

SPIRAL

≡≡≡ DINER & BAKERY ≡≡≡



ORGANIC PURE VEGAN FOOD AND PRODUCTS
SPECIAL ALLERGY MENU

www.SpiralDiner.com

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

WHEAT FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

WHEAT FREE Salads

DRESSINGS: ranch, spicy ranch, balsamic vinaigrette, agave mustard, tahini, raw walnut

*all dressings are served on the side.

- The Big Texas Salad** | a generous helping of salad greens, carrot, corn, cucumber, avocado, peas, black olives, tomato, raisins, and spicy pecans with your choice of dressing on the side. **\$7.50**
- Chef Salad** | salad greens with carrots, cucumber, avocado, olives, tomato, cheese, bacun bits, grilled tofu, and fresh cracked pepper with your choice of dressing on the side. the chef recommends ranch dressing. **\$7.95**
- Raw Salad** | salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, apples, raw nuts, raisins, and hempseeds with raw walnut dressing. **\$7.50**
- The Taco Salad** | taco meat, mexican quinoa, corn, black beans, green onion, black olives, avocado, shredded carrot, and peas over salad greens with salsa, sour cream, and ranch dressing. served with corn tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. **\$8.50**
- BBQ Salad** | salad greens with chopped BBQ tofu, peas, corn, carrots, tomatoes, olives, avocado, and sliced red onions with your choice of dressing on the side. **\$7.95**



WHEAT FREE Appetizers

- Hummus with Corn Chips or Corn Tortillas** | homemade the traditional way with fresh garbanzo beans and spices. **\$4.95 sm / \$6.95 lg**
- Potato Salad** | homemade, creamy, and delicious! **half order, \$1.95 / full order, \$3.95**
- Bowl o' Broccoli with Any Dressing** | blanched broccoli served with your choice of dressing on the side. **half order, \$1.95 / full order, \$3.95**
- Chips and Salsa** | a mess of corn chips with our fresh salsa. **\$3.50**
- Hot Nacho Cheese & Chips** | amazingly cheesy cashew-based cheese with chips. **\$4.95**
- Guacamole & Chips** | made from scratch guac with a pile o' chips **\$4.95**
- Chip & Dip Party** | nacho cheese, guacamole and salsa with tons of chips. **\$6.95**
- Spelt Toast** | two slices of grill-toasted spelt. plain or italian seasoned. **\$1.95**
**spelt is not gluten free*
- Apples & Peanut Butter** | sliced apples and natural peanut butter. **\$3.95**
- Black Beans** | **half order, \$1.95 / full order, \$3.95**
- Tofu Scramble** | **\$3.50**
- Mexican Quinoa** | **half order, \$1.95 / full order, \$3.95**
- Side Salad with Any Dressing** | mixed greens, carrots, peas, corn, black olives, cucumber, and tomato with your choice of dressing on the side. **\$3.50**

WHEAT FREE Wraps

Served in corn tortillas.

- Veggie Wrap** | shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts. served with your choice of dressing. **\$7.50**
- Sweet Luv' Us Hummus Wrap** | a layer of baked sweet potato, a layer of hummus, broccoli, cucumber, avocado, salad greens, and spicy pecans. your choice of tahini or ranch dressing. **\$7.75**
- Hot Hummus Wrap** | stuffed with hummus, grilled veggies [broccoli, black olives, carrots, corn, and green peas] black beans, pine nuts, and avocado with your choice of ranch or tahini dressing. **\$8.50**
- The "Ate" Layer Burrito** | veggie taco meat, mexican quinoa, black beans, tomato, green onions, avocado, corn, black olives, sour cream, and chipotle mayo. **\$8.50**

WHEAT FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

WHEAT FREE Burgers

Spiral Burger | piled high with lettuce, tomato, red onion, pickles, mayo, ketchup, and mustard on a spelt bread. your choice of nut patty or portobello patty. **\$7.25**
add cheese or avocado for **.95**
add guacamole for **\$1.95**

El Paso Burger | chipotle mayo, lettuce, tomato, pickled jalapeños, red onions and guacamole on a spelt bread. with your choice of nut patty or portobello patty. **\$8.25**
add cheese for **.95**

Cowboy Burger | bacon bits, bbq sauce, mustard, mayo, pickles, red onion and lettuce on spelt bread. with your choice of nut patty or portobello patty. **\$7.25**
add cheese or avocado for **.95**
add guacamole for **\$1.95**

Patty Melt | your choice of nut patty or portobello patty with melted cheese and grilled onions on grilled spelt toast with mayo on the side. **\$7.25**

WHEAT FREE Hot Plates

Pasta Primavera | tasty brown rice noodles with our delicious homemade marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto with a side of spelt bread. **\$9.95**

Ramsey's Perfect Protein Platter | black beans and quinoa cooked together with our famous homemade salsa, a perfect blend of spices topped off with avocado and tahini dressing. healthy and delicious. **\$7.95**
goes great with mixed greens, add **\$1.00**

Red Coconut Curry Noodles | homemade red coconut curry sauce with tofu, broccoli, red bell pepper, basil, black olives, zucchini, and carrots. cooked with brown rice noodles and topped with peanuts. **\$9.95**

Viva Las Migas | tofu scramble mixed with black beans, corn, black olives, bacon bits, onions, red bells, potatoes, and salsa. topped with avocado and sour cream and served with corn chips or corn tortillas. **\$9.95**

Broccoli and Tofu | served with your choice of dressing on the side. **\$5.95**

The All Day Lunch Plate | a serving of black beans and quinoa, broccoli, and small salad with your choice of dressing on the side. **\$7.95**

Chipotle Tofu Quesadilla | amazing melty cheese with corn, tomatoes, green onions and creamy chipotle all inside corn tortillas. Served with sour cream, pickled jalapenos and guacamole on the side. **\$9.50**

Grilled Portobello Quesadilla | made with amazing melty cheese and stuffed with grilled veggies, tomatoes, green onions and creamy chipotle. served with sour cream, pickled jalapeños and guacamole on the side, with corn tortillas. **\$9.50**

Nachos Supremo | made with our original recipe cashew based nacho cheese and topped with taco meat, quinoa, black beans, black olives, corn, tomatoes, green onions, sour cream, guacamole and pickled jalapenos. **\$9.50**

WHEAT FREE Sandwiches

Peanut Butter & Jelly San'ich | natural peanut butter with your choice of jelly [grape, strawberry, or raspberry]. served on spelt bread—a perfect meal. **\$3.75**

Pickle San'ich | Cri's classic poor man meal. two slices of grilled spelt bread with mayo and pickles. we'll even throw in a side for you. **\$2.95**

VLT | bacon bits, lettuce, and tomato served on grilled spelt bread with mayo. simple and delicious. **\$4.50**

Sunshine San'ich | tofu scramble [with onions, bell peppers, and potatoes] grilled up with bacon bits and served with mayo on grilled spelt toast. **\$7.50**

Grilled Tofu San'ich | marinated tofu with black olives, cucumber, tomato, onion, lettuce, pine nut pesto, mayo, and ketchup on grilled spelt bread. **\$8.50**

"The Mitch" Tofu Club | chipotle mayo, bacon bits, grilled tofu, lettuce, tomato, and that special extra piece of spelt bread in the middle. big and delicious with frilly toothpicks. **\$8.50**

The Simpleton | avocado, cucumber, tomato, lettuce, mayo, and fresh cracked pepper on spelt-quinoa bread. **\$5.25**

*spelt is not gluten free

SOY FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

SOY FREE Appetizers

- Hummus with Corn Chips or Corn Tortillas** | homemade the traditional way with fresh garbanzo beans and spices. **\$4.95 sm / \$6.95 lg**
- Bowl o' Broccoli** | homemade, creamy, and delicious! with balsamic vinaigrette or tahini. **half order, \$1.95 / full order, \$3.95**
- Toast** | two slices of grill-toasted multigrain or spelt. plain or italian seasoned. **\$1.95**
- Apples & Peanut Butter** | sliced apples and natural peanut butter. **\$3.95**
- Black Beans** | half order, \$1.95 / full order, \$3.95
- Mexican Quinoa** | half order, \$1.95 / full order, \$3.95
- Side Salad** | mixed greens, carrots, peas, corn, black olives, cucumber, and tomato with balsamic vinaigrette or tahini dressing. **\$3.50**

SOY FREE Wraps

- Veggie Wrap** | shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts. served on corn tortillas with tahini dressing. **\$7.50**
- Sweet Luv' Us Hummus Wrap** | a layer of baked sweet potato, a layer of hummus, broccoli, cucumber, avocado, salad greens, and spicy pecans. served on corn tortillas with tahini dressing. **\$7.75**
- Hot Hummus Wrap** | stuffed with hummus, grilled veggies [broccoli, black olives, carrots, corn, and green peas] black beans, pine nuts, and avocado. served on corn tortillas with tahini dressing. **\$8.50**
- The "Ate" Layer Burrito** | mexican quinoa, nacho cheese, black beans, tomato, green onions, avocado, corn, and black olives. served on corn tortillas. **\$8.50**

SOY FREE Salads

DRESSINGS: balsamic vinaigrette or tahini

**all dressings served on the side.*

- The Big Texas Salad** | a generous helping of salad greens, carrot, corn, cucumber, avocado, peas, black olives, tomato, raisins, and spicy pecans with your choice of dressing on the side. **\$7.50**
- Raw Salad** | salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, apples, raw nuts, raisins, and hempseeds with your choice of dressing. **\$7.50**
- The Taco Salad** | mexican quinoa, corn, nacho cheese black beans, diced red onion, black olives, avocado, shredded carrot, and peas over salad greens with salsa. served with corn tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. **\$8.50**

SOY FREE Sandwich

- Peanut Butter & Jelly San'ich** | natural peanut butter with your choice of jelly [grape, strawberry, or raspberry]. served on multi-grain bread—a perfect meal. **\$3.75**



SOY FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

SOY FREE Hot Plates

- Pasta Primavera** | tasty brown rice noodles with our delicious homemade marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto with a side of multi-grain toast. **\$9.95**
- Ramsey's Perfect Protein Platter** | black beans and quinoa cooked together with our famous homemade salsa, a perfect blend of spices topped off with avocado and tahini dressing. healthy and delicious. **\$7.95**
add broccoli or mixed greens \$1.00 ea
- The All Day Lunch Plate** | a serving of black beans and quinoa, broccoli, and small salad with your choice of tahini or balsamic vinaigrette. **\$7.95**
- Grilled Portobello Quesadilla** | made with amazing melty cheese and stuffed with grilled veggies, tomatoes, and green onions. Served on corn tortillas with pickled jalapenos and guacamole on the side. **\$9.50**
- Nachos Supremo** | made with our original recipe cashew based nacho cheese and topped with quinoa, black beans, black olives, corn, tomatoes, green onions, guacamole and pickled jalapeños. **\$9.50**

SOY FREE Burgers

Each burger comes with your choice of patty.

NUT PATTY: a tasty and healthy patty made from a blend of sunflower seeds, carrots, brown rice and spices.

PORTOBELLO PATTY: marinated and grilled Portobello mushroom cap.
Your choice of side.

- Spiral Burger** | piled high with lettuce, tomato, red onion, pickles, ketchup, and mustard on a toasted bun. **\$7.25**
add cheese or avocado for .95
add guacamole for **\$1.95**
- El Paso Burger** | pickled jalapeños, lettuce, tomato, red onions and guacamole on a toasted bun. **\$8.25**
add cheese for .95

WHEAT & SOY FREE MENU

WHEAT & SOY FREE Appetizers

- Hummus with Corn Chips or Corn Tortillas** | homemade the traditional way with fresh garbanzo beans and spices. **\$4.95 sm / \$6.95 lg**
- Bowl o' Broccoli** | homemade, creamy, and delicious! with balsamic vinaigrette or tahini dressing. **half order, \$1.95 / full order, \$3.95**
- Spelt Toast** | two slices of grill-toasted spelt. plain or italian seasoned. **\$1.95**
- Apples & Peanut Butter** | sliced apples and natural peanut butter. **\$3.95**
- Black Beans** | half order, **\$1.95 / full order, \$3.95**
- Mexican Quinoa** | half order, **\$1.95 / full order, \$3.95**
- Side Salad** | mixed greens, carrots, peas, corn, black olives, cucumber, and tomato with balsamic vinaigrette or tahini dressing. **\$3.50**

WHEAT & SOY FREE Salads

DRESSINGS: balsamic vinaigrette or tahini

*all dressings served on the side.

- The Big Texas Salad** | a generous helping of salad greens, carrot, corn, cucumber, avocado, peas, black olives, tomato, raisins, and spicy pecans with your choice of dressing on the side. **\$7.50**
- Raw Salad** | salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, apples, raw nuts, raisins, and hempseeds with your choice of dressing. **\$7.50**
- The Taco Salad** | mexican quinoa, corn, black beans, green onion, black olives, avocado, shredded carrot, and peas over salad greens with salsa and nacho cheese. served with corn tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. **\$8.50**

RECOMMENDATIONS: add nut patty to salads.
add guacamole to anything.

WHEAT & SOY FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

WHEAT & SOY FREE Wraps

Order your wrap on corn tortillas to be wheat-free!

Veggie Wrap | shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts. served on corn tortillas with tahini dressing. **\$7.50**

Sweet Luv' Us Hummus Wrap | a layer of baked sweet potato, a layer of hummus, broccoli, cucumber, avocado, salad greens, and spicy pecans. served on corn tortillas with tahini dressing. **\$7.75**

Hot Hummus Wrap | stuffed with hummus, grilled veggies [broccoli, black olives, carrots, corn, and green peas] black beans, pine nuts, and avocado. served on corn tortillas with tahini dressing. **\$8.50**

The "Ate" Layer Burrito | mexican quinoa, black beans, tomato, green onion, avocado, corn, black olives with a side of nacho cheese. served on corn tortillas. **\$8.50**

WHEAT & SOY FREE Hot Plates

Spiral Burger | piled high with lettuce, tomato, red onion, pickles, ketchup, and mustard on spelt bread. your choice of nut patty or portobello. **\$7.25**
add cheese or avocado for **.95**
add guacamole for **\$1.95**

El Paso Burger | lettuce, tomato, pickled jalapeños, red onions and guacamole on spelt bread. with your choice of nut patty or portobello. **\$8.25**
add cheese for **.95**

Pasta Primavera | tasty brown rice noodles with our delicious homemade marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto with a side of spelt bread. **\$9.95**

Ramsey's Perfect Protein Platter | black beans and quinoa cooked together with our famous homemade salsa, a perfect blend of spices topped off with avocado and tahini dressing. healthy and delicious. **\$7.95**
goes great with mixed greens, add \$1.00

The All Day Lunch Plate | a serving of black beans and quinoa, broccoli, and small salad with your choice of tahini or balsamic vinaigrette. **\$7.95**

Grilled Portobello Quesadilla | made with amazing melty cheese inside corn tortillas and stuffed with grilled veggies, tomatoes, and green onions. Served with pickled jalapenos and guacamole on the side. **\$9.50**

Nachos Supremo | made with our original recipe cashew based nacho cheese and topped with quinoa, black beans, black olives, corn, tomatoes, green onions, guacamole and pickled jalapenos. **\$9.50**

WHEAT & SOY FREE Organic Smoothies

add a
Ginger Shot
to any smoothie.
\$1.95/oz.

All smoothies come with your choice of apple juice or orange juice and almond milk.

All organic smoothies 16 oz. / **\$4.95**

add Spinach or Hempseeds to any Smoothie for **\$1.00**

The Standard | everybody's favorite, strawberries and bananas.

Tropical | pineapple and banana.

Berry Right | strawberries and blueberries.

Real Smooth Smoothie | a combination of banana, strawberry, blueberry, and pineapple.

The Biz | banana and blueberry, together at last.

Green Smoothie | a raw, healthy, whole-food smoothie made with spinach, strawberries, apples, bananas, and hemp seed.

Plain Strawberry or Banana

GLUTEN FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

GLUTEN FREE Appetizers

<i>Hummus with Corn Chips or Corn Tortillas</i>	homemade the traditional way with fresh garbanzo beans and spices. \$4.95 sm / \$6.95 lg
<i>Potato Salad</i>	homemade, creamy, and delicious! half order, \$1.95 / full order, \$3.95
<i>Bowl o' Broccoli with Any Dressing</i>	blanched broccoli served with your choice of dressing on the side. half order, \$1.95 / full order, \$3.95
<i>Chips and Salsa</i>	a mess of corn chips with our fresh salsa. \$3.50
<i>Hot Nacho Cheese & Chips</i>	amazingly cheeseey cashew-based cheese with chips. \$4.95
<i>Guacamole & Chips</i>	made from scratch guac with a pile o' chips \$4.95
<i>Chip & Dip Party</i>	nacho cheese, guacamole and salsa with tons of chips. \$6.95
<i>Apples & Peanut Butter</i>	sliced apples and natural peanut butter. \$3.95
<i>Black Beans</i>	half order, \$1.95 / full order, \$3.95
<i>Tofu Scramble</i>	\$3.50
<i>Mexican Quinoa</i>	half order, \$1.95 / full order, \$3.95
<i>Side Salad with Any Dressing</i>	mixed greens, carrots, peas, corn, black olives, cucumber, and tomato with your choice of dressing on the side. \$3.50

GLUTEN FREE Salads

DRESSINGS: ranch, spicy ranch, balsamic vinaigrette, agave mustard, tahini, raw walnut

*all dressings are served on the side.

ADD NUT PATTY OR TOFU TO ANYTHING.

<i>The Big Texas Salad</i>	a generous helping of salad greens, carrot, corn, cucumber, avocado, peas, black olives, tomato, raisins, and spicy pecans with your choice of dressing on the side. \$7.50
<i>Chef Salad</i>	salad greens with carrots, cucumber, olives, tomato, cheese, bacun bits, grilled tofu, and fresh cracked pepper with your choice of dressing on the side. the chef recommends ranch dressing. \$7.95
<i>Raw Salad</i>	salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, apples, raw nuts, and raisins with raw walnut dressing. \$7.50
<i>The Taco Salad</i>	taco meat, mexican quinoa, corn, black beans, green onions, black olives, avocado, shredded carrot, and peas over salad greens with salsa, sour cream, and ranch dressing. served with corn tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. \$8.50
<i>BBQ Salad</i>	salad greens with chopped BBQ tofu, peas, corn, carrots, tomatoes, olives, avocado, and sliced red onions with your choice of dressing on the side. \$7.95



GLUTEN FREE MENU

There may be traces of soy, wheat or gluten in any meal, because of shared equipment in our kitchen and also due to ingredients we receive that are prepared on shared equipment. If you have severe allergies please be advised.

GLUTEN FREE Hot Plates

Pasta Primavera | tasty brown rice noodles with our delicious homemade marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto. **\$9.95**

Ramsey's Perfect Protein Platter | black beans and quinoa cooked together with our famous homemade salsa, a perfect blend of spices topped off with avocado and tahini dressing. healthy and delicious. **\$7.95**
goes great with mixed greens, add \$1.00

Red Coconut Curry Noodles | homemade red coconut curry sauce with tofu, broccoli, red bell pepper, basil, black olives, zucchini, and carrots. cooked with brown rice noodles and topped with peanuts. **\$9.95**

Viva Las Migas | tofu scramble mixed with black beans, corn, black olives, bacon bits, onions, red bells, potatoes, zucchini and salsa. topped with avocado and sour cream and served with corn chips or corn tortillas. **\$9.95**

Broccoli and Tofu | served with your choice of dressing on the side. **\$5.95**

The All Day Lunch Plate | a serving of black beans and quinoa, broccoli, and small salad with your choice of dressing on the side. **\$7.95**

Chipotle Tofu Quesadilla | amazing melty cheese inside corn tortillas with tomatoes, corn, green onions and creamy chipotle. served with sour cream, pickled jalapenos and guacamole on the side. **\$9.50**

Grilled Portobello Quesadilla | amazing melty cheese inside corn tortillas stuffed with grilled veggies, tomatoes, green onions and creamy chipotle. served with sour cream, pickled jalapenos and guacamole on the side. **\$9.50**

Nachos Supremo | made with our original recipe cashew based nacho cheese and topped with taco meat, quinoa, black beans, black olives, corn, tomatoes, green onions, sour cream, guacamole, and pickled jalapenos. **\$9.50**

Bryan's Brutal Tacos | three tacos stuffed with portobello mushrooms, corn, red bell peppers and onions, topped with lettuce and spicy taco sauce. served with guacamole, sour cream, and black beans. **\$9.95**

GLUTEN FREE Wraps

Veggie Wrap | shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts. served with your choice of tahini or ranch dressing served in corn tortillas. **\$7.50**

Sweet Luv' Us Hummus Wrap | a layer of baked sweet potato, a layer of hummus, broccoli, cucumber, avocado, salad greens, and spicy pecans. served with your choice of tahini or ranch dressing served in corn tortillas. **\$7.75**

Hot Hummus Wrap | stuffed with hummus, grilled veggies [broccoli, black olives, carrots, corn, and green peas] black beans, pine nuts, and avocado. served with your choice of tahini or ranch dressing served in corn tortillas. **\$8.50**

The "Ate" Layer Burrito | veggie taco meat, mexican quinoa, black beans, tomato, green onion, avocado, corn, black olives, sour cream, and chipotle mayo served in corn tortillas. **\$8.50**

