

## LOCATIONS

**Vertical** located at 234 W 900 S  
**Vertical on 1st** (formally Sage's Cafe)  
located at 368 east and 100 south

## WE CATER

at your location, ours and in The Jade Room!!!

## NEW HOURS AT VERTICAL DINER

**Open every day at 9am!!!**  
**Open till 11pm on Friday and Saturday PM**

## appetizers

### tender tigers

chicken style tenders made from wheat protein served with ranch dressing \$8.00

### buffalo tigers

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

### hand cut fries (GF) \$4/\$7

with cheese sauce \$5/\$9  
with chili \$5/\$9

### spicy fries (GF)

hand cut fries tossed in spicy seasoning served with ranch dressing \$5/\$8

### nacho mama (GF)

tortilla chips, black beans and rice, red sauce, cheese sauce, sour cream, salsa fresca, and guacamole \$9.75  
**add** sausage, blackened tempeh or other protein side \$4.00

### chips n' guacamole (GF) \$5.75

### chips n' salsa (GF) \$4.75

### asian lettuce wraps (CGF)

wok vegetables, garlic, ginger, chiles, tamari, romaine lettuce leaves,  
**choice** of seitan chicken, grilled mushrooms, tofu, or tempeh \$9.00

## salads

### house salad (GF)

mixed greens, carrot, cucumber, tomato, and red onion,  
**choice** of balsamic, cilantro-lime, or ranch dressing \$4/\$7  
**add** avocado \$1.50

### chef grilled salad (CGF)

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

### cashew thai salad (CGF)

mixed greens made with raw thai dressing, topped with cucumber, tomato, red onion, and cashews \$12.00  
**add** avocado \$1.50  
**add** tempeh \$4.00  
**add** Tender Tigers \$4.00

### taco salad (GF)

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**  
**(GF) - Gluten Free (CGF) - Can be made gluten-Free**  
**please ask your server about our gluten-free bread!**

## famous burgers

served with lettuce, tomato, onion,  
**choice** of 7-grain or french bun,  
**choice** of carrot sticks or tortilla chips  
**Substitute** fries, hash browns, chili, mashed potatoes and gravy,  
mac and cheese or salad \$3.00

### **ranch burger** (CGF)

**choice** of cali or mexi-cali burger, with  
ranch dressing \$9.00

### **california burger** (CGF)

**choice** of cali or mexi-cali burger with  
guacamole \$9.00  
add jalapenos \$.75

### **guac n' roll** (CGF)

grilled burger made with cashews,  
almonds, and garbanzo beans, ranch and  
guacamole \$10.00

### **ian mackaye**

cali burger with grilled mac and cheese  
and vertical sauce \$10.00

### **ziggy marley**

cali burger with jerk chicken,  
pickled jalapenos, and ranch \$10.00

### **joaquin phoenix** (CGF)

mexi-cali burger with tempeh bacon,  
dill pickle slices, and ranch \$10.00

### **tony hawk** (CGF)

mexi-cali burger with guacamole,  
pickled jalapenos, and cheese sauce \$10.00

## sandwiches

choice of French or 7-grain  
**choice** of carrot sticks or tortilla chips  
**substitute** fries, hash browns, chili, mashed potatoes and gravy,  
mac and cheese, or salad \$3.00

### **tblt** (CGF)

Tempeh bacon, lettuce, tomato with ranch dressing 8.00  
add avocado 1.50

### **avo sub** (CGF)

Avocado, tomato, lettuce onion and ranch dressing 8.00

### **breaded chicken ranch sandwich**

breaded chicken with tomato, lettuce, onion, and ranch dressing \$9.00  
add buffalo style \$.50

### **philly cheese steak** (CGF)

grilled onions and peppers topped with cheese sauce \$10.00  
**choice** of tempeh, mushrooms, or seitan chicken

### **tempeh cubano** (CGF)

blackened tempeh, pickled jalapeno, olives, capers, artichoke hearts, tomato, brown mustard, cheese sauce \$10.00

### **german sausage sub**

fennel sausage, roasted peppers, caramelized onions, artisan sauerkraut and garlic aioli \$10.00

## **The Vertical Reuben** (CGF)

choice of tempeh or mushrooms with house made sauerkraut, vertical sauce on light rye \$9.00  
**choice** carrot sticks or tortilla chips **substitute** fries, hash browns, chili, mashed potatoes and gravy, mac and cheese, salad \$3.00

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## SAVORY breakfast

### **the mountain** (CGF)

mountain of hash browns, tofu scramble, grilled peppers and onions, guacamole or cheese sauce

**choice** of breakfast sausage, grilled mushrooms or tempeh bacon \$10.25

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

### **the avalanche** (CGF)

an avalanche of two pancakes, tofu scramble, and hash browns

**choice** of breakfast sausage, grilled mushrooms or tempeh bacon \$11.00

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

### **breakfast burrito**

smothered in red sauce, tofu sour cream, and cheese sauce, stuffed with black beans, rice, and tofu scramble served with hash browns

**Choice** of breakfast sausage, grilled mushrooms or tempeh bacon \$11.75

**add** guac \$1.50

**add** salsa \$.75

### **breakfast sandwich** (CGF)

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

**choice** of breakfast sausage, grilled mushrooms or tempeh bacon, served with hash browns \$10.00

### **la mesa** (GF)

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

**Bombtastic!!!**  
**Biscuits-N-Gravy**  
**6.00**  
**Add Sides From Our Side**  
**Menu!!!!**

## SWEET breakfast

### **Triple Threat** (CGF)

3 pancakes topped with banana, chocolate syrup and a vanilla ice cream scoop 10.00

### **Pancakes** (CGF)

**Choice of Classic or Gluten-Free**

**1 pancake** \$2.50 **2 pancakes** \$4.50 **3 pancakes** \$6.50

**add** blueberry, banana, or chocolate chip per pancake \$.50

### **French Toast**

1 piece/ 3.50 2 piece/ 6.00

### **fruit side**

small 4.00 large 7.00

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# vertical plates

## vertical tacos (GF)

Mesquite jackfruit, vegetables, kimchi, guacamole, ranch and cilantro-lime tossed greens \$12.00

## magical wok (CGF)

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 \$14.00

## mushroom stroganoff (CGF)

penne pasta, button mushrooms, peppers, onions, sour cream, sherry, almond parmesan, garlic bread \$14.00

## american diner

**choice** of hand-cut fries, mashed potatoes or hash browns served with gravy and tender tigers \$10.50

## dude cakes (CGF)

two pancakes, sausage, caramelized onions, grilled peppers, mushrooms, french fries, smothered in gravy \$12.50

## 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, tofu or seitan chicken

**choice** of carrot sticks or tortilla chips \$10.50

**substitute** fries, hash brown, mashed potatoes, chili, or salad for \$3.00

**add** guacamole \$1.50

**add** salsa \$.75

## 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

**choice** of carrot sticks or tortilla chips \$10.50

**substitute** fries, hash browns, mashed potatoes, chili, or salad for \$3.00

**add** guacamole \$1.50

**add** salsa \$.75

## 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

## penne pomodoro (CGF)

penne pasta, red sauce, almond parmesan  
served with garlic bread 8.00

add broccoli 4.00

add sausage 4.00

or add other Sides

## smaller bites

**mac & cheese** \$4/\$7    **mashed potatoes and gravy (GF)** \$4/\$7

**fried Brussels sprouts (GF)** \$6.00

## sides

tofu scramble \$4.00

fried tofu \$4.00

blackened tempeh \$4.00

cali or mexi-cali burger \$4.00

grilled mushrooms \$4.00

tempeh bacon \$4.00

broccoli and cheese \$4.00

chili \$4.00

wok vegetables \$4.00

steamed vegetables \$4.00

black beans and rice \$4.00

hash browns \$3.00/\$5.00

biscuit \$2.50

guacamole \$1.50

avocado \$1.50

pad thai dressing \$2.00

salad dressing \$1.25

house sour cream \$1.25

salsa fresca \$.75

gravy \$1.25/\$2.50

house cheese \$1.25/\$2.50

red sauce \$.75

pure vermont maple syrup \$1.25

## Vertical Cocktails...7.00

Bloody Sunday	vodka, house bloody Mary mix, spices
Thom's Mule	vodka, Garwood's ginger beer, lime
19 <sup>th</sup> Hole	rum, lemonade, black tea
Sangria	rum, red wine, fruit punch
High Chai	rum, High Elixer Chai, either ice or steamed
Whiskey Sour	whiskey and house sour mix
Vermont Sparkle	whiskey, maple syrup, soda
GCT	gin, cucumber, tonic
Gin and Juice	gin, fruit punch, soda
Pineapple Express	tequila, pineapple juice, sour mix
Classic Margarita	tequila, sour mix
Pom Mimosa	sparkling wine, grenadine, orange juice
Mimosa Classic	sparkling wine, orange juice
Beer Mosa	Squatter's Hefeweizen and orange juice

## Beer...(light to heavy)

Pabst 24oz	5.00
Bohemian Pilsner 12oz	5.00
Squatter's Hefeweizen 12oz	5.00
Moab Rocket Bike Lager 16oz	5.00
Shades of Pale Triple 12oz	5.00
Uinta Wyld OG Pale 12oz	5.00
Uinta Hop Nosh IPA 12oz	5.00
Epic Escape IPA 22oz	5.00
Redrock Elephino 2x IPA 16oz	8.00
Wasatch Devastator 2x Bock 12oz	5.00
Epic 825 Stout 22oz	8.00

## Cider

ACE Apple 12oz	5.00
ACE Pear 12oz	5.00
Mountain West Ruby 16oz	10.00

## White Wine

Andre Brut Sparkling 5/20
Badenhorst Currator Blend (S.Africa) 6/24
Sean Minor Four Bears Sav Blanc (Napa, CA) 7/28
Acrobat Pinot Gris (Willamette, Oregon) 32
Alondra Middledenridge Ranch Chard (Sonoma,CA) 32

## Red Wine

Bouchard Pinot Noir (France) 7/28
Yalumba Shiraz-Viongier (Australia) 7/28
Borja Borsao (Spain) 6/24
King's Ridge Pinot Noir (Willamette, Oregon) 40
Wild Thing Zinfandel (Mendicino, CA) 36
Bradenhorst Secateurs Blend (S. Africa) 40
Septima Cabernet (Argentina) 32
Frey Merlot (Mendicino, CA) 36

## Soft Drinks

(no refills)	
Orange Juice	2.00 8oz....4.00 16oz
Apple Juice	2.00 8oz....4.00 16oz
Lemonade	2.00 8oz....4.00 16oz
Tea Lemonade	4.00
Ice Tea	3.00
Blue Sky Cola	3.00
Blue Sky Lemon-Lime	3.00
Blue Sky Cherry Cream	3.00
Natural Brew Ginger	4.00
Garwood's Ginger Beer	5.00
Virgil's Root Beer	4.00
Virgil's Zero Cola	4.00
Pelligrino	6.00

## Teas...3.00

gunpowder green
jasmine green
orange pekoe
earl grey
chamomile
peppermint
rooibos
yerba mate
fruity blend
immune blend
after dinner blend

## Coffee + Steamed

cup (bottomless)	3.00
americano	2.50
cappucino	4.50
latte	4.50
mocha	4.50
extra espresso shot	2.00
hot chocolate	4.00

<p><b>High Elixer Chai Latte...4.50</b></p>
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## Blended

**Berry Burst Smoothie** (GF)  
mixed berries, banana, coconut...7.00

**Soy Shakes** (GF)  
vanilla 7.00  
peanut butter, chocolate, chai add 1.00

## Desserts...7.00

Banana Split (GF)
Brownie Sundae
Tiramisu
Shoo-Fly Cake Ala Mode
Carrot Cake Ala Mode
Gluten Free Bar Ala Mode (GF)
Cookie Sandwich Sundae

## A la Carte

scoop soy delicious 3.00
Gluten-Free Bar 3.50/ Brownie 3.00/ Cookie 2.00