

STARTERS

creole soul chicken	11
Our signature soy chicken nuggets panko-breaded with Cajun and rosemary seasoning and fried. Served with hickory-smoked barbecue vidalia dressing.	
barbecue buffalo wings	16
Our famous soy wings marinated in a spiced citrus BBQ sauce. Side of vegan ranch and celery.	
cajun fried shrimp	9
Deep-fried soy shrimp seasoned with paprika. Served with vegan cocktail sauce.	
spring rolls	6
Two fried vegan rolls filled with cabbage, carrots and mushroom. Served with vegan duck sauce.	
crab ragoon	12
Deep-fried wontons filled with shredded soy crab, scallions and vegan cheese. Served with sweet chili dipping sauce.	
dragonfly dumplings	12
Three fried rice dumplings filled with shredded soy protein, carrots and cabbage. Served over mixed greens and soy-lime ginger dressing.	
asian dumplings	12
Three steamed spinach dumplings filled with shredded soy protein, carrots and cabbage. Served over mixed greens and soy-lime ginger dressing.	
curry wings	16
Soy chicken drumsticks and potatoes tossed in a sweet coconut curry sauce.	
chicken and fries	11
Two fried soy drumsticks from our southern fried chicken with french fries and a side of BBQ sauce.	
grilled bourbon chicken	11
Jerk-marinated soy chicken grilled over an open fire. Served with a side of sweet chili sauce.	
collard green rolls	10
Three fried rolls stuffed with sautéed collard greens and soy ham. Served with sweet chili dipping sauce.	
edamame	6
Steamed soy bean pods sprinkled with sea salt.	
caribbean jerk-spiced seitan	9
Grilled seitan skewers marinated in a spiced lime-citrus dressing.	
joanne’s 3-piece fried chicken	11
Three fried soy drumsticks and a side of BBQ sauce.	

popcorn chicken	10
Fried soy chicken nuggets served with our homemade BBQ sauce.	
chicken satay	11
Skewered soy chicken grilled and marinated in coconut curry seasoning. Side of peanut chili sauce.	
fried zucchini and tofu	12
Lightly battered and fried tofu and zucchini. Side of spicy scallion and sesame Korean sauce.	
bamboo nuggets	11
Garlic soy chicken nuggets fried and served with vidalia onion sauce.	
almond coconut chicken	12
Crispy soy chicken strips breaded with toasted almonds and shaved coconut. Served with sweet chili dipping sauce.	
popcorn shrimp	10
Fried bite-sized soy shrimp. Side of Sriracha mayo.	
roti canai	9
Indian crepe served with a soy chicken and potato coconut curry dipping sauce. Extra crepe.....4	
seoul pancake	12
Fresh bell peppers, scallions and carrots mixed in a traditional Korean batter.	
portobello fritters	12
Breaded and fried portobello mushrooms served with vidalia onion sauce.	
FRIED RICE	white or brown rice
garlic fried rice	12
Traditional Filipino recipe sautéed with rice, diced cloves of garlic and scallions.	
ginger chicken fried rice	16
Ginger marinated soy chicken sautéed with rice, diced scallions, zucchini, yellow squash, red and yellow bell peppers.	
vegetable fried rice	14
Rice sautéed with onions, zucchini, yellow squash, red and yellow bell peppers.	
pineapple seafood rice	16
Rice sautéed with zucchini, scallions, red and yellow bell peppers, yellow squash, pineapple, soy fish, scallops, crab and shrimp.	

HEROES

+ fries or salad for \$5

chicken or eggplant parmesan hero	15
Your choice of breaded and fried soy chicken cutlets or eggplant, NUMU mozzarella cheese and our sweet basil marinara sauce. Served on toasted hero bread.	
barbecue steak hero	15
Citrus-marinated chunks of soy beef sautéed with onions, mushrooms and cheddar cheese. Served on toasted hero bread.	
meatball sub	15
Tender soy meatballs simmered in our basil marinara sauce and topped with NUMU mozzarella cheese. Served on toasted hero bread.	
SALADS	+ protein for \$5
carrot ginger, balsamic vinaigrette, sesame teriyaki, ranch	
+ grilled lemon herb soy chicken.....	
+ grilled jerk-marinated soy chicken.....	
+ breaded and fried soy chicken	
house salad	11
Mesclun mix, cherry tomatoes, shredded carrots, cucumbers and mushrooms. Your choice of dressing.	
kale salad	12
Raw kale chopped and tossed with diced red onions, red and yellow peppers and our homemade lemon-citrus dressing.	
caesar salad	15
Whole leaf romaine lettuce topped with Caesar dressing, homemade garlic croutons and vegan parmesan cheese.	
greek salad	15
Seasonal green leaf lettuce, cherry tomatoes, red onions, cucumbers, kalamata olives and vegan feta served with our tangy lemon herb vinaigrette.	
cobb salad	15
Iceberg lettuce wedge, chopped tempeh bacon, cherry tomatoes, cucumbers and crumbled vegan blue cheese with a side of ranch dressing.	
grilled jerk chicken salad	16
Grilled jerk-marinated soy chicken served over mesclun mix, cherry tomatoes, shredded carrots, mushrooms and cucumber. Your choice of dressing.	
fried chicken salad	16
Mesclun mix, cherry tomatoes, shredded carrots, cucumbers and mushrooms topped with breaded and fried soy chicken. Your choice of dressing.	

SANDWICHES

bamburger	9
Vegan soy beef burger with lettuce, tomato, pickles, sautéed onions and vegan mayo on a sesame bun.	
+ cheddar cheese.....	
+ sautéed mushrooms.....	
+ guacamole	
+ organic tempeh bacon	
+ extra soy beef patty.....	
+ fries or salad.....	
soul chicken sandwich	15
Panko-breaded fried soy chicken nuggets with vegan mayo and vidalia dressing, lettuce and tomato. Served on ciabatta bread with fries or salad.	
+ cheddar cheese.....	
+ sautéed mushrooms.....	
+ guacamole	
+ organic tempeh bacon	
chicken cutlet sandwich	15
Two breaded fried soy chicken cutlets with dijon mustard, vegan mayo, lettuce and tomato. Served on ciabatta bread with fries or salad.	
+ cheddar cheese.....	
+ sautéed mushrooms.....	
+ guacamole	
+ organic tempeh bacon	
classic blt	14
Organic tempeh bacon, lettuce, tomato and vegan mayo on ciabatta bread with fries or salad.	
+ cheddar cheese.....	
+ sautéed mushrooms.....	
+ guacamole	
pulled pork sandwich	15
Shredded smoked BBQ soy pork, sautéed with caramelized onions and sliced pickles on a sesame bun with fries and coleslaw.	
chicken gyro	16
Grilled lemon herb soy chicken topped with lettuce, diced tomatoes, red onions, cucumber and vegan tahini sauce on pita bread. Served with fries or salad.	
breakfast sandwich	14
Two organic vegan eggs on ciabatta bread with cheddar cheese. Choice of vegan sausage patties or tempeh bacon. Side of tater tots.	
chicken or fish tacos	14
Tempura battered soy chicken or soy fish topped with tomatillo salsa and pickled slaw on corn tortillas. Served with a side of guacamole and spicy mayo.	

VEGETABLE ENTRÉES

teriyaki vegetable stir fry 16
Zucchini, mushrooms, broccoli, squash, carrots and cauliflower sautéed in a sweet teriyaki glaze. Side of brown or white rice.
+ soy chicken, beef, shrimp, tofu or seitan.... 5

black bean ginger stir fry 16
Zucchini, mushrooms, broccoli, squash, carrots, cauliflower and Cantonese black beans sautéed in a chili ginger glaze. Side of brown or white rice.
+ soy chicken, beef, shrimp, tofu or seitan.... 5

red curry tofu 17
Tofu sautéed with eggplant, snap peas, green beans, red and green peppers in a mildly spicy Thai red curry sauce. Served with a side of white or brown rice.

eggplant parmesan 16
Lightly seasoned breaded eggplant smothered in a sweet basil marinara sauce. Served with garlic toast and melted NUMU mozzarella cheese.
+ pasta with marinara 5

vegetable tempura 16
Broccoli, cauliflower, eggplant, mushrooms, sweet potatoes, onions and peppers fried in a traditional tempura batter. Side of soy-lime ginger dressing.

NOODLES AND PASTA

veggie lo mein 14
Vegan noodles sautéed with zucchini, squash, snap peas, carrots and broccoli.
+ soy chicken, beef, shrimp, tofu or seitan.... 5

spaghetti and meatballs 14
Soy meatballs over a bed of pasta smothered in our special marinara sauce and served with garlic toast.
+ extra soy meatballs (4) 5

macaroni and cheese..... 14
Elbow macaroni with melted cheddar cheese.
+ organic tempeh bacon 4
+ broccoli..... 4

teriyaki chicken bowl 17
Stir-fried with broccoli, snap peas, carrots, zucchini and teriyaki chicken. Served over vegan pasta and topped with sesame seeds.

rigatoni bolognese..... 17
Rigatoni pasta tossed in a slow cooked sauce of tomatoes, minced vegan soy beef and herbs.



MAIN COURSE

creole soul chicken 17
Panko-breaded fried soy chicken with Cajun and rosemary seasoning. Served with garlic mashed potatoes and gravy, steamed carrots, broccoli and corn on the cob.

spicy chicken with broccoli 17
Wok fried soy chicken with fresh chilies, peanuts, broccoli and red and green bell peppers. Served with white or brown rice.

sweet and sour chicken 17
Battered soy chicken sautéed with onions, pineapples, lychees, carrots, green and red bell peppers. Served with white or brown rice.

mango chicken..... 17
Slices of mango, grilled soy chicken, red onions, red and green bell peppers sautéed in a mildly spicy citrus sauce served with a side of white or brown rice.

bamboo curry chicken..... 17
Sautéed soy chicken and potatoes marinated in a spicy Indian coconut curry sauce. Served with steamed zucchini, yellow squash, broccoli, cauliflower, carrots and white or brown rice.

cashew chicken..... 17
Soy chicken chunks sautéed with carrots, broccoli, red and green bell peppers, cashews and a side of white or brown rice.

barbecue ribs 17
Flame-grilled soy pork ribs served with a side of steamed carrots, broccoli, snap peas, garlic mashed potatoes and gravy.

coconut chicken..... 17
Soy chicken delicately breaded with a crispy shredded coconut batter. Paired with flame grilled pineapple slices and a side of white or brown rice.

szechuan beef 17
Mildly spiced soy peppered beef sautéed with Chinese chilies, broccoli, red and green peppers. Served with a side of white or brown rice.

southern fried chicken 20
Herb-breaded soy chicken breast and two drumsticks served with your choice of 2 sides:
• sweet potato fries • collard greens with ham • salad
• french fries • mashed potato • coleslaw

salmon teriyaki 20
Fried soy salmon wrapped in seaweed and glazed in a teriyaki dressing on a hot plate. Served with a side of buttered vegetables and white or brown rice.

sub garlic fried rice + \$4 or veggie rice + \$5

tonkatsu chops 17
Deep fried gluten pork chops served with a side of garlic mashed potatoes and steamed carrots, broccoli, squash, zucchini and cauliflower. Served with a side of tonkatsu sauce.

thai beef curry 18
Massaman sweet coconut milk curry with a zip. Shredded soy beef simmered with slow cooked potatoes, carrots and green beans. Served with white or brown rice.

chicken parmesan 17
Breaded soy chicken cutlets topped with NUMU mozzarella cheese and a tomato basil marinara sauce. Served with a side of garlic toast.
+ pasta with marinara 5

sizzling pepper steak platter 20
Black pepper soy steak sautéed with mushrooms and red and green peppers on a hot plate. Topped with fried onion rings. Served with a side of white or brown rice.

steak and potatoes 18
Vegan soy steak served with vegan buttered fingerling potatoes and roasted garlic French beans topped with sliced almonds.
+ soy steak patty 5

butterfly soy chops 18
Lightly breaded soy pork chops topped with roasted apples and raisins. Served with sautéed collard greens with soy ham and garlic mashed potatoes with gravy.

sesame beef..... 17
Grilled soy beef strips topped with sesame seeds and a side of steamed carrots, snap peas and broccoli. Served with a side of white or brown rice.

citrus beef..... 17
Citrus soy beef stir-fried with broccoli, red and yellow peppers, zucchini and yellow squash. Served with white or brown rice.

dante’s cuisine 17
Black pepper soy beef medallions sauteed in our fresh mushroom sauce. Served with broccoli, yellow squash, zucchini and garlic mashed potatoes and gravy.

grilled bourbon chicken 17
Jerk marinated soy chicken grilled and served over mixed greens with sautéed collard greens and white or brown rice.

SIDES

gravy..... 2 collards with soy ham.... 6
white rice..... 3 garlic mashed potato 6
brown rice..... 3 pasta with marinara 6
french fries..... 6 steamed veggies 6
garden salad 6 tater tots..... 6
sweet potato fries..... 6 organic vegan eggs..... 6
collard greens..... 6 onion rings..... 6
broccoli mashed potatoes..... 6

BEVERAGES

fresh ginger juice..... 6
choose 1 + choose hot or cold:
apple + lemon + ginger
orange + lemon + ginger
pineapple + lemon + ginger
coke • diet coke • sprite • ginger ale • root beer 3
roy rogers • shirley temple • fruit punch 5
san pellegrino mineral water 3
san pellegrino lemon 3
san pellegrino orange 3
san pellegrino blood orange 3
bottled water 3
iced or hot tea 4
cranberry • apple • orange • pineapple 4

DESSERTS

vegan ice cream
single 6 | double 9
...
vanilla, chocolate, mint chocolate chip,
strawberry, chocolate chip cookie dough, coffee



float
11
Two scoops of vegan ice cream topped with soda.



shake
12
Soy ice cream blended with organic soy milk.



new yorker
14
Shake topped with a scoop of vegan ice cream.