



VERTICAL DINER[®]



**CHECK
OUT OUR
RETAIL FRIDGE
AND FREEZER
!!!!!!**

100% Plant Based

SHAREABLES

CARROT BUTTER AND CROSTINIS 7
(contains macadamia)

SHIITAKE ESCARGOT 12

oven roasted marinated shiitake mushrooms served with macadamia carrot butter and crostinis

HAND CUT FRIES (GF) 7

Make it Spicy +1

Cheezy +2

Get'm Loaded +4

(add chili and cheeze)

MAC CHEEZE BITES 11

fried breaded mac and cheeze bites served with dipping sauce

ASIAN LETTUCE WRAPS (GF) 12

seasoned tempeh and seasonal vegetables tossed in a umami sauce and served with lettuce leaves for a build your wrap experience

FRIED BRUSSELS SPROUTS (GF) 8

TENDER TIGERS 11

chikun style tenders made from wheat protein served with ranch dressing

BARBECUE TIGERS 12

BUFFALO TIGERS 12



VERTICAL INFERNO 13



habanero chiles and mango making a delicious hot sauce

NACHO MAMA (GF) 13

tortilla chips smothered in cheeze sauce, red sauce, salsa, zour cream and topped with rice and beans, smokey jackfruit, and guacamole

NACHO PAPAS with fries +3

CHIPS AND SALSA (GF) 6

CHIPS AND GUAC (GF) 8

EAT YOUR GREENS

15

CHIKUN CAESAR SALAD

mixed greens tossed with caesar dressing, cucumber, tomato, onion, topped with carrots, beets, croutons, tender tigers and avocado

FIESTA SALAD (GF)

mixed greens tossed in cilantro lime dressing, carrot, beets, cucumber, red cabbage, tomato and onion topped with tortilla chips, black beans and rice, soyrizo, salsa fresca, zour cream, cilantro verde and guacamole

WALNUT-BASIL PESTO SALAD (GF)

mixed greens tossed in walnut basil pesto, sundried tomatoes, carrot, cucumber, red cabbage, tomato, onion, beets and topped with avocado
add stake strips +2

THAI BASIL SALAD (GF)

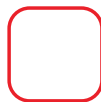
mixed greens tossed in special thai dressing, cucumber, tomato, onion topped with red cabbage, carrot, beets, artisan kimchi, lime wedges and avocado

add tempeh bacun +2

MILE HIGH COBB (GF)

mixed greens tossed in creamy italian ranch, cucumber, red cabbage, tomato, onion, beets, carrots, tempeh bacun, avocado and tofu scramble

add tender tigers +2



BREAKFAST ALL DAY!

BISCUITS AND GRAVY 6

B.B. TOAST (GFO) 6

smashed avocado toast, topped with artisan kraut, diced tomatoes, and almond parm

NEW AMERICAN STAKE AND SCRAMBLE 16

grilled seitan stake, tofu scramble, country potatoes, grilled tomatoes, and chimichurri

LA MESA (GF) 14

country potatoes topped with tofu scramble, black beans and rice, red sauce, peppers and onions, soyrizo, cheese sauce, zour cream, salsa, and guacamole

POWER PROTEIN BOWL (GF) 14

sauteed vegetables, tofu scramble, steamed spinach, brown rice, red cabbage, artisan kraut, chipotle aioli, cilantro verde and avocado

SWEET STACK (GFO) 13

either three slices of french toast or three pancakes topped with fresh berries, powdered sugar, and coconut whip

CARROT BUTTER FRENCH TOAST 11

pieces of french toast stuffed with carrot butter and topped with powdered sugar

BLUE PLATE BREAKFAST (GFO) 9

tofu scramble, country potatoes, slice of toast and jam

CLASSIC BREAKFAST PLATES 14

items below come with one choice of:

fennel sauzage, tempeh bacun, grilled mushrooms, soyrizo, stake strips

THE AVALANCHE (GFO)

side of two pancakes, country potatoes, tofu scramble, protein choice

add blueberry, chocolate chips, or banana +.50

THE MOUNTAIN (GFO)

country potatoes, tofu scramble, peppers and onions, cheese sauce, protein choice, and guacamole

SUNRISE BURRITO

flour tortilla stuffed with tofu scramble, rice and beans, protein choice, peppers and onions, smothered in cheese sauce, red sauce, and zour cream, topped with fresh salsa and guacamole, served with country potatoes

EARLY BIRD SANDWICH (GFO)

biscuit loaded with tofu scramble, sliced cheese, protein choice, and side of country potatoes

BOMBTASTIC BISCUITS AND GRAVY

classic bowl of biscuits and gravy, served with country potatoes, tofu scramble, and protein choice

BUILD YOUR OWN BREAKFAST 4/EACH

TOFU SCRAMBLE (GF)
TEMPEH BACUN (GF)
GRILLED MUSHROOMS (GF)
BREAKFAST SAUZAGE (GF)
COUNTRY POTATOES (GF)
GRILLED VEGGIES (GF)

SOYRIZO (GF)
STAKE STRIPS
FRUIT CUP (GF)
SINGLE SLICE FRENCH TOAST
PANCAKE ALA CARTE (GFO)
banana, chocolate chip,
blueberry +.50

EXTRAS

MAC AND CHEEZE CUP	5	SIDE OF GRAVY OR CHEEZE SAUCE	3
MASHED POTATOES AND GRAVY	5	CARROT BUTTER	2
BROCCOLI AND CHEEZE	6	AVOCADO OR GUAC	2
CUP OF CHILI	5	ALL EXTRA SAUCES	1
SIDE HOUSE SALAD	5		

SEASONAL SPECIALS JANUARY, FEBRUARY, MARCH

SOUP OF THE DAY

5/9

ask your server or check out our chalkboard for our soup of the day. always fresh and will warm you on a winter day. cup or bowl. served with crostinis

PORTBELLO CHEEZE MELT

15

balsamic marinated portabello mushroom, tomato, walnut pesto and sliced cheeze (choice of side)

TACO MAC

13

bowl of our OG mac and cheeze topped with soyrizo, salsa, chipotle mayo, cilantro verde, and pickled onion

CHICKUN N BISCUIT BREAKFAST

16

a warm hearty way to start your morning. our biscuit topped with tigers and gravy with a side of country potatoes and grilled vegetables

APPLE PIE FRENCH TOAST

10

french toast stuffed with apple pie filling and topped with powdered sugar

WE ALWAYS HAVE SOMETHING FUN AND NEW GOING ON. MAKE SURE YOU FOLLOW US ON INSTAGRAM

@VERTICAL_DINER_SLC

(GF) = gluten free (GFO) = gluten free option

We do use a seperate grill and fryer for all gluten free items, but to be safe please let us know of any common allergies (soy, nuts, gluten) so we can take extra care. All ingredients are not listed in descriptions. We also politely decline any alterations or substitutions. Thank you for dining with us.

BURGERS, BURRITOS, AND SANDWICHES

All items below are served on french bread or gluten free for \$1

Served with a single side

(Hand Cut Fries, Side Salad, Mac and Cheese, Mashed Potatoes and Gravy, Chunky Chili, Soup of the Day)

Substitute FAUX meat burger for \$2

Substitute Chikun patty for \$2

IAN MACKAYE (GFO)

lentil veggie burger topped with mac and cheese, vertical sauce and LTO

15

JOAQUIN PHOENIX (GFO)

lentil veggie burger topped with smokey tempeh bacon, dill pickles, barbecue sauce, ranch and LTO

15

MOBY (GFO)

lentil veggie burger topped with pickled jalapenos, sliced cheese, guacamole, vertical sauce and LTO

15

ARIANA GRANDE (GFO)

lentil veggie burger topped with pineapple, teriyaki sauce, chipotle aioli and LTO

15

ROB ZOMBIE (GFO)

lentil veggie burger topped with grilled broccoli, onion, jalapenos, chipotle aioli and LT

15

BREADED CHIKUN SANDWICH

crispy breaded chikun patty pickles, ranch and LTO

15

Buffalo Style 🌶️ +1

Barbeque Style +1

TBLAT (GFO)

smokey tempeh bacun, avocado, lettuce, tomato and ranch on grilled french bread

14

AIDAN'S CHIPOTLE CHIKUN MELT

seitan chikun, peppers and onions, pickled jalapenos, chipotle aioli and melted cheese

14

SLC CHEEZE STAKE

grilled seitan stake, mushrooms, peppers and onions smothered in cheese sauce

14

Pizza Style +1

VERTICAL REUBEN

grilled seitan with artisan kraut, sliced cheese and vertical sauce on rye bread

14

BBQ JACKFRUIT BURRITO

barbecue jackfruit, rice and beans, peppers, onions, chipotle slaw and guacamole

15

HIP HOP RABBIT WRAP

flour tortilla stuffed with mixed greens, tomato, onions, red cabbage, carrots, beets, cucumbers, walnut basil pesto and avocado

14

add tempeh bacun +2

CALIFORNIA BURRITO

flour tortilla stuffed with stake, rice and beans, cabbage, french fries, chipotle aioli, cilantro verde and guacamole wrapped in a flour tortilla

15

GREEN BANDITO BURRITO 🌶️

grilled broccoli, onions, jalapenos, tofu scramble, brown rice, chipotle aioli, cilantro verde, salsa fresca, red cabbage and spinach in a flour tortilla

15

add avocado +2



PINA CARNITAS TACOS

three corn tortilla tacos with smokey seitan, grilled peppers, onions, and pineapple, red cabbage and zour cream served with side salad **16**

ELEVATED PLATES

VERTICAL TACOS (GF)

three corn tortilla tacos with smokey jackfruit, grilled vegetables, artisan kimchi, red cabbage, chipotle aioli, and guacamole served with a side salad **15**

THE "DUDE" CAKES (GFO)

two pancakes stuffed with sauzage, mushrooms, grilled peppers and onions, smothered in gravy and topped with fries **15**

MUSHROOM STROGANOFF

penne pasta tossed with zour cream, red wine, button mushrooms, peppers, onions, served with garlic almond parmezan bread **15**

MAGICAL CURRY BOWL (GF)

fried tofu, sauteed vegetables, tossed in green coconut curry, tahini, ginger, chili, and garlic served with rice noodles and lime wedges **16**

DRAGON BOWL (GFO)

grilled seitan, seasonal vegetables, pineapple, tossed in a sweet and spicy teriyaki sauce, and served with brown rice and lime wedges **16**

CHIKUN FRIED STAKE

breaded chikun patty with mashed potatoes and gravy, fried broccoli and brussels sprouts **16**

AMERICAN DINER

hand cut french fries topped with tender tigers and country gravy **13**

BACKYARD BARBECUE SAMPLER (GFO)

barbecue jackfruit or barbeque tigers, mac and cheeze, mashed potatoes and gravy, grilled veggies, chipotle slaw and a slice of toasted french bread **18**

MAC BOWLS!

All bowls are topped with almond parmesan

OG MAC BOWL	9
SOUTHERN CHILI MAC	11
BUFFALO TIGER MAC	12
BACUN AND BROCCOLI MAC	14



PASTA

- HEARTY MARINARA PASTA** 17
penne pasta tossed in cheezy marinara sauce, fennel sauzage, grilled veggies and served with garlic almond parmezan bread
- PESTO PENNE PASTA (GFO)** 16
penne pasta tossed in walnut pesto sauce, seasonal vegetables, and served with garlic almond parmezan bread
- MUSHROOM STROGANOFF (GFO)** 15
penne pasta tossed with zour cream, red wine, button mushrooms, peppers, onions, served with garlic almond parmezan bread

STARTERS

- TENDER TIGERS** 11
chikun style tenders made from wheat protein served with ranch dressing
BUFFALO STYLE +1
BBQ STYLE +1
INFERNO STYLE +2
- SPINACH ARTICHOKE DIP (GFO)** 11
creamy garlic spinach artichoke dip topped with kalamata olives served with crostinis
- FRIED BRUSSELS SPROUTS (GF)** 8

SANDWICHES

sandwiches come with choice of side

- CHIKUN PARM** 15
crispy chikun patty topped with grilled peppers and onions, marinara and almond parm on a toasted french baguette
- MEETBALL SUB (GFO)** 15
fennel sauzage meetballs topped with grilled veggies, mozz, and marinara on a toasted french baguette
- CHIKUN ARTICHOKE SUB** 15
crispy chikun topped with spinach artichoke dip, olives, and almond parm on a toasted french bun

TUESDAY NIGHT!

**ALL YOU CAN EAT
PIZZA AND SALAD**

\$15/PERSON

**EVERY TUESDAY 5PM-CLOSE
(LAST CUSTOMER AT 9:30)**

CHEF'S CHOICE ON THE PIZZAS!

COCKTAILS 8

BLOODY SUNDAY	VODKA, HOUSE BLOODY MIX
VERTICAL MULE	VODKA, CRAFT GINGER BEER, LIME
NAUGHTY CHAI	RUM, HIGH ELIXER CHAI, OAT MYLK
WHISKEY SOUR	WHISKEY, HOUSE SOUR MIX
PINEAPPLE EXPRESS	TEQUILA, SOUR MIX, PINEAPPLE JUICE
GIN N JUICE	GIN, OJ, POMEGRANTE JUICE
MARGARITA	TEQUILA, SOUR MIX
POM MIMOSA	SPARKLING WINE, OJ, POMEGRANTE

CANNED BEER

MONTUCKY	4
EPIC ESCAPE IPA	6
ROHA NIGHT OUT STOUT	6
REDROCK ELEPHINO 2X IPA (16.9 OZ)	9
MOUNTAIN WEST CIDER (16 OZ)	12

DRAFT BEER 6

WE ALWAYS HAVE AN IPA AND
LIGHT BEER ON DRAFT

**CHECK OUT OUR LOCALS
ROTATOR CHALK BOARD
OR ASK YOUR SERVER**

WINE

SPARKLING	8 glass/ 32 bottle
WHITE	7 glass/ 28 bottle
RED	8 glass/ 32 bottle

SOFT DRINKS 4

(no refills)

ORANGE JUICE
APPLE JUICE
LEMONADE
ICE TEA
GINGER BEER
TRACTOR SODA
HAN'S KOMBUCHA 5

TEAS 3

GUNPOWDER GREEN
JASMINE GREEN
EARL GREY
CHAMOMILE
PEPPERMINT
ROOIBOS
YERBA MATE
FRUITY BLEND
IMMUNE BLEND
AFTER DINNER

COFFEE/STEAMED

COFFEE (BOTTOMLESS)	3
AMERICANO	3
LATTE	5
MOCHA	5
ESPRESSO	2
HOT CHOCOLATE	5
HIGH ELIXER CHAI LATTE	5

DESSERTS 7

BROWNIE SUNDAE
TIRAMISU
CARROT CAKE ALA MODE
GLUTEN FREE BAR ALA MODE
ROOT BEER FLOAT
SLIGHT THREAT
ONE BANANA PANCAKE TOPPED WITH VANILLA ICE CREAM AND DRIZZLED WITH CHOCOLATE SAUCE

MYLKSHAKES

8

CHOCOLATE

VANILLA

PEANUT BUTTER

STRAWBERRY

BROWNIE

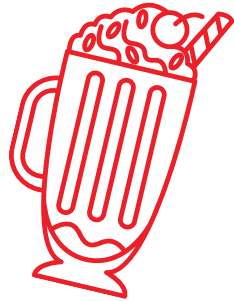
MOCHA

CHAI

MIX IT UP (2 FLAVORS) +1

WE USE LOCAL MONKEYWRENCH

ICE CREAM!



BLENDED MOCKTAILS

MANGO MARGARITA

7

blended mango juice, sour mix,
lime juice, and ice

STRAWBERRY DACKERI

7

blended strawberries, lemongrass soda,
maple syrup, lime juice, and ice

PINA CO-LA-DI-DA

7

blended pineapple, coconut cream,
maple syrup, lime juice, and ice

ORANGE JULIA

7

blended orange juice, vanilla
ice cream, lemon juice, and ice

**MAKE IT DIRTY AND
ADD A SHOT!!**

+4



**BEVVIES
&
SWEET TREATS**





VERTICAL DINER TACO THURSDAY

TACOS

STREET TACO STYLE WITH
CHOICE OF PROTEIN,
CILANTRO AND ONION,
PICKLED ONION,
SALSA ROJA OR SPICY VERDE

\$3/EACH

NACHOS

TORTILLA CHIPS TOPPED WITH
CREAMY QUESO,
CHOICE OF PROTEIN,
CILANTRO AND ONION,
PICKLED JALAPENOS AND ONIONS,
SALSA ROJA OR SPICY VERDE,
AND ZOUR CREAM

\$9

CHOOSE ONE PROTEIN:

SEITAN CARNITAS
SOYRIZO (GF)
CHIPOTLE SHROOMS (GF)
BBQ JACKFRUIT (GF)
BROCCOLI AL PASTOR (GF)
SAUZAGE & SCRAMBLE (GF)

SIDES

GUACAMOLE
SALSA

**\$2
\$1**

CHEF SPECIAL

ASK YOUR SERVER FOR THIS WEEK'S SPECIAL AND PREPARE TO
HAVE YOUR MIND BLOWN WITH DELICIOUS FLAVORS

\$15

**DON'T FORGET TO CHECK OUT OUR LOCAL BEER CHALKBOARD OR
OUR DELICIOUS HOUSEMADE MARGARITAS AND
BLENDED MOCK/COCKTAILS**



monday-thursday 4pm-10pm
friday- sunday 9am-10pm

16" PIES

**all pizzas are topped with almond parm
let us know of any common allergies**

THREE CHEEZE

marinara, mozz, and cheddar

20

PESTO SAUSAGE

walnut pesto, mozz, fennel
sausage, tomatoes, and
caramelized onions

25

MUSHROOM VEGGIE DELUXE

marinara, mozz, mushrooms,
tomatoes, caramelized onions,
grilled peppers, and spinach

25

PESTO VEGGIE

walnut pesto, mozz, mushrooms,
tomatoes, caramelized onions,
grilled peppers, and spinach

25

MAC ATTACK

marinara, mac, cheddar, and
buffalo sauce

28

CHILI FRY FIEND

marinara, cheddar, french fries,
chunky chili, and olives

28

INFERNO CHIKUN

marinara, vertical inferno, mozz
seitan chikun, tomatoes, and
caramelized onions

28

HAWAIIAN

marinara, mozz, seitan bacon,
tomatoes, caramelized onions,
and pineapple

25

BREAKFAST

marinara, cheddar, fennel sausage,
tofu scramble, and country
potatoes

25

BUFFALO TIGER RANCH

marinara, mozz, buffalo tigers,
tomatoes, caramelized onions,
and ranch

25

BARBEQUE CHIKUN

barbecue sauce, mozz, seitan
chikun, tomatoes, caramelized
onions, and cilantro

25

CLASSIC SUPREME

marinara, mozz, fennel sausage,
caramelized onions, mushrooms,
grilled peppers, and black olives

25

CHIKUN ARTY

marinara, mozz, seitan chikun,
creamy spinach and artichoke,
and black olives

25

CHIPOTLE JACKFRUIT

marinara, mozz, smokey jackfruit,
kimchi, and chipotle sauce

25

CRUST DUNKS

CHEESE SAUCE (3 OZ) 3

MARINARA (3 OZ) 2

RANCH (2 OZ) 1