



370 Virginia Street • Buffalo • New York • 14201

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Call for Take Out Orders

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**#GoodFoodJustForYou**

# Breakfast

Tuesday - Friday  
8am thru 3pm

## SMALL PLATES

**Cheese Grits** 4  
Not your traditional grits - baked with cheddar cheese and cut into squares

**Yogurt & Fruit Bowl** 7  
Greek yogurt topped with fresh fruit, toasted almonds and a drizzle of honey

**Broiled Grapefruit** 4 ♡  
Grapefruit halves topped with brown sugar and broiled until caramelized

## TOAST & BAKERY

Italian, French or rye toast 2  
Whole wheat toast 3  
Nut & raisin toast 3  
English muffin 2  
Buttermilk biscuit 2  
Gluten free toast 4  
Grilled cornbread or pita 2  
House-made scone 2  
Bagel • add cream cheese +1 • 2

Nut & raisin and whole wheat bread are baked in-house.  
Italian, French & rye breads courtesy of Luigi's Bakery.

## SIDES & EXTRAS

Any egg	2	Home fries	4
Egg whites	3	Black beans	4
Just Egg ♡	3	Grits	4
Bacon	3	Fresh fruit	4
Ham	3	Greek yogurt	4
Tofu	3	Extra cheese	1
Seitan ♡	4	Betta feta ♡	1
Sausage	4	Salsa	1
Lox or shrimp	6	Sour cream	1

## BEVERAGES

Bottomless regular or decaf coffee 2  
OJ, cranberry, grapefruit, pineapple, V8 3  
Whole milk or chocolate milk 3  
Soy milk or almond milk 3  
Assorted teas 3  
Hot cocoa 2

## MAINS

**Classic Breakfast** 7  
Two eggs any style with home fries & choice of toast  
• Substitute gluten free toast +3 •

**Breakfast Sandwich** 9  
Scrambled egg with cheese & tomato on toasted kaiser roll served with home fries  
• Available with vegan provolone +2 ♡ •

**Breakfast Burrito** 10  
Scrambled eggs, black beans, onions & bell peppers inside a white or wheat tortilla topped with cheese served with sour cream, salsa & home fries  
• Substitute gluten free tortilla +2 •

**The Luv Sandwich** 10  
Canadian bacon on a toasted bagel with cream cheese, pickled red onion, sprouts and tomato served with home fries  
• Substitute lox +3 •

**Carnitas Con Huevos** 11 GF  
Corn tortillas topped with slow-roasted pulled pork with salsa verde, yellow rice and two eggs any style

**Biscuits & Gravy** 13  
House-made buttermilk biscuit topped with chorizo sausage gravy and two eggs served with home fries

**Scrambled Tofu Hash** 10 VEG  
Tofu sautéed with caramelized onions, sweet potatoes, black beans and roasted red peppers served with grilled cornbread  
• Substitute pita at no cost ♡ •

**Veggie Hash** 10 VEG  
Roasted eggplant, zucchini, yellow squash, bell peppers, spinach, onions, mushrooms, served with eggs, home fries & choice of toast  
• Substitute tofu at no cost ♡ •

**Smoked Turkey Hash** 11  
House-smoked turkey sautéed with sweet and white potatoes, corn, onion, poblano and bell peppers topped with eggs any style & choice of toast

**Shrimp & Grits** 14  
Cajun grilled shrimp over cheesy grits topped with jalapeños served with two eggs any style & choice of toast

• Advise your server of any allergies •  
Our kitchen accomodates vegan, gluten free and other diets when possible

# Lunch

Tuesday - Friday  
8am thru 3pm

## GREENS

### The Big Salad 5/10 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 14 GF

Field greens topped with grilled salmon filet, avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

### Roasted Butternut Beet 13 VEG GF

Field greens topped with roasted butternut squash, braised beets, toasted walnuts, goat cheese & maple balsamic dressing



### 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

- 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 

## SMALL PLATES


### House Ricotta 11

House tofu ricotta topped with black salt and balsamic reduction served with toasted garlic points

- 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 

### Black Beans & Rice 13 VEG GF

Brown rice topped with signature stewed black beans and jack-cheddar cheese served with fresh salsa, sour cream & grilled cornbread

- Add molé chicken +2 •

## QUESADILLAS

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

### Black Bean 11 VEG

Signature stewed black beans, roasted sweet potato and yellow rice

### Molé Chicken 12

Shredded molé chicken, caramelized onions and bell peppers

### Carnitas 12

Slow roasted pulled pork, chipotle-agave bbq sauce, caramelized onions and bell peppers

## BURGERS & PANINIS

Served with choice of daily soup, green salad or pasta salad

Upgrade to bowl of soup or fresh fruit +2

Gluten free bread available +3

### The Bubba Burger 14

An 8oz beef burger, grilled to order, on a toasted kaiser roll with cheddar, lettuce, tomato and onion • Add bacon+2 •

### The Beyond Belief Burger 13

Beyond Meat "beef" burger on a pretzel bun topped with vegan provolone, lettuce, tomato, onion and house vegan mayo

### Grilled Cheese 8

Cheddar cheese and sliced tomato on grilled rye bread

- Add ham or house-smoked turkey +4 •

### The Cuban 12

Roasted pork loin, house-smoked turkey, swiss cheese, sweet pickles and chipotle mayo on grilled French bread

# Lunch

Tuesday - Friday  
8am thru 3pm

## SANDWICHES & WRAPS

Served with choice of daily soup, green salad or pasta salad

Upgrade to bowl of soup or fresh fruit +2  
Gluten free bread available +3

### Roasted Chicken Salad 11

Garlic roasted chicken, onion, celery, carrots and fresh herbs topped with lettuce, tomato and sprouts on choice of bread

### Harvest Chicken 13

Grilled chicken breast topped with caramelized onions, local apples, fontina cheese and roasted garlic spread on a toasted kaiser bun

### The Jazzy 12

House smoked turkey, avocado, swiss cheese, lettuce, tomato and wasabi aioli on toasted french bread

### "Beef" on Weck 13 ♡

A vegan version of a Buffalo classic - house-made, thinly sliced seitan "beef" on a kimmelweck roll topped with horseradish aioli

### Tofu Peanut Wrap 12 ♡

Roasted tofu, pickled red onion, coleslaw, sprouts and spicy thai peanut sauce on choice of tortilla

### Chickpea Toona Sandwich 10 ♡

Chickpeas, celery, carrots, onion, house vegan mayo, lettuce, pickled red onions and tomato inside choice of bread or tortilla

### Veggie Yumwich 12 VEG

Roasted eggplant, zucchini, yellow squash, bell peppers, spinach, onions, mushrooms, asiago, sprouts, tomatoes and lemon-garlic mayo wrapped in choice of tortilla

## LET'S BE SOCIAL

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## FOR THE KIDDOS

• Available Any Time •

### Chicken Tenders 8

All natural chicken tenders with a side of 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

## SIDES

Fresh fruit	4
Black beans ♡	4
Home fries ♡	4
Gluten free bread	4
Whole wheat pita	2
Grilled cornbread	2

## BEVERAGES

Bottomless regular or decaf coffee	2
OJ, cranberry, grapefruit, pineapple, V8	3
Whole milk or chocolate milk	3
Soy milk or almond milk	3
Assorted teas	3
Hot cocoa	2
Bottomless Johnny Ryan soda	3
Cola, Diet Cola, Lemon Up, Ginger Ale, Cream Soda, Orange, Birch Beer, Diet Root Beer or Loganberry	
Bottomless iced tea (sweet or unsweet)	3
Sparkling water	3

• See back of the menu for complete beer, wine & cocktail list

• Advise your server of any allergies •

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

# Dinner

Tuesday - Saturday  
5pm thru 9pm

## SMALL PLATES

- House Ricotta** 11   
House tofu ricotta topped with black salt and balsamic reduction served with toasted garlic points  
• 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 •
- Chicken Tenders** 12   
Antibiotic and hormone-free chicken tenders served with carrots and celery

## GREENS

- The Big Salad** 5/10 GF   
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts and sunflower seeds served with choice of dressing
- Classic Caesar** 6/11 GF   
Chopped romaine topped with parmesan cheese, croutons & house made, egg-free caesar dressing  
• Substitute gluten free croutons +3 •
- Grilled Salmon** 14 GF   
Field greens topped with grilled salmon filet, avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing
- Roasted Butternut Beet** 13 VEG GF   
Field greens topped with roasted butternut squash, braised beets, toasted walnuts, goat cheese & maple balsamic dressing
- 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

• See lunch menu for dressings & additions •

## MAINS

- Smoked Maple Glazed Salmon** 25 GF   
Grilled salmon, roasted carrots, parsnips, apples, swiss chard with a smoked-maple glaze
- Angus Sirloin Strip** 26 GF   
Grilled to order with purple potatoes, grilled asparagus, black garlic butter and a cabernet reduction
- Homestyle Meatloaf** 17   
Ground beef, peppers, celery, carrots, onions topped with a pan gravy and served with vegetable du jour
- 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 •
- The Vegan Tour of Buffalo** 15   
A vegan version of a local favorites - a house-made seitan "beef" on weck, buffalo chick'n wyngs and vegan bleu cheeze served with celery & carrots
- Free-Range Chicken Milanese** 21   
Panko crusted chicken breast, parmesan reggiano, field greens, tomato, cucumber, pickled red onion with a lemon & balsamic glaze
- Loaded Vegetable Pot Pie** 15   
Bell peppers, onions, carrots, parsnips, celery, leeks, peas, grilled vegetables in a puff pastry with a vegan chik'n veloute • Add grilled chicken +5 •

## QUESADILLAS

- Choice of tortilla (white, whole wheat or gluten free) grilled with cheddar-jack & served with pico de gallo & sour cream
- Black Bean** 11 VEG   
Signature stewed black beans, roasted sweet potato and yellow rice
- Molé Chicken** 12   
Shredded molé chicken, caramelized onions and bell peppers
- Carnitas** 12   
Slow roasted pulled pork, chipotle-agave bbq sauce, caramelized onions and bell peppers