Kownee Square Restaurant Vegan Menu

Breakfast

Bowl of Oatmeal \$6.00

Include your choice of fruit: Banana, Strawberries, or Blueberries add \$3.00 each Pecans or Walnuts add \$2.00 | Raisins add \$1.00 | Almond milk add .75¢

Grandpa's Old Fashioned Oatmeal \$10.00

A mixture of sautéed apples and cinnamon, layered over a bowl of oatmeal, served with an English muffin

Veggie Skillet \$16.00

A skillet full of American fried potatoes, broccoli, tomatoes, onions, mushrooms, and green peppers, topped with melted non-dairy cheese and served with your choice of toast. Sub gluten-free toast add \$2.00 Avocado add \$2.50 | Meatless ground soy crumbles add \$4.00

Salads

Mediterranean Garden Salad \$14.00

Slices of avocado, tomatoes, onions, green peppers, olives, and cucumbers, on a bed of mixed lettuce, served with your choice of dressing Pecans or Walnuts add \$2.00

Dinner Salad \$6.00

Mixed lettuce and a sliced tomato, served with your choice of dressing

Avocado Toast \$11.00

Mashed avocado spread over multigrain toast, chopped tomato, arugula, lemon, and olive oil







Lunch

Vegan Patty Melt \$17.00

A 6oz Beyond® plant-based patty, melted non-dairy cheese and grilled onions on two slices of grilled rye, served with potato chips sub French fries or fruit cup add \$2.00

Grilled Cheese \$12.00

Melted non-dairy cheese on grilled white bread, served with potato chips sub French fries or fruit cup add \$2.00 | add tomato, spinach or mushrooms for \$1.00 each

Beyond Burger[®] \$18.00

A 6oz plant-based patty, onion, lettuce, and tomato, on a toasted bun, served with potato chips | Sub French fries or fruit cup add \$2.00 non-dairy cheese add \$1.50 | Avocado add \$2.50

Grilled Veggie Wrap \$14.00

Assorted grilled vegetables, lettuce, tomato, onions and humus wrapped in a honey wheat tortilla, served with your choice of French fries or fruit cup Avocado add \$2.50

Firecracker Soy Wrap \$16.00

Meatless ground soy crumbles, assorted vegetables and rice, tossed in a hot 'n spicy stir fry sauce, wrapped in a honey wheat tortilla served with your choice of French fries or fruit cup

Mediterranean Grab & Go Wrap \$13.00

Lettuce, tomato, onion, pepper, cucumber and humus, wrapped in a honey wheat tortilla, served with your choice of French fries or fruit cup Avocado add \$2.50

Veggie Stir Fry \$15.00

Assorted vegetables sautéed in a stir fry sauce on a bed of rice Meatless ground soy crumbles add \$4.00

Vegan Fruit Smoothies

(Made with almond milk)

Strawberry-Banana | Mixed Berry | Spinach

\$7.00

