

Ingredients listing for: Vegan menu items

- o Almost Tuna
 - § *Chickpeas, sliced almonds, celery, kelp (seaweed powder), vegemaise, lemon juice, & sea salt*
- o Veggie Melt
 - § *Fresh spinach, pumpkin or butternut squash, tomato, soybean oil, sugar, & onions*
- o Veggie Chili
 - § *Green, red, jalapeno peppers, onions, kidney beans, bulgur wheat, tomato sauce, ketchup, cilantro, cumin, & salt*
- o Traditional Salad:
 - § *Mesclun lettuce, tomatoes, cucumber, & carrots*
- o Spinach Salad:
 - § *Traditional salad made with spinach leaves in place of mesclun lettuce.*
- o Seasonal vegetables sautéed:
 - § *Made to order*
- o Cheese
 - § *“Cheddar style” & “Mozzarella style”; filtered water, brown rice, oats, high oleic expeller pressed canola oil, tapioca, xanthan, locust bean, guar gum, sea salt, carrageenan, & natural flavor.*
- o Delight Burger
 - § *Portabella mushroom burger, filtered water, organic textured soy protein, organic portabella mushrooms, organic potato starch, organic soy milk, organic soy beans, organic sesame oil, organic brown rice syrup, sugar beet fiber, organic garlic, organic onion, organic carob, sea salt, organic basil leaves, organic cumin, organic cilantro, & organic black pepper.*
 - § *Light burger: water, soy protein concentrate, tapioca starch, soy sauce, soy oil, natural flavors from vegetable sources (no MSG), dried onion, spices, malt extract, & vegetable gum*
- o Garden Slaw
 - § *Cabbage (red & white), carrots, sugar, salt, white vinegar*
- o Air Baked Fries
 - § *Organic potatoes, organic sunflower oil, & organic dextrose*
- o Tofu sour cream
 - § *Water, partially hydrogenated soybean oil, isolated soy protein, malted extrin, tofu, non dairy lactic acid, cellulose, locust bean, carrageenan gums, sugar, salt, vegetable mono & diglycerides, & potassium sorbate (added as a preservative)*
- o Vegan Pizza: (Offered as a weekly special)
 - § *Vegan approved dough, tomato sauce (tomato puree, vine ripened fresh peeled tomato, ground black pepper, sea salt, pure olive oil, fresh basil, & crushed red pepper), and “mozzarella style” cheese*

Desserts

o Fudge Bars

§ Topping: *Organic spelt flour, organic oats, organic maple syrup, canola oil, coconut, organic succanat, spices*

§ Filling: *Dates, non-dairy/unsweetened chocolate, non-dairy cocoa, organic maple syrup, organic brown rice syrup, organic coconut milk, tahini, non-dairy/malt-sweetened chocolate chips, arrowroot, pero grain beverage, arrowroot*

§ Crust: *Organic spelt flour, organic oats, organic maple syrup, canola oil, coconut*

o Fudge Brownies

§ *Organic wheat flour, dates, organic brown rice syrup, canola oil, organic barley malt, non-dairy/unsweetened chocolate, organic maple syrup, tahini, almonds, chickpea flour, pero grain beverage, non-dairy cocoa, vanilla, spices, baking soda*

o Peanut Butter Cookies

§ *Organic peanut butter, organic barley flour, organic maple syrup, organic brown rice syrup, organic apple juice, tahini, organic spelt flour, organic rye flour, organic palm oil, organic succanat, arrowroot, baking soda*

o Peanut Butter and Jelly

§ With: *Organic jelly*

o Peanut Butter and Chocolate

§ With: *Organic chocolate (non-dairy/sugar sweetened)*