



## garlic-free options

please inform your server of any food allergies. safe-handling procedures are our practice; however, in a shared kitchen, the possibility of cross-contamination is possible.

### snacks

quesadilla – no fermented garlic, no sausage, no kale; sub lemon maple tofu or mushrooms. dry field greens for the salad.  
fruit & cheese platter  
pickled things

### plates

buddha bowl – no ginger garlic tamari dressing, no kale, no marinated tofu, sub lemon maple tofu

### salads

harvest – no maple mustard vinaigrette, sub olive oil & balsamic vinegar or maple tahini dressing  
simple green – no balsamic vinaigrette, sub olive oil & balsamic vinegar or maple tahini dressing  
add-ons – cashew-macadamia cheese, lemon maple tofu, avocado

### sandwiches

warrior wrap & add-on avocado spread  
tofu egg sandwich – dry greens on sandwich. add-on avocado spread is garlic-free  
grilled cheese & add-ons roasted tomato, avocado spread, lemon maple tofu  
sides – balsamic field greens (dry greens – sub olive oil & balsamic vinegar), sesame sticks  
gluten-free bread

### dessert

all desserts are garlic-free

### drinks

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