



Making delicious  
Vegan, Vegetarian  
and Seafood

**Available Mon-Sat: 11-2 & 5-8**

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*

- **Bottled Sodas 2.99**

*Cola or Ginger Ale*

- **Natural Lemonade 2.99**

- **Sparkling or Still Bottled Water 3.99**

**Craft Beers (subject to availability)**

- **Blue Point: Toasted Lager 4.50**

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

- **Motorworks: Intellectual Property 4.50**

*IPA featuring juicy flavors of grapefruit, pine and orange*

- **JDubs: Bell Cow Chocolate Milk Porter 4.50**

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

- **JDubs: Passion Wheat Ale 4.50**

*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 4.50**

*Delicate & refreshing with crisp ripe pear*

**Local Kombucha 5.50**

*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 \$4.99 Bowl \$6.99*

- **Latkas-11.99** three house-made potato pancakes, served with sour cream & applesauce (extra latkas \$3.75 each)
- **Spanakopita Bites-9.99** spinach and feta in crispy phyllo pastry with lemon dill sauce
- **(V)(GF)Mezze Plate-10.99** hummus, tabbouleh, black bean hummus, mixed olives & warm pita
- **(V)(GF)Lettuce Wraps-11.99** hummus, avocado, cabbage, tomatoes, cucumbers, carrots, sprouts served with a side of Ginger Dressing
- **(V)(GF)Buffalo Cauliflower Bites-9.99** 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-12.99** Veg burger topped with caramelized onions over baby lettuce with tomato & sides of aioli & Lemon Dijon Dressing
- **(V)Caesar Salad-12.99** Romaine & croutons tossed with our house made Vegan Caesar Dressing topped with Vegan parmesan & tomato wedges
- **(GF)Avocado Salad-12.99** baby lettuce, avocado, goat cheese crumbles, raisins & pumpkin seeds served with Lemon Dijon dressing
- **(V)(GF)Signature Salad-12.99** chopped kale, shredded carrots, purple cabbage, shredded raw beets, avocado, sprouts & toasted sunflower seeds served with Ginger dressing
- **Spanakopita-15.99** feta cheese & spinach in crispy phyllo pastry with a Greek salad

**Extras**

*Tofu or Tempeh \$4.99, ➔Ahi Tuna \$9.99, Side of Fries \$6.00  
Blackened Salmon \$12.99, Shrimp \$7.99, Avocado \$2.99,  
Extra Dressing/Sauce \$0.59*

*(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-18.99** 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-18.99** Cavatappi Noodles tossed in our Housemade Vegan Cheese Sauce topped with your choice of:
  - 🔪 **Buffalo Cauliflower or BBQ Jackfruit**
  - **(V)(GF)Impossible Nacho Stack-18.99** 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-18.99** 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-18.99** avocado, black beans, salsa fresca over rice with (V)Ranch & celery
- 🔪 **(V)(GF)Kung Pao Cauliflower Stir Fry-18.99** cauliflower, kale, onions, red peppers, cashews, sesame seeds, scallions & house made spicy Kung Pao Sauce over rice
  - with Shrimp-22.99 with Salmon-24.99**
- **(V)(GF)Ginger Garlic Noodle Stir Fry with Tofu-18.99** kale, carrots, cabbage, onions, peppers, ginger, garlic, scallions & sesame seeds tossed in sweet & savory sauce with rice noodles
  - with Shrimp-22.99 with Salmon-24.99**
- **(V)(GF)Pineapple Coconut Rice Bowl with Tofu-18.99** avocado, black beans, cabbage, salsa fresca, grilled pineapple over rice, with pineapple-mango salsa.
  - with Shrimp-22.99 with Salmon-24.99**

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

- **(V)Veg Burger-14.99** Our House-Made Veg Burger, lettuce, tomato, caramelized onions & aioli
- **(V)(GF)Bistro Burger-17.99** ¼ lb Beyond Burger, gouda, caramelized onions, lettuce, tomato & bistro sauce
- **(V)(GF)Silly Philly-14.99** Portobello mushroom strips, grilled onions and peppers with Swiss & horseradish sauce
- **(GF)Blackened Fish Sandwich-15.99** Lightly blackened fish, lettuce, tomato & aioli
- **(V)(GF)Impossible "Burger" Club-18.99** Triple layered club sandwich with a ¼ lb. Impossible Foods Burger, lettuce, tomato, tempeh & our house-made Bistro sauce

### Wraps: *Served with Soup, Salad or Fries*

- **(V)California Wrap-15.99** Avocado, tempeh bacon, goat cheese, carrot, cucumber, onion, lettuce, tomato & blush sauce
  - **(V)Greek Wrap-15.99** Hummus, feta, olives, carrots, cucumbers, onions, lettuce, tomato & Greek dressing
- ➔ **Ahi Tuna & Avocado-17.99** Rare Ahi Tuna, avocado, lettuce, tomato, aioli & ginger dressing

### Tacos: *Two tacos on Corn Tortillas*

*Served with Soup, Salad or Fries*

- **(GF)Fish Tacos-15.99** Grilled fish, cabbage & salsa fresca
  - **(GF)Shrimp Tacos-15.99** Grilled Shrimp, cabbage, salsa fresca & green aioli
- **(V)(GF)Portobello Fajita Tacos-15.99** marinated Portobello mushroom strips with grilled onions and peppers, cabbage & salsa fresca

### Extras

Tofu or Tempeh \$4.99, ➔ Ahi Tuna \$9.99, Side of Fries \$6.00  
Blackened Salmon \$12.99, Shrimp \$7.99, Avocado \$2.99,  
Side of Rice \$3.99, Extra Dressing/Sauce \$0.59

- ➔ Consuming raw or undercooked seafood may increase your risk of foodborne illness.
- 🔪 This Dish Is Spicy

