

BREAKFAST

Served from 8:00 am until 10:30 am daily. All dishes are served with home fries and whole wheat toast.

Scrambled Tofu 🌱	4.85
Fresh firm tofu seasoned with chopped basil, onion, and garlic	
Scrambled Eggs	3.85
Two organic eggs scrambled to perfection	
Omelet	4.05
Three organic eggs; add finishing touches for a treat!	
Egg Whites	5.55
Go healthier - egg whites only!	
Multi Grain Pancakes 🌱	5.25
Fluffy and full of natural grains	
Whole Grain Waffles 🌱	5.50
Multigrain - and made to order!	
Fruit Topping 🌱	2.00
Add to waffles and pancakes for a special treat	
Breakfast Blitz 🌱	3.00
A flavorful blend of fresh ginseng, non-dairy kefir yogurt, flax seeds, wheat germ, nuts, fruit, and soy milk	
Breakfast Sides	2.00
Two eggs, soy bacon, veggie scrapple, veggie sausage, home fries	

BREAKFAST SANDWICHES

Nothin' beats a sandwich for breakfast! Served on your choice of bread.

Rise 'N Shine Sammy	2.90
Fresh organic scrambled eggs served your way	
Scrambled Tofu Delight 🌱	3.15
Fresh scrambled tofu sautéed with onions	
Egg White Sammy	4.45
Organic scrambled egg whites	
Sunrise Panini	4.95
Sautéed spinach and sun dried tomatoes layered with scrambled tofu or organic scrambled eggs topped with soy bacon and soy cheese pressed between two pieces of multigrain flat bread	
The Scrambler	4.65
Our own veggie sausage partnered with home fries and scrambled organic eggs or scrambled tofu in a wrap	
Toasted Bagel 🌱	2.40
You choose: soy cream cheese or natural preserves	

BURGER SPOT

Our Veggie Burger with various twists served on your choice of a honey whole wheat roll or whole wheat pita topped with our signature tofu dressing, lettuce, tomatoes & onions.

	Roll 3 oz	Pita 6 oz
Classic Burger 🌱	4.90	6.10
Our infamous Veggie Burger		
Chick Burger	6.85	7.95
Our Veggie Burger topped with our mouthwatering Soy Chicken Salad		
Chili Burger 🌱	6.20	7.30
An added kick to the Classic Burger smothered with Vegetarian Chili		
Pizza Burger 🌱	5.95	7.05
An Italian twist to an American Classic; Veggie Burger smothered in Pizza Sauce		
Soy Bacon Burger	6.95	7.85
Crispy Soy Bacon layered on the Classic Burger		
Tuna Burger 🌱	6.00	6.95
Veggie Burger topped with our delectable Carrot Tuna Salad		

SANDWICHES

Served on your choice of a 12" whole wheat hoagie roll, honey whole wheat bun, or whole wheat pita with our signature tofu dressing, lettuce, tomatoes & onions.

	Roll 3 oz	Pita 6 oz	Deli 8 oz
Bolono Sammy	4.60	5.70	7.35
You'll never go to a deli again after trying our Soy Bologna			
Carrot Tuna Delight 🌱	4.90	6.00	7.00
Carrots deliciously disguised with the texture and flavor of Tuna Salad			
Corned Beef Sammy	4.45	5.55	7.45
A healthier version of the classic; Soy Corned Beef with the works			
B&B Medley	5.00	6.20	7.65
A delicious combination of Soy Corned Beef & Soy Bolono			
Soy Chicken Sammy	6.25	7.35	7.75
If we didn't tell, you'd never know it's made from the soy bean!			
Classic BLT	6.15	7.20	
Served with Soy Bacon - Who knew?			
Veggie Lover's Pita 🌱		6.40	
Fresh marinated vegetables in a whole wheat pita			
T.C. Junction		7.30	
The best of both worlds; a whole wheat pita filled with Carrot Tuna & Soy Chicken Salad			

FINISHING TOUCHES

Top off any meal with these complements.

Hot And Sweet Peppers 🌱	.75
Mushrooms 🌱	.75
Sauteed Peppers & Onions 🌱	.75
Soy Cheese	.75
Pizza Sauce 🌱	.75
Veggie Chicken	2.00
Soy Bacon	2.00
Veggie Sausage	2.00
Veggie Burger	2.00

PLATTERS

Make it a meal!

Basic	2.25*
Any sandwich or burger open faced with lettuce, tomato, and onion, a side of the Veggie Lover's Salad, and your choice of bread. *Add to 3 oz sandwich price. Price varies.	
Premium	8.95
Vegetarian Entrée's straight from the hot table with your choice of sides and mexi-cornbread	

🌱 Items are Vegan

SIGNATURE DISHES

A culmination of the dishes most devoured over the past thirty years. Beware: May turn you into a vegetarian for good!

Philly Steak 🌱	6.65
Our rendition and salute to our home town; Grilled Seitan on top of a Multigrain Roll	
Veggie Ball Hoagie 🌱	7.00
An Italian favorite; Veggie Meat Balls smothered in tomato sauce on a Multigrain Roll	
South Philly Pita Pizza	6.10
Our mouthwatering personal pizza can't be found in South Philly; layered with authentic marinara sauce and soy cheese - add a topping for an extra treat.	
Spinach Pie	3.95
Delicious Greek Delicacy with our homemade Soy Ricotta Cheese	

SOUPS

Soothing natural soups filled with nutrients and flavor and served with whole wheat crackers.

	Sm 8 oz	Lg 16 oz
Cream of Broccoli 🌱	3.80	4.60
Try our non-dairy version of this traditional soup		
Mediterranean Stew 🌱	3.50	4.35
Yellow squash, zucchini, eggplant, carrots, & onion simmered in a seasoned tomato base		
Vegetarian Chili 🌱	4.15	4.95
Chili beans and ground veggie burger with an array of vegetables		
Bread Bowl 🌱	1.50	
Pour any soup into a bowl of sourdough bread		
Brown Rice 🌱	1.25	
Pour any soup over brown rice		
Whole Wheat Roll 🌱	.60	

SALADS

Fresh organic salad greens served with natural dressings and veggie toppings.

Mixed Green Salad 🌱	5.50
Caesar Salad 🌱	6.25
Romaine lettuce tossed with our own caesar dressing and topped with crunchy croutons	
Veggie Lover's Salad 🌱	5.75
Marinated vegetables mixed with salad greens	
Nacho Salad 🌱	6.80
Nacho chips topped with Veggie Chilli and salad greens	

SIDE ORDERS

Broccoli Slaw 🌱	2.75
Shredded Broccoli, cabbage and carrots in a special slaw dressing	
Brown Rice 🌱	3.00
Fluffy grains saufeed with carrot, celery, & onion	
Sweet Potato Fries 🌱	3.60
A new twist on an old favorite; crispy yam fries served with fruit ketchup	
Assorted Chips	1.25

BASIC BUNDLE

Add value to Basic 4 Favess with a medium drink and chips.

Classic Burger	6.70
Soy Chicken	7.95

DRINKS

	Sm 12 oz	Md 16 oz	Lg 20 oz
Apple Cider	1.75	2.00	2.25
Available Seasonally			
Fresh Lemonade	1.75	2.00	2.25
Herbal Iced Tea	1.75	2.00	2.25
Bottled Juice			2.75
Bottled Water			1.85
Ginger Beer			2.95
A 30 yr old favorite fresh brewed ginger			
Herbal Tea			2.25
12 oz. Assorted Variety			
Roma "Cafe"			2.50
12 oz. Natural caffeine free coffee flavored beverage			
Orange Juice			2.00

SMOOTHIES

Refresh yourself with our delicious fresh fruit and veggie smoothies blended with ice, rice syrup, and soy milk.

	Sm	Md	Lg
Singles	2.60	3.00	3.40
Medleys	2.90	3.30	3.70
A mix of up to three fruits and veggies			
Extras			.75

JUICES

Our freshly juiced fruits and veggies deliver a delicious dose of vitamins right to your blood stream.

	Sm	Md	Lg
Singles	2.60	2.80	3.00
Medleys	2.80	3.10	3.30
A mix of up to three fruits and veggies			
Extras			.75

DESSERTS

Sweets and treats for the discerning palate. All desserts are sugarless and non-dairy.

Kobbler Korner	4.00
Assorted cobbler flavors: peach, apple & blueberry Served on special days only	
Sweet Potato Pie	2.50
Original southern delicacy from grandma's kitchen	
Tofu Cheesecake	3.60
Flavors vary daily	
Whole Wheat Cookies	1.25
Whole Wheat Muffins	2.00