

VEGENATION



DRINKS



COFFEE

locally sourced @franklygoodcoffee

FAIR TRADE ORGANIC PERU  • 4

COLD BREW COFFEE  • 4

PERKY POTION  ★ • 7

the best damn energy boost! superfood coffee blend with jasmine green tea, cacao, hemp seeds, and coconut oil (for sustained energy). sweetened with organic agave

CHILLED REFRESHMENTS

SWEET CBD ICED TEA  • 6

MANGO CEYLON ICED TEA  • 4

CHIA SEED LEMONADE  • 4

coconut water, chia seeds and organic agave

JAMAICAN HIBISCUS PUNCH ★  • 4

made with hibiscus leaves, all spice, juniper berries, rose petals, and star anise. sweetened with organic agave

DRAFT KOMBUCHA TEA  • 7/10

ask about today's flavor!

HOT TEA

locally sourced @bloomindesertherbfarm

JASMINE GUNPOWDER GREEN TEA  • 4

RED ROOIBOS ★  • 4

(caffeine free!)

CBD FEEL GOOD TEA ★  • 6

ginger tea blend infused with raw cbd oil (awesome for digestion & making you feel damn good!)

SMOOTHIES

ORANGE BURST   • 7

orange, carrot, ginger, turmeric, pineapple

BERRY BLAST   • 7

blueberry, strawberry, raspberry, mint spinach, sweetened with organic agave

GREEN MACHINE   ★ • 7

kale, parsley, cucumber, avocado, grapes, apple

CHOCOLATE THUNDER   ★ • 7

cacao, peanut butter, banana, chia seeds, kale, sweetened with organic agave

≡ ADD A BOOST OF PROTEIN!  • 2 ≡

we love @livevegansmart protein (20 grams of protein per serving!!) this stuff is legit.



eat here and feel damn good!




heyyy! we're stoked to have you at our table. VegeNation is a community based restaurant on a mission to lead a food revolution. our passion is serving hungry change-makers daily.


we cook with **100%** plant based ingredients (yessss! our meats, cheeses, and ice creams are made from plants too!) our menu is plant-based because of the positive impact it makes on the planet, animals, health and local community. it's really cool what plants can do!

seasonally, we seek to cook with locally sourced vegetables, by adopting school, community and hydroponic gardens. you'll also find awesome locally sourced beer, booze, coffee, tea, artisanal cheeses, and spices.

with your meal today, you are making a direct impact on our local community. from our pop-up art gallery, yoga classes, workshops, adopted school gardens and fundraisers, YOU are making positive change by eating here.

thank YOU, changemaker!

 = contains nuts (for nut allergy questions, please ask your server!)

 = oil free

★ = new here?! you gotta try this!!

≡ SIGN UP FOR COOL POPUPS! VEGENATIONONLY.COM ≡
SHOW US YOUR EATS #VEGENATION @VEGENATION

≡ HEYYY PARTY PEOPLE! ≡

we add a 20% auto gratuity for groups six people and more. [thanks for the love!!](https://www.vegenationonly.com)



VEGENATION



STARTERS

BBQ BAO WOW • 8

steamed bao, stuffed with sriracha bbq jackfruit (new recipe!)

SAVE THE TUNA Ⓞ ★ • 9

hand rolled sushi with seasonal vegetables and forbidden rice

MEXICAN HUMMUS Ⓞ ★ • 8

chipotle black bean hummus with blue corn chips

MY LITTLE DUMPLING • 8

steamed shiitake and spinach dumplings

ELOTE TAMALE ★ • 9

filled with fresh non-gmo masa, baked corn, a magical secret sauce and topped with parmesan cheese (new awesome recipe!)

BUFFALO CAULIFLOWER WINGS ★ • 10

hot and spicy buffalo sauce covered cauliflower with a side of ranch dressing

THE FANCY CHEESE BOARD 🍷 • 10

featuring seasonal, locally made, artisan cheese (by @virgincheese) curated with seasonal fruits, nuts and dips

-SIDES-

BLACK BEAN CHILI STUFFED SWEET POTATO Ⓞ ★ • 8

LOADED SWEET POTATO TOTS • 8

topped with housemade nacho cheese sauce black bean chili, guacamole, and jalapeños

WOK SAUTEED VEGETABLES Ⓞ • 7

SIDE OF FRESH CUT FRIES • 4

topped with sea salt



SUPER GREENS

THE TORRE WASHINGTON Ⓞ ★ • 12

burrito bowl salad made with quinoa, black beans, topped with fresh local greens, blue corn chips, and chipotle ranch dressing

PAMELA ANDERSON RAW POWER TACOS Ⓞ 🌱 🍷 • 13

walnut sunflower sun-dried tomato nuts, raw veggies, avocado, tahini, fresh lime

MILEY CYRUS RAINBOW SUPERFOOD SALAD Ⓞ 🌱 • 13

raw veggies, hemp seeds, sunflower seeds, oil free tahini dressing

CHICKEN CAESAR SALAD • 12

crispy chicken, romaine hearts, capers, with house made caesar dressing & croutons



PIZZA

gluten free cauliflower crust \$2

CIAO MARGARITA • 13

tomato and fresh basil
add mushroom \$1

MAC N CHEESE PIZZA • 13

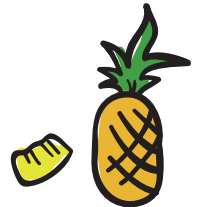
creamy mac n cheese with chipotle ranch and blazin doritos

SPICY PICANTE PINEAPPLE • 13

fresh pineapple, jalapeños, and italian sausage crumbles



SWEET!



ENTREES

DOWNTOWN TONY • 13

portobello mushroom sliders with vegetable slaw and sriracha aioli. served with fresh cut fries and organic ketchup

DANIEL NEGREANU • 13

meatball grinder topped with cheese. served with fresh cut fries and organic ketchup

THE MAC DADDY BURGER • 14

a kickass burger topped with creamy mac n cheese, collard greens, gochujang bbq sauce, and secret burger sauce. served with fresh cut fries and organic ketchup
want it naked? we can do that!

MUCHAS GRACIAS ★ • 13

sweet potato and black bean quesadilla, topped with chipotle ranch and guacamole
gluten free add \$1

CHICKEN POT PIE GNOCCHI • 13

house made creamy herb sauce with chicken, peas, carrots, and mushrooms. topped with pie crust crumbles and herbs

PHO-KING-DELICIOUS Ⓞ 13

vietnamese style pho with a mushroom broth, seasonal vegetables, tofu and rice noodles

CHICKY CHICKY BANG BANG • 13

a nashville style hot, crispy, chicken sandwich with slaw, ranch and bread and butter pickles. has a kick!
served with fresh cut fries and organic ketchup

MAMA MIA • 13

organic spaghetti topped with meatballs and tomato sauce

EGGPLANT STACKS • 13

layers of eggplant, house made cashew ricotta cheese, topped with melted mozzarella cheese and new york style tomato gravy

DOMZ THOMPSON VEGETABLE PAELLA Ⓞ • 13

exotic rice blend, roasted veggies, baby spinach, harissa (chili paste)

TEMPURA AVOCADO TACOS • 13

chipotle, bacon, lettuce, tomato slaw, guacamole, flour tortillas

≡ HAVE ANY ALLERGIES?! LET US KNOW!!! ≡

Ⓞ hey! we're stoked to cook gluten free dishes for ya howeverrr we are not a gluten free restaurant and cross contamination is possible.



≡ POPUP SPECIAL!! ≡
ask what we're cookin' up today

DRINK LIKE YOU GIVE A DAMN



COCKTAILS

SEASONAL SANGRIA • 9

house made sangria with fresh fruits

CULTIVATE KINDNESS • 9

blood orange mimosa

SPICE UP YA LIFE • 9

mango sriracha margarita

THE CHANGE MAKER • 11

whisky spiked cbd iced tea

DOWNTOWN FEELS • 9

grapefruit juice, ginger kombucha, and gin

WE LOVE YOU • 9

pomegranate mule

KEEPING IT SIMPLE • 9

basic bloody mary

ALL THE THINGS • 11

loaded bloody mary



CRAFT BEERS

locally brewed @crafthaus

EVOCATION • 8

belgian saison abv/ 4.7

RESINATE • 8

ipa abv/ 6.5



KOMBUCHA

SPICY GINGER • 7

CANNABLISS • 10

pineapple kombucha, ginger, turmeric, black pepper, lime, cbd

SEASONAL FLAVOR • 7

WINES

SAUVIGNON BLANC • 13/41

minerals, floral, white peach

CHARDONNAY • 15/47

butter, vanilla

GARNACHA • 9/23

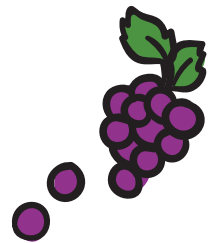
earthy, dark berries

FOURTY OUNCE RED • 11/35

earth & plummy

BRUT BLANC DE BLANCS • 10/24

sparkling



≧ HAVE ANY ALLERGIES?! LET US KNOW!!! ≦