments | fresh mixed veggies

Sandwiches

served with soup, salad, or roasted potatoes

Deluxe Quesadilla 21
corn tortilla | cashew queso | fresh greens
pico de gallo | bean spread | chipotle mayo
roasted corn | seasoned soy curls

Classic Burger 21
multi-grain bun | sunflower mushroom patty
tomato | caramelized onions | pickles | queso
red onion | chipotle mayo | house ketchup

BBQ Tempeh Sandwich 20
candied jalapeños | greens | caramelized onions
spicy aioli | sprouts | cashew cream cheese
buckwheat focaccia

Bowls

Mac 22
brown rice macaroni | red onion | braising greens
coconut cashew cheese sauce | seasonal vegetable
broccoli | walnut & herb parmesan

Green 22.5
dark greens | bok choy | broccoli | cabbage
red onion | coconut green thai curry | brown rice
seasonal vegetable | cilantro | scallions
toasted cashews

Masoor Dal 21
red lentil dal | mixed raita | apple chutney | herbs
saffron basmati | preserved lemon | shiitakes
wilted greens | indian spiced chilli oil
multi-seed cracker

Golden Noodles 23
thai yellow curry paste | coconut broth
vermicelli noodles | fresh lime | cilantro
scallions | puffed tofu | carrot | red peppers
cabbage | bok choy | greens | roasted peanuts