

## step 1

### turf

- angus burger ..... 6.79
- grass fed burger ..... 9.99
- organic beef patty
- chicken ..... 7.29
- served fried, grilled, or blackened
- turkey burger ..... 7.29

### surf

- salmon ..... 11.99
- served grilled or blackened
- tilapia ..... 8.29
- served grilled, fried or blackened
- shrimp
- served grilled, sautéed, fried, or blackened
- 5 pieces ..... 11.99
- 7 pieces ..... 15.49

### earth (all selections are 100% plant based) ♥

- chipotle black bean burger ..... 6.99
- medium spiced & seasoned black bean patty 🌱
- lentil mushroom burger ..... 6.99
- seasoned lentil, mushroom & oat savory patty
- impossible or beyond burger ..... 9.99
- meaty delicious burger made from plants
- chick'n ..... 7.29
- soy & wheat protein patty served grilled, fried, or blackened 🌱
- falafel ..... 6.79
- golden-brown split pea & chickpea croquettes
- tofu ..... 6.29
- cubed soy protein served sautéed or blackened



## step 2

### serve it up (all selections are 100% plant based) ♥

- over rice** +1.99
- white, brown, spanish
- on a bun** +1.29 🌱
- brioche, wheat, pretzel, gluten-free, or lettuce wrap
- over greens** 1.99
- spring mix, kale, spinach
- on a taco** +1.29
- 3 soft corn tortillas

## choose a serving style

- over rice + greens** +1.99
- choice of greens + rice
- on flatbread** +1.29
- gyro style flatbread 🌱

no protein? no problem.  
**simply greens** full 6.29  
 + rice half 4.29

## step 3

### flavor styles or build your own (reverse side)

## choose your toppings

- classic:** iceberg lettuce, tomatoes, onions, pickles, mayo + american cheese +1.97
- mushroom swiss:** sautéed mushrooms + swiss cheese +1.98
- buffalo chipotle:** lettuce, tomatoes, spicy pico, blue cheese, chipotle mayo + buffalo chipotle sauce +2.96
- BBQ ranch:** crispy onions 🌱, bacon, cheddar, BBQ sauce + BBQ ranch +4.45
- mediterranean:** lettuce, pico, cucumbers, hummus + tahini +2.47

- mexican:** black beans, pico, avocado, cashew sour cream 🌱 + salsa verde +4.95
- baja:** guacamole, pico, red cabbage + baja sauce +2.97
- caesar:** parmesan, croutons 🌱, + caesar dressing +1.48
- sweet:** strawberries, pecans, dried cranberries, raisins + raspberry vinaigrette +2.97 🌱
- southwest:** cheddar, blue cheese, tortilla strips, bacon, ranch dressing + buffalo chipotle sauce +4.45

**build your own** →

# CUSTOMIZE

# build your own

after choosing from step 1 and 2.

## cheese +.99

- american
- blue
- cheddar
- parmesan
- pepper jack
- swiss
- dairy-free cheddar ♥
- cashew cheese sauce ♥ 🌱

## toppings 3 free +.49 additional

- croutons 🌱
  - cucumbers
  - diced red onion
  - dill pickles
  - dried cranberries
  - jalapeños
  - iceberg lettuce
  - raisins
  - raw kale
  - raw spinach
  - tomatoes
  - white onion
- (all selections are 100% plant based) ♥

## gourmet toppings +.99

- alfalfa sprouts +1.49
- avocado +1.49
- bacon +1.49
- black beans +1.49
- caramelized onion
- corn tortillas +1.29
- crispy onions 🌱
- fried egg
- guacamole +1.49
- gyro style flatbread 🌱 +1.29
- hummus
- pecans
- pico de gallo
- raw broccoli
- sautéed mushrooms
- sautéed spinach
- spicy pico
- strawberries +1.49
- vegan bacon 🌱 ♥ +1.49

## sauces + dressings +.49 (all selections are 100% plant based) ♥

- baja
- balsamic vinaigrette
- BBO
- BBO ranch
- buffalo chipotle
- caesar
- chipotle mayo
- 'honey' mustard (agave)
- italian
- mayonnaise
- ranch
- raspberry vinaigrette
- salsa verde
- sour cream 🌱
- tahini
- tangy earth
- tartar sauce
- teriyaki 🌱

(all selections, with the exception of the fried egg, are 100% plant based) ♥

# SIDES & signatures

(all selections are 100% plant based) ♥

**mac n "cheeze":** pasta shells with dairy-free cashew cheese sauce 🌱 🌱 ♥ 4.79

**"turk'y" club:** toasted multigrain bread, house made vegan turk'y, vegan bacon, avocado, lettuce, tomato, banana peppers, mayo and yellow mustard 🌱 ♥ 11.99

**BLT:** toasted multigrain bread, vegan bacon, lettuce, tomato, alfalfa sprouts, mayo 🌱 ♥ 9.99

**nachos:** house made tortilla chips, dairy-free cashew cheese sauce, beans, lettuce, pico de gallo, guacamole, jalapeños, cashew sour cream drizzle 🌱 ♥ 8.29

**hummus platter:** bed of lettuce, 3 scoops of hummus, pico de gallo, tahini drizzle, cucumbers, + warm pita for dipping 🌱 ♥ 7.29

**hippie avo toast:** toasted multigrain bread, dairy-free cheese, caramelized onions, red cabbage, avocado, + chipotle mayo drizzle 🌱 ♥ 7.29

**french fries:** plain or blackened 🌱 ..... 3.49

**sweet potato fries:** plain or blackened ..... 3.99

**onion rings:** plain or blackened 🌱 ..... 4.49

**fresh tortilla chips:** with pico + guacamole ..... 4.49

**sautéed spinach** 4.49

**steamed broccoli** 4.49

## little turf surf + earth

served with fries  
substitute alternative side +.49

### little hamburger

served on our fresh bakery roll 6.79 🌱  
add cheese +.99

### little veggie burger

served on our fresh bakery roll 6.79 🌱 ♥  
add cheese +.99 ♥

### little earth chick'n tenders

served with choice of sauce 5.49 🌱 ♥

### little chicken fingers

served with choice of sauce 5.49 🌱

**little grilled cheese** (♥ or classic) 🌱  
served with choice of cheese 6.79 🌱

## key

- 🌱 contains gluten
- 🌱 contains nuts
- ♥ plant based

We are not a 100% gluten free or nut free restaurant. We offer a variety of gluten free and/or nut free options and take steps to minimize cross-contamination. If you are highly sensitive to gluten and/or nuts, please advise us when ordering. We will do our best to ensure that your meal is prepared without gluten and/or nuts, but cannot guarantee your food will not touch gluten or nuts at some point in the process.

\*All sautéed items are cooked in non-dairy oils.

\*\*All breaded, fried items contain gluten and are cooked in canola oil