

# VEGAN LIFESTYLE MENU

Items on this menu are either naturally vegan or are modified to be made vegan. The items that are on this menu are vegan when ordered the way we have them listed below. Please let your server know your preferences when ordering. Whatever your dietary lifestyle, Wally's is committed to providing a place where everyone can come relax, have fun and enjoy fresh food together.

## LUNCH AND DINNER

## **STARTERS**

Guac & Chips — 12.95 Freshly prepared Guacamole with onions, tomatoes, cilantro, lime and a hint of Jalapeno. Served with house-made Corn Tortilla Chips.

#### **SALADS**

Add Flax Seed Tempeh \$4.50 Add Gardein Chick'n \$5.50 Add Gardein Beef \$5.75

Vegan Greek Salad — 15.75 Romaine hearts tossed in house-made Balsamic Vinaigrette. Topped with Kalmata olives, roasted red peppers, cucumbers & vegan Feta cheese.

Vegan House Salad — 13.95 Our house salad mix tossed in your choice of house-made vegan dressing. Topped with corn, tomatoes, carrots, cucumbers, red onions & vegan mozzarella. <sup>(3)</sup> Wild Rice & Mushroom — 5.95 Rich broth with wild brown rice, celery, onions, brandy, crimini, shiitake & button mushrooms. Drizzled with white truffle oil.

© Vegan Cobb Salad — 16.95 Our house salad mix tossed in house-made vegan Ranch dressing. Topped with flax seed tempeh, tempeh bacon, avocado, tomatoes, cucumbers, black olives & vegan cheese.

© Vegan Wedge Salad — 14.95 Two wedges of iceberg lettuce topped with house-made vegan Ranch dressing, vegan mozzarella, warm tempeh bacon, grape tomatoes, red onions & avocado.

❻ Vegan Caesar Salad — 13.95

Romaine hearts, house-made vegan Caesar dressing, grape tomatoes & vegan parmesan cheese.

## **SANDWICHES & VEGAN BURGERS**

Served with your choice of Vegan Salad or French Fries & pickle chips.

Gardein\* Chicken Avocado — 16.95 Grilled Gardein\* chicken served on a pretzel roll with vegan cheese, avocado, vegan mayonnaise, lettuce & tomato.

The Impossible Burger — 16.95 Served on a pretzel roll with vegan mayonnaise, lettuce, tomato & onion. – Add Vegan cheese 1.00 add Tempeh 2.00

Black Bean Burger — 16.45 House-made grilled black bean patty served on a pretzel roll with spicy aioli, mixed greens & vegan cheese. Contains seitan & NUTS.

Vegan BLT — 15.95 Tempeh Bacon, vegan mayonnaise, lettuce & tomato served on Organic Vegan Sprouted Toast.

## **KIDS LUNCH/DINNER**

Vegan Grilled Cheese served with french fries. — 6.95

## DESSERTS

**@** Mango Sorbet Smooth and creamy, Vegan and Gluten Free frozen dessert, made from ripe mangoes and rich coconut milk. — 3.95 Vegan Philly Cheesesteak — 17.95 House-made seitan, mushrooms, roasted red peppers, onions & vegan "cheddar" cheese served on a hoagie roll.

Quinoa Beet Burger — 17.45 House-made with grilled beets, organic quinoa, Gluten Free breadcrumbs & Gluten Free oats. Served on a pretzel roll with spicy aioli, lettuce, tomato, onion & avocado slices.

Chickpea Burger — 16.45 House-made with chickpeas, red onion, cilantro, Gluten Free oats & vegan cheese. Served on a pretzel roll with vegan mayonnaise, lettuce, tomato & onion.

Pasta Marinara — 6.95