

## NASHVILLE'S OLDEST VEGETARIAN + FIRST CERTIFIED KOSHER RESTAURANT

BREAKFAST 7:00am - 11:30am

Veggie Quiche of the Day \$7

Breakfast Bagel Sandwich \$7
Everything bagel, egg patty, veggie sausage, cheese

Banana Nutella Bagel Sandwich
Cinnamon raisin bagel, Nutella spread, and sliced bananas

Oatmeal \$6 Large / \$4 Small With brown sugar and almonds

Apple PBG \$7
Flour Tortilla, sliced apples, peanut butter, and housemade granola with a side of vanilla yogurt

Everything Bagel \$5 toasted w/ cream cheese

Parfait \$6
Vanilla yogurt, fresh sliced strawberries,
housemade granola (no nuts)

Rotating Breakfast Hot Side of the Day
One to two sides available daily
One side included with meal on meal plan
Updated daily on the GET app

Drink with Meal Plan Organic Tea

Iced or hot / herbal, black, and green selections

Bongo Java Organic Coffee

lced or hot

Lunch & Dinner 11:30am - 6:30pm

Vegan Chipotle Black Bean Burger \$7
Chipotle black bean burger patty, lettuce, tomato, pickles, on whole wheat bread, served with side of chipotle mayo

Superfood Wrap
Whole wheat tortilla, avocado, tomato, quinoa, shredded carrots, shredded red cabbage, cucumber, and edamame

Hummus and Vegetable Sandwich
Housemade hummus, roasted red peppers,
cucumber, tomato, lettuce, on whole
wheat bread

\$7\$

Special Entree of the Day
Changes daily
\$7.5

Soup of the Day + Choice of Salad Combo \$7

Soup of the Day \$6 Large / \$4 Small A la carte

**Superfood Salad** \$7
Spinach salad topped with avocado, tomato, quinoa, shredded carrots, shredded red cabbage, cucumber, and edamame

Special Large Salad of the Day
Changes daily
\$7

Rotating Lunch / Dinner Side of the Day Two to three sides available daily One side included with meal on meal plan Updated daily on the GET app











