

V = Vegan
 GF = Gluten-Free



LUNCH APPETIZERS

GF V MAC ATTACK \$12
 GF Pasta, Creamy "Cheese," Toasted GF Breadcrumbs, Sriracha & Choice of: Beyond Sausage or Tempeh.

GF V VEGAN WINGS \$14
 With a Trio of Sauces: Chipotle "Mayo," Salvadorian Roasted Tomato, & Buffalo Sauce.

GF V BUFFALO CAULIFLOWER \$14
 Crispy Cauliflower served with "Bleu Cheese" & Warm Buffalo Sauce.

GF V OUR MOST EXCELLENT NACHOS \$15
 House-Made Corn Tortilla Chips, Refried Red Beans, "Cheddar," Pico, & Chipotle Mayo.

GF V YUCCA FRIES & CURTIDO \$11
 Crispy Yucca Fries served with Salvadorian Roasted Tomato Sauce.

GF V HOUSE GUACAMOLE WITH CHIPS \$14

GF V THAI ELEPHANT WINGS \$14
 Peanut Ginger Cauliflower Wings served with Yuzu Aioli.

GF SHRIMP PATACONES & GUACAMOLE \$18
 Crispy Fried Green Plantains piled high with House-Made Guacamole, Cherry Peppers, & Chili Vinaigrette.

V PERUVIAN "BEEF" EMPANADAS \$14
 Organic Soy "Beef," Black Beans, Blueberries, Fresh Corn, Peas, Carrots served with Creamy Avocado Sauce.

GF CRISPY CHICKEN FLAUTAS \$14
 Salvadorian Curtido, Pico, Avocado, Sriracha, Avocado Sauce served with Roasted Tomato Sauce, Corn Tortilla.



TACO TRUCK {Choose 2 ... \$18}

GF STEAK WITH MUSHROOM & ONION
 Grass Fed Sirloin, Grilled Mushrooms, Mixed Greens, Sautéed Onions, & Chipotle Mayo on Corn Tortillas.

GF COCONUT SHRIMP
 Grilled Wild Shrimp, Curtido, Cilantro, Thai Ginger Mayo, Coconut Flakes on Corn Tortillas.

GF V CRISPY AVOCADO & RED BEAN
 Crispy Avocado, Refried Red Beans, Pico de Gallo, Organic Baby Greens, Wasabi Mayo on Corn Tortillas.

GF V HICKORY BBQ "CARNITAS"
 BBQ "Pork," Sautéed Onion, Avocado, Organic Baby Greens, Pico, Chipotle Mayo on Corn Tortillas.

KIDS

GF **MAC 'N' CHEESE**\$11

☑ Vegan or Non-Vegan Cheddar

GF **PASTA**\$10

Organic Butter or House-Made Tomato Sauce

GRILLED CHEESE & YUCCA FRIES... \$10

☑ Vegan or Non-Vegan Cheddar. **GF** Bread available.

☑ **"CHICKEN" NUGGETS & YUCCA FRIES**.....\$11

CHICKEN FINGERS

& YUCCA FRIES.....\$11

Breaded or Grilled



SALAD SPECIALS

GF ☑ **GREEN SUPREME**\$17

Organic Kale, Buffalo Cauliflower, Pickled Gherkins, Shredded Red Cabbage, Mixed Greens, Julienne Carrots, Shaved Broccoli. Served with Vegan Bleu Cheese Dressing.

GF ☑ **APPLE-Y EVER AFTER**\$17

Romaine Heart Lettuce, Arugula, Green Apple Smith, Cherry Tomatoes, Shredded Red Cabbage, Roasted Corn, Cauliflower. Served with Thai Ginger Aioli & freshly squeezed Lime Juice.

GF ☑ **CHICKPEA CHICA** ..\$17

Arugula, Mixed Greens, Cherry Tomatoes, Shredded Red Cabbage, Julienne Carrot, Crispy Organic Tofu, House-Cooked Chickpea. Served with Apple Cider Vinaigrette.

GF ☑ **QUINOA QUEEN**\$17

Mixed Greens, Avocado, Quinoa, Roasted Corn, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Roasted Cut Beets with Chipotle Vinaigrette.

Salad Additions: Tofu (+\$3), Vegan "Chicken" (+\$3), Grilled Chicken (+\$3)

BOWLS

GF ☑ **VEGGIE TERIYAKI BOWL**\$18

Organic Tofu, Organic Brown Rice, Quinoa, String Beans, Carrots, Broccoli, Portobello Mushrooms, Avocado & Hemp Seeds served with a Teriyaki Sauce.

GF ☑ **SWEET POTATO VEGAN BOWL**\$18

Organic Sweet Potatoes, Organic Kale, Brussel Sprouts, Quinoa, Avocado, Tahini Dressing.

GF ☑ **RAYONG CURRY**\$18

Wild Brown Rice, Organic Sweet Potatoes, Broccoli, Carrots, Cauliflower, Green Beans, Green Peppers, Brussel Sprouts, Onion, Basil, Mint, & Thai Curry Broth.

GF ☑ **GRAIN BOWL**\$18

Snap Peas, Portobello Mushrooms, Tahini Onion, Organic Sweet Potatoes, Avocado on Quinoa and Organic Brown Rice with Hemp Seeds & Cilantro Pesto.

Bowl Additions: Tofu (+\$3), Vegan "Chicken" (+\$3), Grilled Chicken (+\$3)



Please inform your server before ordering if a person in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs may increase your risk of food-borne illness, especially if you have a medical condition. Feel free to refer any questions to the manager.

WRAPS

NICOYA O'BOYA \$16
 "Tico" Style Gallo Pinto, Grilled Wild Shrimp, Avocado, Jalapeno, & Chipotle Mayo in a Black Bean Wrap. **GF** Wrap available (+\$1.50)



CARNE ASADA BURRITO \$16
 Grass Fed Sirloin, Gallo Pinto, Cheddar Cheese, Cherry Peppers, Guacamole, Mixed Greens, & Chipotle Mayo in a Whole Wheat Wrap. **GF** Wrap available (+\$1.50)



COCKY THAI \$15
 Grilled Hormone/ Antibiotic-Free Chicken, Jalapeño, Avocado, Tomato, Julienned Apple "Snap," Thai Ginger Mayo in a Cucumber Wrap. **GF** Wrap available (+\$1.50)

☑ **THAI TOFU WRAP** \$15
 Crispy Tofu in our Famous Thai Peanut Sauce, Organic Baby Greens, Avocado, Mushrooms, Pico de Gallo, & Thai Ginger Aioli in a Whole Wheat Wrap.



PLATOS PRINCIPALES ~ VEGAN

☑ **REUBEN & KIMCHEE** \$15
 Grilled Tempeh, Raw Live Kimchi, Vegan Cheese, Chipotle Mayo on Rye Bread. **GF** Bread available (+\$1.50)



☑ **ERIN'S MOST EXCELLENT EGGPLANT** \$15
 Breaded Eggplant, Organic Baby Arugula, Cherry Peppers, Basil Aioli on Toasted Ciabatta.

☑ **RAINFOREST BURGER & YUCCA FRIES** \$20
 A La Plancha Seared Brown Rice & Black Bean Burger, Organic Baby Greens, Red Onion, Tomato, Avocado, & "Cheese" on Toasted Ciabatta. **GF** Bread (+\$1.50)

☑ **SORRY CHARLIE! VEGAN TUNA MELT** \$16
 Chickpea Tuna, Melted "Cheddar," Red Onion, Tomato, open faced on Whole Wheat Bread. **GF** Bread (+\$1.50)

GF ☑ **GONZO'S SURFER BOWL LUNCH** \$20
 Bamboo Rice, Quinoa, Chickpeas, Mushrooms, Kimchi, Market Vegetables, & Ginger Coconut Curry Sauce.
Additions: Tofu or Seitan (+\$4), Vegan "Chicken" (+\$7), Vegan "Shrimp" (+\$9)

PLATOS PRINCIPALES ~ NON-VEGAN

THE GRINGO \$15
 Antibiotic/Hormone-Free Breaded Chicken Cutlet, White Cheddar, Organic Baby Greens, Tomato, Mayo on Ciabatta.

GRASS FED BUFFALO BURGER \$21
 Grilled Grass Fed Buffalo Burger with Organic Baby Greens, Tomato, Red Onion, & Avocado on Toasted Ciabatta.
GF Bread available (+\$1.50). Add Cheese (+\$2).

GF **GONZO'S SURFER BOWL LUNCH** \$20
 Bamboo Rice, Quinoa, Mushrooms, Chickpeas, Kimchi, Market Vegetables, Ginger Coconut Curry Sauce.

Additions: Grilled Chicken (+\$7), Grilled Wild Shrimp (+\$10)

SIDES

GF ☑ **GALLO PINTO** \$7
 Brown Rice & Black Beans

GF ☑ **ROASTED BRUSSELS SPROUTS** \$9

GF ☑ **ORGANIC BABY GREENS SALAD** \$7
 Served with Beet Vinaigrette.

GF ☑ **SAUTÉED VEGETABLES** .. \$8