

step 1

turf

- angus burger 5.99
- grass fed burger 8.99
- organic beef patty
- chicken 6.49
- served fried, grilled, or blackened
- turkey burger  6.49

surf

- salmon 10.99
- served grilled or blackened
- tilapia 7.49
- served grilled, fried or blackened
- shrimp
- served grilled, sautéed, fried, or blackened
- 5 pieces 10.99
- 7 pieces 13.99

earth (all selections are 100% plant based) ♥

- chipotle black bean burger 6.29
- medium spiced & seasoned black bean patty 
- lentil mushroom burger 6.29
- seasoned lentil, mushroom & oat savory patty
- impossible or beyond burger 9.99
- meaty delicious burger made from plants
- chick'n 5.99
- soy & wheat protein patty served grilled, fried, or blackened 
- falafel 5.99
- golden-brown split pea & chickpea croquettes
- tofu 5.49
- cubed soy protein served sautéed or blackened



step 2

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

- over rice** +1.49
- white, brown, spanish
- on a bun** +.99
- bakery fresh roll 
- over greens** +1.49
- spring mix, kale, spinach
- on a taco** +.99
- 3 soft corn tortillas

- over rice + greens** +1.49
- choice of greens + rice
- on flatbread** +.99
- gyro style flatbread 

choose a serving style

no protein? no problem.
simply greens full 4.99
 + **rice** half 2.99

step 3

flavor styles or build your own (reverse)

- 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

choose your toppings

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 🌱♥

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

- baja
- balsamic vinaigrette
- BBQ
- BBQ ranch
- buffalo chipotle
- caesar
- chipotle mayo
- 'honey' mustard (agave)
- italian

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 (♥🌱 or classic) +1.49
- black beans +1.49
- caramelized onion
- corn tortillas
- crispy onions 🌱
- fried egg
- guacamole +1.49 🌱
- gyro style flatbread 🌱
- hummus
- pecans
- pico de gallo
- raw broccoli
- sautéed mushrooms
- sautéed spinach
- spicy pico
- strawberries +1.49
- (all selections, with the exception of the **fried egg**, are 100% plant based) ♥

SIDES & signatures

mac n "cheeze": pasta shells with dairy-free cashew cheese sauce 🌱🌱♥ 4.29

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

BLT: toasted multigrain bread, vegan bacon, lettuce, tomato, alfalfa sprouts, mayo 🌱♥ 9.49

nachos: house made tortilla chips, dairy-free cashew cheese sauce, beans, lettuce, pico de gallo, guacamole, jalapeños, cashew sour cream drizzle 🌱♥ 7.99

hummus platter: bed of lettuce, 3 scoops of hummus, pico de gallo, tahini drizzle, cucumbers, + warm pita for dipping 🌱♥ 6.99

hippie avo toast: toasted multigrain bread, dairy-free cheese, caramelized onions, red cabbage, avocado + chipotle mayo drizzle 🌱♥ 6.99

french fries: plain or blackened 🌱 2.99

sweet potato fries: plain or blackened 3.49

onion rings: plain or blackened 🌱 3.99

fresh tortilla chips: with pico + guacamole 3.99

sautéed spinach 3.99

steamed broccoli 3.99

(all selections are 100% plant based) ♥

little turf surf + earth

served with fries
substitute alternative side +.49

little hamburger
served on our fresh bakery roll 5.99 🌱
add cheese +.99

little veggie burger
served on our fresh bakery roll 5.99 🌱♥
add cheese +.99 ♥

little earth chick'n tenders
served with choice of sauce 4.99 🌱♥

little chicken fingers
served with choice of sauce 4.99 🌱

little grilled cheese (♥ or classic) 🌱
served with choice of cheese 5.99 🌱

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