

DINNER

by SARAH H

SOUP

Evening Soups
M.P

SALAD

Tricolore Salad
arugula, endive, radicchio, parmesan, lemon vinaigrette
\$15

Beet Salad *
greens, pistachio, chèvre, blackberry
\$17

OG Kale Salad *
ricotta salata, fennel, radish, toasted almonds
\$17


VS SIGNATURES

VS Pizza of the Day *
VS Paleo Pizza Cracker, nut sauce, seasonal toppings
\$17

VS Zucchini Pasta of the Day *
zucchini noodles, nut sauce, seasonal ingredients
\$25

VS Mediterranean Taco *
cabbage shell, VS Harissa Hummus, tzatziki, mint, seeds
\$22
Spiced Shredded Chicken \$7

Wild Mushroom Tostada *
manchego cheese, radish, sprouts
\$15

ALLERGEN INFORMATION: *contains nuts  contains dairy
v = vegan veg = vegetarian

**Consuming raw or undercooked meats, poultry, shellfish, or eggs may increase your risk of food borne illness.

MEZZE PLATTER



Haute Socca Bread
\$12 Large / \$7 for Small
contains sesame

Crudité
assorted raw vegetables
\$12

Balls
Falafel (v)
\$10
Lamb Meatballs *
\$16

Tasting Spread
5 - 1.5oz dip sampler
\$15

Mezze Sampler
Cauliflower with Tahini
VS Red Pepper Harissa Hummus
Babaganoush
Hemp Sesame Seed Tabbouleh
Tzatziki 
Spiced Warm Olives
\$27


Small Dishes
Cauliflower with Tahini
VS Red Pepper Harissa Hummus
Babaganoush
Tzatziki 
Spiced Warm Olives
Hemp Sesame Seed Tabbouleh
Pickled Radish
Pickled Beets
Manchego Cheese 
1 for \$9 / 3 for \$21

Balls

GLUTEN-FREE. PLANT-FORWARD.

ENTRÉE

Roasted Cauliflower (v)
tahini, lemon, cucumber, tomato, seeds
\$25


Lasagna alla Norma (veg) 
three cheese, eggplant, zucchini, spicy tomato sauce
\$21

Moroccan Chicken
raspberry sumac, olive, lemon, seeds
\$27

Salmon Sophia 
roasted veggies, dill Beurre Blanc
\$29

Alaskan Halibut
basil broth, pistachio, kiwi, cucumber-confetti
\$36

SIDES

Purple Stoke Yams \$12
Black Rice or Golden Rice  \$7

Mixed Greens \$7

Herb Potatoes \$10

Asparagus Beurre Blanc \$12

VS Signature Cracker with Mac sauce \$7

VS Buckwheat Genesis Unleavened Bread \$9

Tunisian Lentils \$7

ORGANIC. FRESH. SUPERFOOD
women-owned / locally-connected
4016 Shoreline Dr, Spring Park, MN 55384
vitalistsuperfood.com
612.819.3111