

Our Protein Specialties

TOO GOOD TEMPEH

A tender yet crunchy blend of organic soybeans and rice culture.

Tempeh is:

- A complete, high-protein food with no cholesterol, animal fat or trans fat.
- A source of beneficial intestinal flora which promotes good digestion.
- A good source of iron.

CHILLIN' CHICKIN' & VEGGIE-STEAK

Seasoned and marinated veggie protein blends from soy, wheat and peas.

Chillin' Chickin' is:

- A complete, high-protein food with no cholesterol, animal fat or trans fat.
- A good source of fiber and iron.

Veggie-Steak is:

- A complete, high-protein food with no cholesterol, animal fat or trans fat.
- A good source of iron.

More Veggie Grill Goodness ...

Here's the scoop on some of the other uniquely nutritious fare we use at The Veggie Grill.

QUINOA

Quinoa ("keen-wa") is a sesame-seed size grain originally from South America. It is a complete protein food, rich in iron and a good source of fiber.

SWEETHEART FRIES

Gram for gram, sweet potatoes have fewer calories, and more calcium, vitamin C and beta-carotene than white potatoes. A serving of sweetheart fries has over a day's worth of Vitamin A.

KALE

This leafy green vegetable provides more nutritional value for fewer calories than almost any other food around. It is an excellent source of beta-carotene and vitamin C, and also a source of calcium.

Your Goodness Guide!

The inside scoop on Veggie Grill goodness!



Original Sandwiches & Burgers