



Making delicious
Vegan, Vegetarian
and Seafood

Available Mon-Sat: 11-2 & 5-8:00
Dine-in, Takeout and Delivery
VegSRQ.com 941-312-6424

Beverages

- **Unsweetened Iced Tea 2.99**

Plain Black, Herbal Berry, Green Mint or Black Mango

- **Boylan Sodas 2.99**
Cane Cola or Ginger Ale
- **Natural Lemonade 2.99**
- **Sparkling or Still Bottled Water 3.99**

Craft Beers (subject to availability)

- **Blue Point: Toasted Lager 3.99**

Smooth tasting amber lager with a toasted malt body and light hoppy finish

- **Motorworks: Intellectual Property 3.99**

IPA featuring juicy flavors of grapefruit, pine and orange

- **JDubs: Bell Cow Chocolate Milk Porter 3.99**

A Milk Chocolate Porter featuring rich notes of Chocolate and a medium-bodied mouth feel

- **JDubs: Passion Wheat Ale 3.99**

Wheat Ale brewed with passion fruit and mango. Easy drinking and refreshing with fruity notes on a crackery wheat backbone.

- **(GF) Magners: Hard Pear Cider 3.99**
Delicate & refreshing with crisp ripe pear

Mother Kombucha (St. Pete) 4.99

Assorted flavors

House-made Seasonal Sangria

Glass 6.00 Pitcher 24.00

Wines 7.00

Babe Red, Babe Grigio, Babe Rose

Appetizers:

- **Soup of the Day or Matzo Ball**
Cup \$3.99 Bowl \$5.99
- **Latkas-10.99** three house-made potato pancakes, served with sour cream & applesauce (extra latkas \$3.75 each)
- **Spanakopita Bites-7.99** spinach and feta in crispy phyllo pastry with lemon dill sauce
- **(V)(GF)Mezze Plate-9.99** hummus, tabbouleh, black bean hummus, mixed olives & warm pita
- **(V)(GF)Lettuce Wraps-10.99** hummus, avocado, cabbage, tomatoes, cucumbers, carrots, sprouts served with a side of Ginger Dressing
- **(V)(GF)Buffalo Cauliflower Bites-8.99** cauliflower sautéed in a medium Buffalo Sauce with celery & Vegan Ranch Sauce

Salads:

All salads except the Caesar are served with dressing on the side

- **(V)Veg Salad-11.99** Veg burger topped with caramelized onions over baby lettuce with tomato & sides of aioli & Lemon Dijon Dressing
- **(V)Caesar Salad-9.99** Romaine & croutons tossed with our house made Vegan Caesar Dressing topped with Vegan parmesan & tomato wedges
- **(GF)Avocado Salad-11.99** baby lettuce, avocado, goat cheese crumbles, raisins & pumpkin seeds served with Lemon Dijon dressing
- **(V)(GF)Signature Salad-11.99** chopped kale, shredded carrots, purple cabbage, shredded raw beets, avocado, sprouts & toasted sunflower seeds served with Citrus Peppercorn dressing
- **Spanakopita-13.99** feta cheese & spinach in crispy phyllo pastry with a Greek salad

Extras

*Tofu or Tempeh \$3.99, ➔Ahi Tuna \$8.99, Side of Fries \$5.00
Blackened Salmon \$11.99, Shrimp \$6.99, Avocado \$2.49,
Extra Dressing/Sauce \$0.50*

(V)(GF) indicates items that can be made (V) Vegan or (GF) Gluten Free upon request.
Items substituting (GF) Bread or Crackers will be a \$1.50 up charge

Entrées:

- **(V)(GF)Portobello Volcano-17.99** bed of sautéed kale & quinoa topped with savory sweet potato mash, marinated Portobello & caramelized onions. Served with Soup, Salad or Fries.
- **(V)Vegan Mac & Cheese-17.99** Cavatappi Noodles tossed in our Housemade Vegan Cheese Sauce topped with your choice of:
 - 🍴 **Buffalo Cauliflower or BBQ Jackfruit**
 - 🍴 **(V)(GF)Impossible Nacho Stack-17.99** Layers of rice, black beans, salsa fresca, avocado and taco seasoned Impossible Crumble, drizzled with vegan cheese sauce and spicy green sauce, surrounded by fresh tortilla chips

Stir Fries & Bowls:

- **(V)(GF)Jackfruit Brisket Bowl-17.99** bed of rice covered with slow cooked BBQ Jackfruit, roasted sweet potatoes & vegan coleslaw, topped with a vegan sweet horseradish sauce & house-made BBQ sauce
- 🍴 **(V)(GF)Buffalo Cauliflower Rice Bowl-17.99** avocado, black beans, salsa fresca over rice with (V)Ranch & celery
- 🍴 **(V)(GF)Kung Pao Cauliflower Stir Fry-17.99** cauliflower, kale, onions, red peppers, cashews, sesame seeds, scallions & house made spicy Kung Pao Sauce over rice
 - with Shrimp-21.99 with Salmon-23.99**
- **(V)(GF)Citrus Noodle Stir Fry with Tofu-17.99** kale, carrots, cabbage, onions, peppers, ginger, garlic, scallions & sesame seeds tossed in citrus soy sauce with rice noodles
 - with Shrimp-21.99 with Salmon-23.99**
- **(V)(GF)Coconut Lime Rice Bowl with Tofu-17.99** avocado, black beans, cabbage, salsa fresca, grilled pineapple over rice, with pineapple-mango salsa.
 - with Shrimp-21.99 with Salmon-23.99**

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Burgers & Sandwiches: *Served with Soup, Salad or Fries*

- **(V)Veg Burger-13.99** Our House-Made Veg Burger, lettuce, tomato, caramelized onions & aioli
- **(V)(GF)Bistro Burger-16.99** ¼ lb Beyond Burger, gouda, caramelized onions, lettuce, tomato & bistro sauce
- **(V)(GF)Silly Philly-13.99** Portobello mushroom strips, grilled onions and peppers with Swiss & horseradish sauce
- **(GF)Blackened Fish Sandwich-14.99** Lightly blackened fish, lettuce, tomato & aioli
- **(V)(GF)Impossible "Burger" Club-17.99** Triple layered club sandwich with a ¼ lb. Impossible Foods Burger, lettuce, tomato, tempeh & our house-made Bistro sauce
 - 🍴 **(V)Cauliflower Banh Mi-13.99** Chili Garlic Cauliflower, Cucumber, Tangy Radish Slaw & aioli.

Wraps: *Served with Soup, Salad or Fries*

- **(V)California Wrap-14.99** Avocado, tempeh bacon, goat cheese, carrot, cucumber, onion, lettuce, tomato & blush sauce
 - **(V)Greek Wrap-14.99** Hummus, feta, olives, carrots, cucumbers, onions, lettuce, tomato & Greek dressing
- ➔ **Ahi Tuna & Avocado-16.99** Rare Ahi, avocado, lettuce, tomato, aioli & ginger dressing

Tacos: *Two tacos on Corn Tortillas*

Served with Soup, Salad or Fries

- **(GF)Fish Tacos-14.99** Grilled fish, cabbage & salsa fresca
 - **(GF)Shrimp Tacos-14.99** Grilled Shrimp, cabbage, salsa fresca & green aioli
- **(V)(GF)Portobello Fajita Tacos-13.99** marinated Portobello mushroom strips with grilled onions and peppers, cabbage & salsa fresca

Extras

Tofu or Tempeh \$3.99, ➔ Ahi Tuna \$8.99, Side of Fries \$5.00
Blackened Salmon \$11.99, Shrimp \$6.99, Avocado \$2.49,
Side of Rice \$3.99, Extra Dressing/Sauce \$0.50

➔ Consuming raw or undercooked seafood may increase your risk of foodborne illness.

🍴 This Dish Is Spicy

