

starters

Sweetheart Fries | 4.25
 Scrumptious sweet potatoes with chipotle ranch.
 Make 'em Chili Cheese Fries | 2.50

Uptown Nachos | 4.95
 Tortilla chips, chili, VG-cheese, corn salsa, avocado, soy cream, jalapeños

Chill Out Wings | 6.50
 Crispy chillin' chickin' with tangy BBQ sauce

Buffalo Wings | 6.95
 Crispy chickin', tossed in spicy buffalo sauce with celery sticks, ranch dressing



sides

Spring Mix Salad | 3.95
 Seasonal greens, corn salsa, carrots

Dressings:
 Ginger-papaya Ranch Ginger Miso
 Spicy Thai Chipotle Ranch Thousand Island

Steamin' Kale | 3.25
 Steamed until just tender, ginger-miso dressing, roasted sesame seeds

Mashed Potatoes + Gravy | 2.95 ■
 Cauliflower-mashed potatoes, porcini mushroom gravy, fresh rosemary

Mac-n-Cheese | 3.50
 Quinoa pasta, VG-cheese, bread crumbs

Quinoa Pilaf | 2.25 ■
 Sautéed carrots, celery and onions

Kids' Entrée + Side + Drink + Dessert | 5.95

entrées **sides**
 Chickin' Nuggets Sweet Potato Fries
 Kids' Burger Mandarin Oranges
 Mac-n-Cheese Carrot Sticks

desserts
 Chocolate Pudding
 Cookies



soups + chili

Soup & Salad Combo | 8.50
 Large soup or chili with a side serving of an Entrée Salad: Baja Fiesta, Chop-Chop Chef or All Hail Kale

Daily Soup
 2.95 cup 4.50 bowl
 Freshly made, one for each day of the week.
 Served with herb toasted crisps

"Bean Me Up" Chili
 3.25 cup 4.75 bowl
 Red + white beans, touch of soy cream, chopped green & red onion

entrée salads

Baja Fiesta | 8.95
 Chopped romaine, papaya, avocado, roasted corn salsa, cucumber, cilantro, tortilla strips with a ginger-papaya vinaigrette.
 Add grilled chickin' or tempeh | 2.75

Thai Chickin' | 9.95
 Chillin' chickin', romaine, cabbages, corn salsa, green onion, mandarin oranges, sesame seeds, cilantro, wontons, spicy Thai dressing



Our salads are infused with Quinoa, a nutritionally charged superfood (except B-Wing Salad)

homestyle plates

Urban Plate | 9.95 ■
Gluten free. Blackened tempeh-caramelized onion-portobello mushroom stack, steamin' kale, sliced tomato salad, chipotle ranch

Blackened Chickin' Plate | 9.50 ■
 Papaya salsa topping, steamin' kale, quinoa pilaf

Crispy Chickin' Plate | 9.95 ■
 Fried chickin', cauliflower-mashed potatoes, porcini mushroom gravy with fresh rosemary, steamin' kale

B-Wing Salad | 9.95 ■
 Our tasty Buffalo wings over chopped romaine, avocado, celery, roasted corn salsa, ranch dressing - *spicy and cool*

Chop-Chop Chef | 9.75
 Chopped romaine, mix of our veggie proteins, green onion, corn salsa, chipotle ranch dressing

All Hail Kale | 8.45
 Marinated kale and red cabbage, corn salsa, agave-roasted walnuts, ginger-papaya vinaigrette.
 Add blackened chickin' or tempeh | 2.75

sandwiches + burgers

Santa Fe Crispy Chickin' | 8.95
 Fried chickin', lettuce, tomato, red onion, avocado, spicy vegan mayo

All-American Stack | 8.95
 Grilled veggie-steak, pickles, lettuce, tomato, crispy onion rings, thousand island dressing

Buffalo Bomber | 8.95 ■
 Crispy chickin' tossed with spicy buffalo sauce, tomato, red onion, lettuce, ranch dressing

Bayou Chickin' | 8.95
 Blackened chickin', lettuce, tomato, red onion, avocado, spicy vegan mayo

Bali Bliss | 7.95
 Indonesian-style tempeh, sautéed & grilled, lettuce, tomato, red onion, chipotle ranch. Blackened upon request.
 Add avocado or portobello | 1.50

Grillin' Chickin' | 8.95
 Grilled chickin', avocado, lettuce, tomato, red onion, cilantro pesto, chipotle ranch

Chipotle BBQ | 8.95
 Shredded veggie-steak in tangy BBQ sauce, caramelized onion, lettuce, tomato, chipotle ranch

Papa's Portobello | 8.50
 Grilled mushroom, chopped tomato, basil & garlic pomodoro, caramelized onion, pesto, lettuce, tomato, red onion, chipotle ranch

VG-Cheeseburger | 9.95
 Our V-Burger topped with VG-Cheese. *El Dorado Style* upon request with jalapeños and caramelized onions

The V-Burger | 8.95
 Marinated and grilled veggie-steak, pickles, lettuce, tomato, red onion, chipotle ranch. Add avocado or portobello | 1.50

Carne Asada | 8.95
 Grilled veggie-steak, Mexican spices, red onion, lettuce, tomato, spicy vegan mayo

VG Rollers | 7.95 ■
 Blackened chickin', cabbage, creamy Santa Fe spread rolled in grilled flour tortillas, served with salsa, chili

"Crab" Cake | 8.95 ■
 Crispy "crab" cake, spiced tartar sauce, pickles, tomato, lettuce, red onion

All served with a side of red cabbage 'slaw or chili

upgrade a side:
 Sweetheart Fries | 2.25
 Daily Soup | 1.95
 Steamin' Kale | 1.50
 Spring Mix Salad | 1.95
 Mac-n-Cheese | 2.25
 Quinoa Pilaf | 1.00 ■
 Cauli-Mashed Potatoes | 1.95 ■

Prepared on a wheat bun. At your option, we will prepare it Wrap or Kale Style (Wheat tortilla | Bed of kale)



■ Try our new items!

desserts

Chocolate Pudding Parfait | 3.50 ■
 Made-from-scratch pudding, topped with chocolate sauce, crushed cookies, walnuts + VG crema

Chocolate Chip Cookie | 1.95

Carrot Cake | 3.50
 Fresh carrots, walnuts, VG cream cheese frosting

We make our own desserts without dairy, trans fats, refined sugars or cholesterol

delicious + satisfying

Thanks to our signature blend of hearty veggie proteins and savory marinades, all of our food is indulgently satisfying

natural + wholesome

Nutrient-rich, 100% plant-based, and free of cholesterol, animal fat and trans fat, our food fills you with goodness

casual + convenient

Whether you want to relax at our place, grab-and-go or cater a gathering, Veggie Grill keeps pace with your life

our veggie proteins

Chillin' Chickin' + Veggie-Steak

Specially seasoned and marinated veggie proteins, made with soy and wheat that are organic and non-GMO

Too Good Tempeh (tem-pay)

Tender yet crunchy patty of organic, non-GMO soybeans and rice culture, sauteed & grilled – *gluten free*



Dine-in | Take-out | Catering

| Southern California

West Hollywood
8000 W. Sunset Blvd
Phone 323.822.7575

L.A. Farmers Market
110 S. Fairfax Ave
Phone 323.933.3997

Santa Monica
2025 Wilshire Blvd
Phone 310.829.1155

Plaza El Segundo
720 Allied Way
Phone 310.535.0025

Rolling Hills Plaza
2533 Pacific Coast Hwy
Phone 310.325.6689

Irvine – University Center
4213 Campus Drive
Phone 949.509.0003

Irvine Spectrum Center
81 Fortune Drive
Phone 949.727.9900

| Portland

Cedar Hills Crossing
3435 SW Cedar Hills Blvd
Beaverton, OR 97005
Phone 503.350.2369

Downtown Portland
508 SW Taylor Street
Portland, OR 97204
Phone 503.841.6647
(Opens May 2012)

| Coming Soon

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Hillsboro, OR
Seattle, WA
San Jose, CA

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