

step 1 pick your protein

turf

- angus burger 7.99
- grass fed burger 10.49
- organic beef patty
- chicken 8.79
- served fried, grilled, or blackened
- turkey burger 8.79

surf

- salmon 13.99
- served grilled or blackened
- tilapia 9.49
- served grilled, fried or blackened
- shrimp
- served grilled, sautéed, fried, or blackened
- small 13.99*
- large 19.39*

*=market pricing

earth

all selections are 100% plant based ♥

- chipotle black bean burger 7.99
- medium spiced & seasoned black bean housemade patty 🌱
- lentil mushroom burger 7.99
- seasoned lentil, wild mushroom & oat savory housemade patty
- impossible or beyond burger 9.99
- meaty delicious burger made from plants
- chick'n 7.99
- soy & wheat protein patty served grilled, fried, or blackened 🌱
- falafel 7.49
- housemade golden-brown split pea & chickpea croquettes
- tofu 6.99
- cubed soy protein served sautéed or blackened



step 2 choose a serving style

over rice +1.99
white, brown, spanish

over greens 1.99
spring mix, kale, spinach

over rice + greens +1.99
choice of greens + rice

on a bun +1.29 🌱
brioche, wheat, pretzel
ask about our gluten-free options

on a taco +1.29
3 soft corn tortillas

on flatbread +1.29 🌱
gyro style flatbread

all selections are 100% plant based ♥

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

step 3 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 +4.95

mediterranean: lettuce, pico, cucumbers, hummus + tahini +2.47

mexican: black beans, pico, avocado, cashew sour cream 🌱 + salsa verde +6.45

baja: guacamole, pico, red cabbage + baja sauce +3.97

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 +4.95

OR build your own →

build your own toppings

all selections, with exception of the **dairy cheeses**, **fried egg + bacon**, are **100% plant based** ♡

cheese +.99

- american
- blue
- cheddar
- feta
- parmesan
- pepper jack
- swiss
- dairy-free sliced ♡
- cashew cheese sauce ♡🌱

sauces + dressings +.49

- baja
- balsamic vinaigrette
- BBO
- BBO ranch
- buffalo chipotle
- caesar
- chipotle mayo
- 'honey' mustard (agave)
- mayonnaise

toppings 3 free +.49 additional

- carrots
- cROUTONS 🌿
- cucumbers
- diced red onion
- dill pickles
- dried cranberries
- jalapeños
- iceberg lettuce
- raisins
- raw kale
- raw spinach
- tomatoes
- tortilla strips
- red cabbage
- white onion

gourmet toppings +.99

- alfalfa sprouts +1.49
- avocado +2.49
- bacon +1.99
- black beans +1.49
- caramelized onion
- corn tortillas +1.29
- crispy onions 🌿
- fried egg
- guacamole +2.49
- gyro style flatbread 🌿 +1.29
- hummus
- pecans
- pickled onions
- pico de gallo
- raw broccoli
- sautéed mushrooms
- sautéed spinach
- spicy pico
- strawberries +1.49
- vegan bacon 🌿 ♡ +1.49

SIDES & signatures

all selections are 100% plant based ♡

mac n cashew-"cheeze" ♡ 🌱 🌿 4.79

"turk'y" club: multigrain bread, house made vegan turk'y, vegan bacon, avocado, lettuce, tomato, banana peppers, mayo + mustard ♡ 🌱 12.99

BLT: multigrain bread, vegan bacon, avocado, lettuce, tomato, alfalfa sprouts, + mayo ♡ 🌱 10.99

nachos: chips, cashew cheese, beans, lettuce, pico, guacamole, jalapeños, + cashew sour cream ♡ 🌱 8.99

hummus platter: lettuce, hummus, pico, tahini, cucumbers, + warm pita (or try our **balsamic fig style**) ♡ 🌱 7.99

hippie avo toast: multigrain bread, dairy-free cheese, caramelized onions, red cabbage, avocado, + chipotle mayo ♡ 🌱 8.49

chick'n gyro: earth chick'n (or chicken), lettuce, cucumber, pico, french fries + tzatziki ♡ 🌱 🌿 11.99

grandma's boy: fried oyster mushroom, red cabbage, pickles, vegan pepper jack, chipotle mayo + horseradish sauce ♡ 🌱 10.99

french fries: plain or blackened 🌿 4.49

sweet potato fries: plain or blackened 4.49

onion rings: plain or blackened 🌿 4.49

fresh tortilla chips: with pico + guacamole 4.99

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 7.29 🌿
add cheese +.99

little veggie burger

served on our fresh bakery roll 6.99 🌿 ♡
add cheese +.99 ♡

little earth chick'n tenders

served with choice of sauce 6.29 🌿 ♡

little chicken fingers

served with choice of sauce 7.29 🌿

little grilled cheese (♡ or classic) 🌿
served with choice of cheese 6.99

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