



We are offering our Vegan Chef Challenge Menu during regular business hours.

## Breakfast Menu

### **Quinoa & Kale Breakfast Bowl • \$11.99**

Cooked Organic White and Red Quinoa, Green Garbanzo Beans, Kale, Shelled Edamame, Olive Oil, Sea Salt & Black Pepper, blended with Organic Pesto Basil Sauce and Lemon Zest, Topped with 3 Meatless Sausage Sub Patties, lime wedges and sliced avocado.

### **Cooked-to-Order Oatmeal • \$10.99**

Oatmeal cooked to order, no dairy, and Non-Dairy Butter to make it taste oh so good! Topped with Craisins, Pecans and Bananas and served with Sourdough Toast!

### **Tomato & Not Sausage Avocado Toast • \$12.99**

Two Slices of Sourdough bread topped with mashed avocado spread, Diced Tomatoes, Warrior Ninja Radishes, Cooked Organic White and Red Quinoa, and Crumbled Meatless Sausage Patty.



**Go. Eat. Vote. | April 1-30**

**[veganchefchallenge.org/  
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**TULSA**



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## Lunch Menu

### **Chickenless Sandwich with Garlic Salad and Fruit • \$10.99**

Dr Praeger's Breaded Chickenless Breast, on a Vegan Friendly Roll with plant based Mayo Spread, lettuce, red onion rings and tomatoes. Served with our delicious garlic side salad and a side of fresh cut fruit.

### **Chickenless Salad • \$11.99**

Our big dinner salad served for lunch or even breakfast, we won't judge! Spring Mix Salad, tomatoes, slices of avocado and cucumber, red onion rings and black olives, topped with Dr Praeger's Breaded Chickenless Breast cut into strips. Dressed with Plant Powered Ranch Salad Dressing.



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**TULSA**