

BURGERS

Your choice of patty: Classic Burger Style, Nut Patty, Portobello Patty
Your choice of side. Add avocado for \$.95, cheese \$.95, guacamole \$1.95.

- Spiral Burger** | piled high with lettuce, tomato, red onion, pickles, mayo, ketchup, and mustard on a toasted bun. \$7.25
- El Paso Burger** | chipotle mayo, lettuce, tomato, pickled jalapenos, red onions and guacamole on a toasted bun. \$8.25
- Cowboy Burger** | bacon bits, bbq sauce, mustard, mayo, pickles, red onion and lettuce. \$7.25
- Patty Melt** | melted cheese and grilled onions on grilled toast with mayo on the side. \$7.25

HOT PLATES

- The Nighthawk** | tofu scramble, two slices of sausage, and two slices of grilled toast with your choice of jelly: grape, strawberry, or raspberry. \$7.95
- Spaghetti Tropicana** | pineapple, black olives, soy meatballs, and marinara served on spaghetti. topped with pine nuts and pesto with a side of grilled italian toast. \$9.95
- Sketti & Meatballs** | soy meatballs on spaghetti with marinara sauce. topped with pine nuts and pesto and a side of grilled italian toast. \$8.95
- Pasta Primavera** | spaghetti with marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto with a side of grilled italian toast. \$9.95
- Ramsey's Perfect Protein Platter** | black beans and quinoa cooked with homemade salsa, a perfect blend of spices with avocado and tahini dressing. \$7.95
- Chipotle Quesadilla** | melty cheese with corn, tomatoes, green onions and creamy chipotle with sour cream, pickled jalapeños and guacamole on the side. Choice of tempeh or tofu. \$8.95
- Grilled Portobello Quesadilla** | stuffed with grilled veggies, melty cheese, tomatoes, green onions and creamy chipotle. served with sour cream, pickled jalapeños and guacamole on the side. \$8.95
- 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, corn tortillas or flour tortillas. \$9.95
- The All Day Lunch Plate** | black beans and quinoa, broccoli, and a small salad with your choice of dressing on the side. \$7.95
- Broccoli & Tofu** | served with your choice of dressing on the side. \$5.95
- Bryan's Brutal Tacos** | three tacos stuffed with seitan, corn, red bell peppers and onions, topped with lettuce and spicy taco sauce. served with guacamole, sour cream, and black beans. \$9.95

COFFEE AND ESPRESSO

We only use delicious 100% Organic, Fair Trade, and Shade Grown coffee. All drinks come with choice of almond or soy milk and can be iced on request.

- Espresso** | \$2.00
- Cafe Latte** | \$3.75
- Cafe Mocha** | \$4.00
- Chai Latte** | \$4.00
- Cafe Americano** | \$2.50
- Hot Cocoa** | \$3.00
- Bottomless Cup of Coffee** | \$2.50

SMOOTHIES

All smoothies come with your choice of apple juice or orange juice and soy milk or almond milk. \$4.95

- The Standard** | strawberries & bananas
- Tropical** | pineapples & bananas
- Berry Right** | strawberries & blueberries
- Real Smooth** | bananas, strawberries, blueberries, & pineapples
- The Biz** | bananas & blueberries
- Green Smoothie** | spinach, strawberries, apples, bananas, and hemp seed.
- Strawberry Banana**

add a Ginger Shot to any smoothie. \$1.95/oz.
Add Hempseed or Spinach \$1.00

ORGANIC JUICE

Pick one juice or any combo of: APPLE, ORANGE, CARROT, AND GINGER. \$2.95 sm / \$4.95 lg

- Carafe of Juice:** \$9.95
- Fruit Slushie:** \$4.95 | 16oz. choice of juice blended with frozen strawberries.
- Ginger Shot:** \$1.95/oz. a shot of fresh ginger, straight up or add it to a smoothie.

FIZZY BEVERAGES & OTHER DRINKS

- Coconut Limeade** | \$2.50
- Agave Limeade** | \$2.50
- Chocolate or Regular Soy Milk** | \$2.50
- Chocolate or Vanilla Almond Milk** | \$2.50

HOT OR ICED TEA

- All tea \$2.50
- Ask server for Hot Tea selection.
- OOGAVÉ SODAS**
- root beer, watermelon cream, cola, ginger ale, grapefruit \$2.50

SPIRAL

==== **DINER & BAKERY** ====



to-go!

ORGANIC PURE VEGAN FOOD AND PRODUCTS



FORT WORTH
1301 W. Magnolia Ave
Fort Worth, TX, 76110
(817)332-8834

DALLAS
1101 N. Beckley
Dallas, TX 75203
(214)948-4747

Tues - Sat 11-10 Sunday 11-5 Closed Monday

APPETIZERS & A LA CARTE

Hummus	\$4.95 sm \$6.95 lg	Toast	\$1.95
Apples & Peanut Butter	\$3.95	Potato Salad	half \$1.95 / full \$3.95
Sausage	\$2.95	Bowl o' Broccoli	half \$1.95 / full \$3.95
Tofu Scramble	\$3.50	Black Beans	half \$1.95 / full \$3.95
Side Salad	\$3.50	Mexican Quinoa	half \$1.95 / full \$3.95
Chips & Salsa	\$3.50	Guacamole & Chips	\$4.95
Hot Nacho Cheese & Chips	\$4.95	Chip & Dip Party	\$6.95
Nachos Supremo	\$9.50	Portobello Quesadilla	\$9.50
Chipotle Quesadilla	\$9.50		

SALADS

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

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, 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
Chik'n-less Salad	salad greens with a scoop of chik'n salad, carrot, cucumber, tomatoes, avocado, red onion, and pineapple with your choice of dressing on the side. \$7.95
All Raw Salad	salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, apples, raw nuts, raisins and hemp seeds with raw walnut dressing. \$7.50
The Taco Salad	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 or flour tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. \$8.50
BBQ Salad	salad greens with chopped BBQ seitan, peas, corn, carrots, tomatoes, olives, avocado, and sliced red onion with your choice of dressing on the side. \$7.95

For any salad: Add a grilled tofu, seitan, nut burger patty, portobello or a scoop of chik'nless salad for \$2.50. Add Hempseeds for \$1.00

WRAPS & BURRITOS

Your choice of side. Add avocado for \$.95, cheese \$.95, guacamole \$1.95. Spelt-Quinoa bread is available for any sandwich.

Veggie Wrap	shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts and your choice of dressing. \$7.50 Add grilled Portobello for \$2.50
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
Crispy Spring Wrap	grilled seitan, carrots, cucumbers, red bell peppers, red onion, and salad greens topped with our homemade agave mustard dressing. \$8.50
Parmigiana Wrap	marinated, grilled seitan covered in our marinara sauce with black olives, pineapple, zucchini, bell peppers, pine nuts, pesto and mozzarella all wrapped up, grilled and sealed in a flour tortilla. \$8.50
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
Savory Seitan Wrap	seasoned seitan grilled with red bell pepper, black olives, tomato, corn, carrot, and avocado wrapped up in a grilled tortilla with chipotle mayo. \$8.50
Breakfast Quesadilla	melty cheese, tofu scramble, sausage, creamy chipotle, green onions and tomatoes. served with sour cream, guacamole and pickled jalapeños on the side \$9.50
The "Ate" Layer Burrito	veggie taco meat, mexican quinoa, black beans, tomato, green onion, avocado, corn, black olives, sour cream, and chipotle mayo. all wrapped up, grilled, and sealed in a tortilla. \$8.50

Due to our commitment to freshness and use of specialty and organic ingredients, we may be temporarily sold out of certain items. Thanks for understanding!

SANDWICHES

Your choice of side. Add avocado for \$.95, cheese \$.95, guacamole \$1.95. Spelt-Quinoa bread is available for any sandwich.

Peant Butter & Jelly	natural peanut butter with your choice of jelly [grape, strawberry, or raspberry]. served on multi-grain bread—a perfect meal. \$3.75
Pickle San'ich	two slices of grilled multi-grain bread with mayo and pickles. we'll even throw in a side for you. \$2.95
Chik'n-less Salad San'ich	diced seitan, chopped apples, cranberries and pecans tossed with a creamy herbed mayo/mustard dressing. topped off with lettuce, tomato, and mayo. served on toasted multi-grain bread. goes great with pineapple, add .50. \$7.50
V-L-T	bacon bits, lettuce, and tomato served on grilled multi-grain bread with mayo. \$4.50
Sunshine San'ich	tofu scramble [with onions, bell peppers, and potatoes] grilled up with bacon bits and served with mayo on grilled toast. \$7.50
Grilled Tofu San'ich	marinated tofu with black olives, cucumber, tomato, onion, lettuce, pine nut pesto, mayo, and ketchup on grilled multi-grain bread. \$8.50
"The Mitch" Tofu Club	chipotle mayo, bacon bits, grilled tofu, lettuce, tomato, and that special extra piece of bread in the middle. \$8.50
Jamaican Jerk BBQ San'ich	multi-grain tempeh marinated in our homemade jerk sauce, blackened and topped with grilled pineapple, lettuce, red onion, pickles, and mayo. served on grilled multi-grain bread. \$8.50
Chopped BBQ San'ich	our marinated and grilled seitan with homemade barbeque sauce on grilled bread with dill pickles, rings of fresh red onion and mayo. \$8.50
Meatball Sub	delicious meatballs with our homemade marinara, cheese, and black olives on a hoagie roll. \$7.95 Add pesto and pine nuts \$1.95
Philly Cheese Steak	loads of our marinated and grilled seitan with melted cheese and grilled red bell peppers, onions, tomatoes, and olives on a hoagie bun. \$8.95 Add BBQ sauce .95
The Simpleton	avocado, cucumber, tomato, lettuce, mayo, and fresh cracked pepper on spelt-quinoa bread. \$5.25

☀ Ask us about our blue plate special, soup du jour, fresh-baked desserts and homemade i-scream!