

step 1

turf

- angus burger 7.29
- grass fed burger 9.99
- organic beef patty
- chicken 8.29
- served fried, grilled, or blackened
- turkey burger 8.29



surf

- salmon 13.49
- served grilled or blackened
- tilapia 8.99
- served grilled, fried or blackened
- shrimp
- served grilled, sautéed, fried, or blackened
- small market pricing
- large market pricing

earth (all selections are 100% plant based) ♥

- chipotle black bean burger 7.49
- medium spiced & seasoned black bean patty 🌱
- lentil mushroom burger 7.49
- seasoned lentil, mushroom & oat savory patty
- impossible or beyond burger 9.99
- meaty delicious burger made from plants
- chick'n 7.49
- soy & wheat protein patty served grilled, fried, or blackened 🌱
- falafel 6.99
- golden-brown split pea & chickpea croquettes
- tofu 6.49
- cubed soy protein served sautéed or blackened

pick your protein

step 2

- over rice** +1.99
- white, brown, spanish
- on a bun** +1.29 🌱
- brioche, wheat, pretzel, or lettuce wrap

- over greens** 1.99
- spring mix, kale, spinach
- on a taco** +1.29
- 3 soft corn tortillas

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

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

choose a serving style

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 +4.95
- mediterranean:** lettuce, pico, cucumbers, hummus + tahini +2.47

- mexican:** black beans, pico, avocado, cashew sour cream 🌱 + salsa verde +6.95
- baja:** guacamole, pico, red cabbage + baja sauce +4.47
- 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

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
 - tortilla strips
 - red cabbage
 - white onion
- (all selections are ♥
100% plant based)

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
- pico de gallo
- raw broccoli
- sautéed mushrooms
- sautéed spinach
- spicy pico
- strawberries +1.49
- vegan bacon 🌿♥ +1.49

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

- baja
- balsamic vinaigrette
- BBQ
- BBQ ranch
- buffalo chipotle
- caesar
- chipotle mayo
- 'honey' mustard (agave)
- italian
- mayonnaise
- ranch
- raspberry vinaigrette
- salsa verde
- sour cream +.99 🌿
- tahini
- tangy earth
- teriyaki 🌿
- tzatziki +.99 🌿

(all selections, with the exception of the fried egg + bacon, 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 🌿♥ 12.99

BLT: toasted multigrain bread, vegan bacon, avocado, lettuce, tomato, alfalfa sprouts, mayo 🌿♥ 10.99

nachos: house made tortilla chips, dairy-free cashew cheese sauce, beans, lettuce, pico de gallo, guacamole, jalapeños, cashew sour cream drizzle 🌿♥ 8.79

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 🌿♥ 8.29

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 7.29 🌿♥
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 7.29 🌿

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