

## PANINI

*SUBSTITUTE DAIYA VEGAN CHEESE ON ANY PANINI*

**GRILLED CHEESE** 5.5  
cheddar, roasted garlic mayo, wheat berry bread

**NUTELLA** 6  
milk chocolate-hazelnut spread, strawberry, banana, powdered sugar, wheat berry bread

## WRAPS

*ONE CONDIMENT INCLUDED WITH EACH WRAP*

**SUPERFOOD (v)** 7.5  
avocado, quinoa, edamame, spinach, carrot, tomato, cucumber, red cabbage, wheat tortilla

**APPLE PBG (v)h** 7.5  
spiced green + red apples, banana, peanut butter, honey-flax granola, wheat tortilla

## OTHER

**BREAKFAST TACOS (v)** 7.5  
scrambled tofu, veggie chorizo, pico de gallo, salsa verde, cashew-lime crema

**STRAWBERRY + YOGURT PARFAIT** 5.5  
honey-flax granola, vanilla yogurt

**QUICHE** 6  
see our specials menu for today's creation

## SIDES + EXTRAS

**FRESH FRUIT SALAD** 3  
honey, fresh mint

**OATMEAL** SMALL 2.5 LARGE 4.5  
raisins, cranberries, brown sugar, almonds

**DAILY SIDE** 2.5  
an every changing array of hot and cold sides

**VEGGIE SAUSAGE** 4

**ADD CHEESE** cheddar, mozzarella, feta 1.5

**ADD VEGAN CHEESE** 2

**ADD TOFU** 2

**ADD AVOCADO** 2.5

**ADD VEGGIE BURGER** 3.5

## DRINKS

**BONGO JAVA COFFEE** local, organic, fair trade 2.75

**ORANGE JUICE** 2.5

**RISHI ICED TEA** 2

**RISHI HOT TEA** 2.5

(v) = vegan (v)h = vegan except for honey

VU MEAL PLANS   CHOOSE ONE ITEM FROM EACH COLUMN		
ENTREE	SIDE	DRINK
Panini Wrap Breakfast Tacos Strawberry + Yogurt Parfait Quiche Large Oatmeal Three Side Sampler	Daily Pastry Daily Side Small Oatmeal Fruit Salad Veggie Sausage Whole Fruit	Water Orange Juice Rishi Iced Teas Hot or Iced Bongo Java Coffee Rishi Hot Teas

## PANINI

*SUBSTITUTE DAIYA VEGAN CHEESE ON ANY PANINI*

- GRILLED CHEESE** 5.5  
cheddar, roasted garlic mayo, wheat berry bread
- CAPRESE** 7.5  
mozzarella, tomato, basil pesto aioli, baby spinach, ciabatta bread
- VEGGIE BURGER MELT** 8  
cheddar, tomato, house pickles, special sauce, wheat berry bread

## WRAPS

*ONE CONDIMENT INCLUDED WITH EACH WRAP*

- SUPERFOOD (v)** 7.5  
avocado, quinoa, edamame, spinach, carrot, tomato, cucumber, red cabbage, wheat tortilla
- APPLE PBG (v)h** 7.5  
spiced green + red apples, banana, peanut butter, honey-flax granola, wheat tortilla

## SPECIALTIES

- NASHVILLE HOT TOFU (v)** 9.5  
cayenne-breaded fried tofu, white bread, house pickles, served with purple slaw
- GRINS MAC + CHEESE** 8.5  
fire-roasted green chilies, veggie chorizo, cheddar, panko
- VEGAN MAC + CHEESE (v)** 9  
cashew cheese sauce, Daiya vegan cheese, panko
- BUFFALO CAULIFLOWER BOWL (v)** 8  
roasted cauliflower tossed in buffalo sauce, black beans, quinoa, carrot, red cabbage, cucumber, and house made vegan ranch dressing
- BLACK BEAN + SWEET CORN TACOS** 7.5  
seasoned black beans, sweet corn salsa, avocado, salsa verde, feta *(order it without feta and your taco is vegan!)*

## SIDES + EXTRAS

- DAILY SIDES** 2.5  
our ever-changing array of pasta salads, slaws, hot vegetable sides and more
- DAILY SOUPS** SMALL 3.5 LARGE 5.5  
see our specials menu for today's creations
- ADD CHEESE** cheddar, mozzarella, feta 1.5
- ADD VEGAN CHEESE** 2
- ADD TOFU** 2
- ADD AVOCADO** 2.5
- ADD VEGGIE BURGER** 3.5

## DRINKS

- BONGO JAVA COFFEE** 2.75  
hot and iced, local, organic, fair trade
- RISHI ICED TEA** 2
- RISHI HOT TEA** 2.5
- SAN PELLEGRINO + SPINDRIFT SODAS** 2
- MEXICAN COCA-COLA** 2.5
- REED'S EXTRA GINGER BEER** 2.5
- YERBA MATE TEAS** 15.5oz 4 12oz sparkling 3

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VU MEAL PLANS   CHOOSE ONE ITEM FROM EACH CATEGORY	
<b>ENTREE</b> Panini Wrap Nashville Hot Tofu (no side) Buffalo Cauliflower Bowl Mac + Cheese Three Side Sampler Large Soup Tacos	<b>SIDE</b> Small Daily Side Ms. Vickie's Kettle Chips Whole Fruit
	<b>DRINK</b> Water Rishi Iced Teas Hot or Iced Bongo Java Coffee Rishi Hot Teas