

appetizers

Daily Soup
5

Mushrooms Oreganata
*stuffed with oregano infused panko
breadcrumbs, in a lemon butter sauce.*
8

Eggplant Rollantini
*rolled with a cashew-tofu ricotta, topped with
tomato sauce, daiya mozzarella, and nut
parmesan*
9

Buffalo Soy Drumsticks
*your choice of **mild** or **spicy buffalo sauce**,
served with soy bleu cheese dressing*
10

Oyster Mushroom "Calamari"
*fried oyster mushrooms,
served with
tomato sauce and tartar sauce*
10

Mozzarella Sticks
*breaded daiya mozzarella,
served with tomato sauce*
10

Tofu "Crab" Cakes
*blend of tofu, seaweed, herbs and spices,
served with tartar sauce*
9

Oyster Mushrooms in Scampi Sauce
*oyster mushrooms in a
garlic lemon butter sauce*
10

Zucchini Sticks
*breaded zucchini sticks
served with tomato sauce*
7

Aged Cheese Plate
*Assortment of dr.cow's aged nut cheese,
crackers, apple slices, and strawberries*
15

salads

balsamic, caesar, lemon vinaigrette, bleu cheese, ranch
Add grilled tofu, grilled seitan, tempeh bacon, or avocado 2/3

House Salad
*mixed greens, tomatoes, cucumbers, red
onions, shredded carrot, kalamata olives.
your choice of dressing*
6/8

Greek Salad
*mixed greens, tomatoes, cucumbers, red
onions, shredded carrot, kalamata olives, tofu
feta, grape leaves, served with a lemon
vinaigrette* 8/10

Caesar Salad
*romaine lettuce, garlic croutons, toasted
capers, nut parmesan, ceasar dressing*
7/9

Baby Spinach Salad
*grilled portobello mushrooms, cherry tomatoes,
aged cashew cheese, shredded carrot,
balsamic vinaigrette*
10/12

Arugula Salad
cherry tomatoes, toasted capers, aged cashew cheese, balsamic vinaigrette
10/12

pasta

Baked Ziti

cashew-tofu ricotta, cashew cream, tomato sauce, topped with daiya mozzarella and nut parmesan

12

Stuffed Shells

stuffed with cashew-tofu ricotta, baked with tomato sauce and daiya mozzarella

11

Spaghetti and Meatballs

housemade seitan meatballs, tomato sauce, nut parmesan

13

Orecchiette with

Italian Sausage and Broccoli Rabe housemade seitan sausage and broccoli rabe sautéed with garlic and extra virgin olive oil, and nut parmesan.

14

Spaghetti Bolognese

tempeh in a hearty tomato sauce

12

Oyster Mushroom Scampi with Linguine

oyster mushrooms sautéed in a garlic lemon butter sauce

15

Penne Alla Vodka

vodka infused tomato cashew cream sauce, tempeh bacon, nut parmesan

14

Vegetable Lasagna

layers of lasagna noodles with cashew-tofu ricotta, mixed vegetables, nut parmesan, topped with tomato sauce and daiya mozzarella

14

3 Brothers Pasta

Tomato-cashew cream sauce with shallots, mushrooms, sun dried tomatoes, and green peas

14

Fettuccine Alfredo

cashew cream sauce, cremini mushrooms, green peas, and nut parmesan

14

Pesto Pasta

pinenut- basil pesto, sundried tomatoes, toasted pinenuts

14

Spaghetti Puttanesca

kalamata olives, capers, basil marinara sauce

12

Add Grilled Seitan, Grilled Tofu, or Tempeh Bacon 2

We have spaghetti, linguine, fettuccine angel hair, penne, ziti, rigatoni, orecchiette

*Available Upon Request
Whole Wheat Spaghetti or Penne
Gluten Free Spaghetti or Penne 2*

Sides

sautéed spinach mashed potatoes french fries 5
sautéed broccoli rabe meatballs grilled tofu or seitan 6

entrées

Parmesan
choice of **seitan**, **tofu**, **eggplant**, or **tempeh**.
topped with tomato sauce, daiya mozzarella,
and nut parmesan. served with
choice of pasta or house salad
15

Eggplant Rollantini
rolled with a cashew-tofu ricotta, topped with
tomato sauce, daiya mozzarella,
and nut parmesan.
served with choice of pasta or house salad
15

Seitan or Tofu Marsala
mushrooms, mashed potatoes,
sautéed spinach, marsala wine sauce
18

Seitan Picatta
mashed potatoes, creamed spinach,
lemon-caper sauce
18

Seitan Cacciatore
hearty red sauce with mushrooms, onions, red
peppers, and capers. served with creamy
polenta and sautéed broccoli rabe.
18

create your own pizza & calzones

size

small (12 inch) 9
large (18 inch) 16
sicilian 17
calzone 7

calzones are made with daiya mozzarella and cashew-tofu ricotta

crust

regular
whole wheat 1
gluten free 2

sauce

tomato garlic and oil pesto small 1 large 3

cheese

daiya tapioca mozzarella
teese soy mozzarella

daiya tapioca cheddar
cashew-tofu ricotta

toppings

Small/calzone \$1

Large/Sicilian \$2 half/ \$3 full 2 toppings \$5

roasted peppers, green peppers, red onions, garlic, olives, spinach, broccoli rabe,
sundried tomatoes, broccoli, tomatoes, grilled eggplant, pineapple,
mushrooms, grilled portobellos, grilled or breaded seitan, grilled or breaded tofu,
tempeh bacon, soy pepperoni, seitan meatballs, seitan sausage

specialty pizza

Veggie Lover's Dream

small 13 large 25

mixed vegetables, tomato sauce or pesto, daiya mozzarella

The Works

small 13 large 25

seitan meatballs, seitan sausage, soy pepperoni, onions, green peppers, mushrooms, daiya mozzarella, tomato sauce

Bianca

small 12 large 21

garlic and oil, spinach, cashew-tofu ricotta, daiya mozzarella

Margarita

small 11 large 18

*choice of **daiya** tapioca mozzarella or **teese** soy mozzarella, fresh tomato sauce, basil, tomatoes, and nut parmesan*

Eggplant Parmesan

small 12 large 21

breaded eggplant, cashew-tofu ricotta, tomato sauce, daiya mozzarella, and nut parmesan

Seitan Buffalo

small 13 large 25

buffalo seitan, daiya mozzarella, bleu cheese

Backyard BBQ

small 13 large 25

*choice of **grilled seitan** or **tofu**, red onions, daiya mozzarella and cheddar, BBQ sauce*

Parmesan Pizza

small 13 large 25

*choice of **breaded seitan** or **tofu**, tomato sauce, daiya mozzarella, nut parmesan*

Seitan Bacon Ranch

small 13 large 25

grilled seitan, tempeh bacon, tomatoes, daiya mozzarella, drizzled with ranch

Pesto Tofu

small 13 large 25

grilled tofu, basil-pine nut pesto, sun dried tomatoes, daiya mozzarella

Grilled Portobello

small 13 large 25

roasted red peppers, spinach, sun dried tomatoes, and daiya mozzarella

Grandma Pizza

small 11 large 18

square pizza, tomato sauce, fresh basil, daiya mozzarella, nut parmesan

heroes, burgers and rolls

Parmesan Hero *tomato sauce and daiya*

mozzarella with choice of:

seitan cutlet ~ tofu cutlet

meatballs~ sausage/pepper

eggplant ~ tempeh cutlet

10

Seitan Burger

lettuce, tomato, red onions, pickles, daiya cheddar, served with ketchup and fries.

11

Add tempeh bacon 1

Rolls *tomato sauce and daiya mozzarella with choice of:*

seitan~ tofu ~meatballs sausage/pepper eggplant ~ tempeh