



370 Virginia Street • Buffalo • New York • 14201

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#GoodFoodJustForYou

Dinner

APPETIZERS

Say Cheese! 11 ^{VEG}
Daily selection of cheeses, fresh mixed fruit, crackers and crostini
• Available with gluten free crostini +3 •

Mediterranean Plate 13 ^{VEG}
Hummus, baba ghanoush, quinoa tabbouleh, kalamata olives, feta, cucumbers & tomatoes served with toasted pita
• Available with betta feta +2 ♡ •

Buffalo Chick'n Wyngs 13 ♡
house-made seitan wings with celery, carrots and a side of vegan bleu cheese
• tossed in hot sauve, bbq, sweet chili or Korean bbq •

Chicken Tenders 12
Antibiotic and hormone-free chicken tenders served with carrots and celery
• tossed in hot sauve, bbq, sweet chili or Korean bbq •

QUESADILLAS

Choice of tortilla (white, whole wheat or gluten free) grilled & served with pico de gallo & sour cream

Molé Chicken 12
Shredded molé chicken, cheddar-jack, caramelized onions and bell peppers

Carnitas 12
Slow roasted pulled pork, chipotle-agave bbq sauce, cheddar-jack, caramelized onions and bell peppers

Black Bean Quesadilla 11 ^{VEG}
Signature stewed black beans, roasted sweet potato, cheddar-jack and yellow rice
• Vegan cheese & sour cream +2 • ♡

GREENS

The Big Salad 6/11 ♡ ^{GF}
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts, sunflower seeds & choice of dressing

Classic Caesar 6/11
Chopped romaine topped with parmesan cheese, croutons & house-made, egg-free caesar dressing
• Substitute gluten free croutons +3 •

Grilled Salmon 15 ^{GF}
Field greens topped with grilled salmon filet, avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

Beet and Butternut 15 ^{VEG GF}
Field greens topped with roasted butternut, beets, walnuts, pickled onions, goat cheese & maple balsamic vinaigrette

Grilled Pork Tenderloin 14 ^{GF}
Field greens topped with pork tenderloin, grilled onions, roasted red peppers, sweet potatoes, black beans, salsa, sour cream & balsamic vinaigrette

SALAD ADDITIONS

Avocado +3
Betta feta +2 ♡
Roasted tofu +3 ♡
Hummus +4 ♡
Roasted vegetables & asiago +4
Chickpea toona salad +4 ♡
Roasted chicken salad +4
Grilled chicken breast +5
Grilled salmon or shrimp +6

DRESSINGS +1 for extra side

Miso ♡
Creamy lemon garlic
Buttermilk ranch
Caesar
Balsamic vinaigrette ♡

Dinner

MAINS

- Smoked Maple Glazed Salmon** 25 GF
Grilled salmon, roasted carrots, parsnips, apples, swiss chard with a smoked maple glaze
- Spanish Tuna** 24 GF
Pan seared tuna filet, Spanish rice with a fresh tomato salad
- Free-Range Chicken Milanese** 22
Panko crusted chicken breast, parmesan reggiano, field greens, tomato, cucumber, pickled red onion with a balsamic glaze
- Honey Garlic Chicken** 21 GF
half roasted chicken, honey garlic glaze with wild rice & green beans
- Homestyle Meatloaf** 17
Ground beef, peppers, celery, carrots, onions topped with a pan gravy and served with vegetable du jour
- The Bubba Burger** 16
An 8oz beef burger, grilled to order, on a toasted kaiser roll with cheddar, lettuce, tomato and onion
• Add bacon +2 •
• Impossible meat, vegan cheese & pretzel roll +2 ♡ •
- Black Beans & Rice** 13 VEG
Signature stewed black beans & brown rice topped with monterey jack cheese, salsa, sour cream served with grilled cornbread
• Add molé chicken +2 •
• Vegan cheese & sour cream available +2 •
- Loaded Vegetable Pot Pie** 15 ♡
baken en crouete with carrots, celery, onion, mushrooms, parsnips, leeks and peas
• Add grilled chicken +5 •
- Chana Masala** 16 ♡
spiced chickpeas stewed in onion, tomatoes, coriander, garlic, ginger and chiles with basmati rice & grilled naan
• Add grilled chicken +5 • • Add grilled shrimp +5 •
- The Vegan Tour of Buffalo** 16 ♡
A vegan version of a local favorites - a house-made seitan "beef" on weck, buffalo chick'n wyngs and vegan bleu cheeze served with tater tots, celery & carrots

FOR THE KIDDOS

- Available Any Time •

- Chicken Tenders** 8
All natural chicken tenders with fresh fruit
- Lil' Pasta** 6
Buttered noodles with a side of fresh fruit
- Classic PB & J** 6 ♡
Peanut butter & jelly on wheat bread with fresh fruit

FOR FIDO

- Made without seasoning for our furry friends •
- Grilled Chicken** 8
Grilled chicken breast & fresh veggies
- Grilled Salmon** 8
Grilled salmon filet & fresh veggies
- Grilled Tuna** 8
Grilled tuna filet & fresh veggies

- Advise your server of any allergies •

Our kitchen accomodates vegan, gluten free and other diets when possible

