



**grins**  
vegetarian cafe

Don't miss our  
Daily Food Specials!

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Our yummy food is  
100% vegetarian and Kosher certified.

## Vandy Student Meal Plan

Choice of one (A) main & one (B) side with one (C) drink.

A	B	C
Grins Wrap	piece of fruit	Bongo Java Coffee
Panini du Jour	Salad	Freshly Brewed Iced Tea
Big Bowl o' Soup	Potato Chips	
Three Salad Sampler		

## PANINI DU JOUR

Grilled to order & made with  
fresh-baked focaccia bread from our kitchen.  
Check our specials board for today's grilled delight.  
\$6.50 a la carte ~ with choice of side add \$1.00

## THREE SALAD SAMPLER

Any three of our daily changing salads OR  
an 8 oz soup with two salads, both served with  
a sack of toasted pita chips. ~ \$6.50

## BIG BOWL O' SOUP 'N SALAD

Our soups are made from scratch with love.  
16 oz. bowl served with toasted pita chips  
and your choice of our daily salads. ~ \$6.50

## ~ CHOICES A LA CARTE ~

- Soup served with toasted pita chips  
Cup \$3.25 ~ Bowl \$4.95
- Hummus with veggies and toasted pita chips ~ \$4.25
- Salads ~ \$1.95 / \$2.95 / \$4.95
- Chips or Toasted Pita Chips ~ \$1.00

[Grins Wrap Menu on Reverse Side]

## GRINS WRAPS

All wraps are vegan without added cheese or condiments.  
\$6.50 a la carte

With your choice of side — add \$1.00

Add cheese: cheddar, mozzarella, feta or  
soy vegan mozzarella cheese for \$1.00

### PBG

Fresh bananas, organic granola, toasted almonds and  
peanut butter in a flour tortilla. Served with vanilla yogurt  
or vanilla soy yogurt on the side.

### APPLE

Sliced & spiced apples, organic granola,  
toasted almonds and peanut butter in a flour tortilla.  
Served with vanilla or soy vanilla yogurt on the side.

### VEGGIE

Avocado slices, tomatoes, cucumbers, shredded carrots  
and spring mix drizzled with fresh herb vinaigrette  
in a whole wheat tortilla. Served with pesto mayo  
or curry mayo on the side.  
(vegan versions of both mayos available)

### MEXICALI

Spicy smashed black beans, avocado slices,  
pico de gallo, chipotle brown rice in a flour tortilla.  
Ask for housemade salsa, pickled jalapenos or  
sour cream on the side. Add cheese for \$1.00 extra.

### THAI TOFU

Ginger-soy marinated & roasted tofu, spicy peanut  
sauce, bean sprouts, shredded carrots, Thai herb salad  
and kaffir-lime vinaigrette in a flour tortilla.

### GREEK

Housemade hummus, falafel crumbles, marinated  
tomatoes & cucumbers in a flour tortilla.  
Served with lemon-dill yogurt or  
lemon-dill soy yogurt on the side

[Other Menu Items on Reverse Side]