

# APPETIZERS

## POLENTA FRIES

served with red sauce \$9

## TENDER TIGERS \$8

## BUFFALO TIGERS

tender tigers tossed in spicy buffalo sauce, served with ranch dressing \$8.50

## HAND CUT FRIES \$5/\$8

with cheeze \$6/\$9  
with chili \$6/\$9

## SPICY FRIES

hand cut fries tossed in spicy seasoning served with ranch dressing \$6/\$8

## NACHO MAMA

tortilla chips, black beans and rice, red sauce, cheeze, sour cream, salsa fresca, and guacamole \$9.75  
add jackfruit \$4

## CHIPS N' GUACAMOLE \$5.75

## CHIPS N' SALSA \$4.75

## ASIAN LETTUCE WRAPS

wok vegetables, garlic, ginger, chilis, tamari, served with romaine lettuce leaves, **choice** of seitan chicken, grilled mushrooms, tofu, or tempeh \$9

## VERTICAL CHILI

served with tortilla chips \$4/\$7

# SALADS

## HOUSE SALAD

mixed greens, carrot, cucumber, tomato, and red onion,  
**choice** of balsamic, cilantro-lime, or ranch dressing \$5/\$8  
**add** avocado \$2

## CHEF GRILLED SALAD

mixed greens, carrot, cucumber, tomato, and red onion,  
**choice** of cali burger, mexi-cali burger, mushrooms, tempeh, tofu, or seitan chicken \$10.50

## CASHEW THAI SALAD

mixed greens made with raw thai dressing, topped with cucumber, tomato, red onion, and cashews \$12  
**add** avocado \$2  
**add** tempeh \$4

## TACO SALAD

mixed greens tossed with cilantro lime dressing and topped with tortilla chips, black beans and rice, salsa fresca, guacamole, and sour cream \$10.50

*Every little last item served in this restaurant is entirely plant-based, most of it can be gluten-free (although we are not a certified gluten free facility), please ask your server about our gluten-free bread!*

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# FAMOUS BURGERS

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*Served with lettuce, tomato, onion  
choice of 7-grain or french bun,  
choice of carrot sticks or tortilla chips,  
substitute fries, chili, mashed potatoes, or salad \$3*

## RANCH BURGER

**choice** of cali or mexi-cali burger, with ranch dressing \$9

## CALIFORNIA BURGER

**choice** of cali or mexi-cali burger with guacamole \$1.50  
add jalapenos \$.75

## GUAC N' ROLL

grilled burger made with cashews, almonds, and garbanzo beans, fresh basil walnut pesto, and guacamole \$10

## IAN MACKAYE

cali burger with grilled mac and cheese and vertical sauce \$10

## ZIGGY MARLEY

cali burger with jerk chicken, pickled jalapenos, and ranch \$10

## JOAQUIN PHOENIX

mexi-cali burger with tempeh bacon, dill pickle slices, and ranch \$10

## TONY HAWK

mexi-cali burger with guacamole, pickled jalapenos, and cheese \$10

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# SANDWICHES

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*choice of 7-grain or french bun,  
choice of carrot sticks or tortilla chips,  
substitute fries, chili, mashed potatoes, or salad \$3*

## AVO SUB

avocado, bean sprouts, cucumber, carrot, beet, lettuce, tomato, onion, ranch \$10

## TBLT

tempeh bacon, lettuce, tomato with ranch \$9  
**add** avocado \$2

## TEMPEH RUEBEN

tempeh, artisan sauerkraut, cheese, vertical sauce served on rye \$9.50

## BREADED CHICKEN RANCH SANDWICH

breaded chicken with tomato, lettuce, onion, and ranch dressing \$9  
**add** buffalo style \$.50

## PHILLY CHEESE STEAK

grilled onions and peppers topped with cheese, choice of tempeh, mushrooms, or seitan chicken \$10

## PESTO SUB

fresh basil walnut pesto, roasted tomatoes, almond parmesan, and balsamic dressing,  
**choice** of tempeh, mushrooms, or seitan chicken \$10

## TEMPEH CUBANO

blackened tempeh, pickled jalapeno, olives, capers, artichoke hearts, tomato, brown mustard, and cheese \$10

## GERMAN SAUSAGE SUB

fennel sausage, roasted peppers, caramelized onions, artisan sauerkraut and garlic aioli \$10

## TOFU BAHN MI

blackened tofu, ranch, carrot twirl, beet twirl, cucumber, bean sprouts, kimchi, fresh cilantro **PRICE**

# BREAKFAST

## THE MOUNTAIN

mountain of hashbrowns, tofu scramble, grilled peppers and onions, guacamole or cheeze,

**choice** of breakfast sausage or tempeh bacon \$10.25

**choice** of both guacamole and cheese for \$1.25

## THE AVALANCHE

an avalanche of two pancakes, tofu scramble, and hashbrowns, choice of breakfast sausage or tempeh bacon \$11

**substitute** a blueberry, banana, or chocolate chip pancake \$.50

## BREAKFAST BURRITO

smothered in red sauce, tofu sour cream, and cheeze, stuffed with black beans, rice, and tofu scramble,

**choice** of breakfast sausage or tempeh bacon \$10.75

**add** salsa \$.75, add guacamole \$1.50

## BREAKFAST SANDWICH

choice of 7-grain or french bread, with tofu scramble and cheese sauce,

**choice** of breakfast sausage or tempeh bacon, all served with hashbrowns \$10

## LA MESA

hashbrowns, black beans and rice, red sauce, tofu scramble, grilled peppers and onions, cheeze, salsa fresca, sour cream, and guacamole \$10.75

## 2 PANCAKES \$4.50

substitute for each blueberry, banana, or chocolate chip pancake \$.50

## FRENCH TOAST \$6.00



## SIDES



tofu scramble \$4

fried tofu \$4

fried tempeh \$4

seitan chicken \$4

tender tiger (4pcs) \$4

cali or mexi-cali burger \$4

grilled mushrooms \$4

tempeh bacon \$4

smoked jackfruit \$4

black beans and rice \$4

wok vegetables \$4

steamed vegetables \$4

hashbrowns \$4/\$6

tortilla \$2

biscuit and jam \$4

toast and jam \$3

pancake \$2.5

guacamole \$1.5

avocado \$1.5

chili \$4

thai dressing \$2

salad dressing \$1.25

tofu sour cream \$1.25

salsa fresca \$.75

gravy \$1.25/\$2.5

cheeze \$1.25/\$2.5

red sauce \$.75

pure vermont maple syrup \$1.25

## Smaller Bites

MAC & CHEESE \$6

BISCUITS AND GRAVY \$5

MASHED POTATOES AND

GRAVY \$5

FRIED BRUSSELS

SPROUTS \$6

BROCCOLI AND CHEEZE \$6

SAUTEED SPINACH IN

BALSAMIC \$6

SWEET TAMARI TOFU \$6

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# VERTICAL PLATES

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## JACKFRUIT AND KIMCHI TACOS

corn tortillas, shredded jackfruit, sauteed vegetables, artisan kimchi, garlic aioli, guacamole, and cilantro-lime tossed greens \$14

## MAGICAL WOK

sesame coconut curry, sauteed vegetables, and toasted cashews, **choice** of brown rice or rice noodles, **choice** of tempeh, tofu, mushrooms, or seitan chicken, **choice** of spice: mild, medium, or hot \$14

## MUSHROOM STROGANOFF

penne pasta, button mushrooms, herbs, sherry, roasted peppers, caramelized onions, silken tofu sour cream, almond parmesan, and garlic bread \$14

## AMERICAN DINER

choice of hand-cut fries or mashed potatoes, smothered with gravy and served with tender tigers \$9.75

## DUDE CAKES

two pancakes stuffed with sausage, caramelized onions, grilled peppers, and mushrooms, topped with french fries, smothered in gravy \$11.75

## VERTICAL BURRITO

whole wheat tortilla stuffed with black beans and rice, smothered in red sauce, cheese sauce, and sour cream, **choice** of mushrooms, sausage, tempeh, or seitan chicken, **choice** of carrot sticks or tortilla chips \$10.25  
**substitute** fries, mashed potatoes, chili, or salad for \$3,  
**add** salsa \$.75, add guacamole \$1.25

## JERK CHICKEN BURRITO

whole wheat tortilla stuffed with black beans and rice, grilled peppers and onions, and jamaican jerk chicken, smothered in red sauce and sour cream \$10.25  
**add** salsa \$.75,  
**add** guacamole \$1.25

## JAMAICAN YOU DREAM

plate of jamaican jerk chicken with a whole wheat tortilla, black beans and rice, grilled peppers and onions, salsa, guacamole, and house sour cream, served with a cilantro-lime dressed house salad \$11.75



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# DRINKS & DESSERTS

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## WHITE

oxford landing chardonnay \$6/\$24  
guenoc sauvignon blanc \$7/\$28  
acrobat pinot gris \$32

## RED

bouchard pinot noir \$7/\$28  
castano monastrell \$7  
septima cabernet sauvignon \$8  
frey organic merlot \$8/\$32

## BEER

pabst blue ribbon \$4  
moab brewery lager \$5  
redrock elephino \$8  
bohemian czech pilsner \$5  
uinta wyld \$5  
uinta baba \$5  
uinta monkshine \$5  
epic 825 state stout \$9  
epic spiral jetty ipa \$9  
epic escape ipa \$5  
wasatch devastator \$6  
wasatch amber \$5  
squatter's off-duty ipa \$5  
squatter's hefeweizen \$5

## CIDER

mountainwest ruby \$10  
ace pear \$5  
ace apple \$5

## COCKTAILS \$8

wahaka mezcal/jalapeno/grapefruit juice/  
agave/rocks  
high west double rye/sour mix/agave/rocks  
bacardi/kaluha/steamed chocolate soy milk  
bloody mary  
gin n' tonic  
sage's mimosa

## COFFEE AND STEAM

ibis house brew \$3  
espresso \$2  
americano \$2.50  
cappucino \$4.50  
latte \$4.50  
mocha \$4.50  
hot chocolate \$4  
sage's chai latte \$4.50

## TEA SERVICE \$3

white peony  
jasmine  
orange pekoe  
rooibos  
peppermint  
chamomile  
fruity blend  
immune booster  
after dinner

## JUICE \$2/\$4

orange  
apple  
house lemonade  
lavender lemonade

## SOFT DRINKS

blue sky cola \$3  
virgil's root beer \$4  
ginger beer \$4  
kombucha \$6  
sparkling water \$6

## DESSERT \$7

brownie sundae  
banana split  
tiramisu  
carrot currant spice cake

## BLENDED \$7

berry burst  
apple juice, blueberries, strawberries,  
bananas, soy milk, and pure agave  
green machine  
apple juice, blueberries, bananas, spinach,  
lemon juice, soy milk, and pure agave  
love bomb  
mango, bananas, strawberries, coconut milk,  
and pure agave  
chocolate shake  
add peanut butter (\$.50)  
chai shake

## SWEET SNACKS

homemade cookie \$2  
*various*  
homemade brownie \$2.50  
*various*  
gluten-free bars \$3.50  
*various*  
vanilla ice cream \$3

