

## QUICK MENU GUIDE: VEGAN

A selection of Low Carb options from our full menu

Most of the Acre menu can be vegan aside from a few dairy based dishes. Ask for specific dietary issues and our team will be happy to guide you!



## **BREAKFAST**

- Sammy's NY Bagel with Miyoko Vegan Butter
- Vegan Breakfast Burrito
- Grown Up Granola with Almond Milk
- Superfood Bar
- Oatmeal with various toppings
- Polenta N Gravy (weekends only)



## **MAINS AND SIDES**

- Thai Bowl or current seasonal Bowl with tofu or extra veggies - and request no dairy
- BBQ Wrap (with no ranch) with tofu or extra veggies
- Veggie Burger
- Korean BBQ Tacos with Mushrooms or Tofu
- Quinoa Tabouli Salad
- Chips and Salsa
- Hummus and Carrots
- Seasonal Soups some vegan



## DRINKS AND DESSERTS

- PB Banana Smoothie with Agave
- Iced Coconut Chai
- Mixed Berry or Mango Pineapple Smoothie with Banana instead of Yogurt
- PB Brownie
- Chocolate Chip Cookie

Organic whole grains.

Free range meats.

House made sauces.

Seasonal produce.