

DID WE SAY NO MEAT!!!

Sensational Sandwiches

\$5.99

(Sandwiches are served on toasted wheat products)
Served only with meat substitutes
Add a soup or side salad for \$1.99

HANDBURGER

Vegan mayo, mustard, ketchup, cucumber,
tomato grilled onions, lettuce, with vegan cheese

GYRO

Cucumber sauce, raw onions, lettuce, tomato

ITALIAN BEEF

Gardinera peppers, dipped in aujus, with vegan cheese

PHILLY

Grilled onions, grilled green peppers,
vegan mayo, lettuce & tomato, with vegan cheese

SEAWICH

Tarter sauce, lettuce, tomato

BURRITO

Rice, beans, grilled onions, grilled green peppers,
mex sauce, tomato, lettuce, with vegan cheese

RIBLET

BBQ sauce, grilled onions, lettuce, tomato, with vegan cheese

TUNA

Tuna salad, lettuce, tomato

MESQUITE SUB

Bacon, red onions, ranch dressing, tomato, lettuce,
with vegan cheese

CAJUN WRAP

Assorted peppers, beans, corn, BBQ sauce, lettuce

BONELESS WINGS 6 PCS \$5.99

Choose your sauce

Buffalo! BBQ! Honey Mustard

- SIGNATURE MEALS - LUNCH - \$6.99

Choose your entree

- DINNER - \$10.99

- jerk chicken - seafood - smothered chicken

w/2 sides -

greens, bean of the day, rice, mac & vegan

cheese, vegetable of the day

- STIR FRY \$7.99

Mixed veggies, served w/chicken in a succulent

sauce over rice

- SALADS - \$5.99

Romaine, carrots, cucumber, onion, mushroom, w/chicken \$7.99

cauliflower, green pepper, tomato, beans, corn

(Herbal vinaigrette; creamy garlic; cucumber ranch)

Ask about our **LIVE** lunch & dinner meals

- SOUPS - Sml - \$3.49 Lrg - \$5.49

Lentil - Chilli - Split Pea

- SIDES -

Fantastic Fried Veggies \$5.99

Mushroom, cauliflower, onion rings

- SWEETS - \$1.09 - \$3.99

Cookies - Cakes - Pies

- THIRST -

Fresh Carrot or Veggie \$4.99

Lemonade, Ice Tea, Jerusalem Punch \$1.99



Eat Well • Eat Healthy • Eat for Life

622 E. 71st St

(71st & Champlain)

Chicago, IL 60619

TAKE OUT • MEAL PLANS

Hours:

Mon. - Sat.: 11:30 AM - 8:30 PM

Closed on Sunday

773-4VEGI-33

(483-4433)

ABSOLUTELY NO MEAT
VEGETARIAN 100% VEGAN

SNACKS - SUPPLEMENTS

SOUPS • SALADS • SANDWICHES

SWEETS

*"Let there be health in our mind &
body, and let there be wholeness in
every phase of our lives now!"*

Dr. P.C. Phoenix

N.D. M.S.N.A.

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