



Everything is Entirely Plant-Sourced and Delicious

SANDWICHES & WRAPS

SALADS ON OTHER SIDE

Burgers Gone Wild

All Burgers Include:

Lettuce, Onion, Tomato, Dressing or Mayo (S)

BREAD: Kaiser Roll, Gluten-Free Roll (\$1.50)

SERVED WITH Premium Corn Chips.

Complimentary Ketchup, Mustard, and/or Hot Sauce

1.Choose Your Burger

❖ **Black Bean** GF

Flavorful and satisfying by The Big Bean Theory's local chef. **Wholesome Ingredients:** Black beans, assorted bell peppers, sweet & red potatoes, red and white onions, parsley, cilantro, ground flax seeds, herbs, and spices. A soft chew that's slightly spicy.



❖ **Beyond Meat® (P) GF**

Just like traditional burgers. All the familiar taste and meaty satisfaction possible between buns! **Primary Ingredients:** Water, pea protein (P), expeller-pressed canola oil, refined coconut oil, rice protein, natural flavors, dried yeast, cocoa butter. *Full ingredient-list link on our website.*

❖ **Artichoke & Quinoa Burger (P). GF**

Crafted with a unique blend of wholesome ingredients: artichokes, chickpeas, spinach, pea protein, quinoa, brown rice, onions. With 13 grams of protein and 25% of daily iron, it's easy to enjoy this blend of ingredients that also include: canola oil, mushroom powder, brown rice flour, garlic powder, potato starch, salt, black pepper, yeast extract, and lemon juice concentrate.

2.Choose Your Style

Southwestern 16

Guacamole, Melted Cheese (C). Lettuce, Onion, Tomato, Dressing or Mayo (S).

Mediterranean 16

Feta Cheese, Artichoke Hearts, Tzatziki Sauce (C,N,S), Lettuce, Onion, Fresh Tomato.

The Monster 18

JUST® Egg Patty (S)*, Melted Cheese (C), Guacamole, Sun-Dried Herbed Tomatoes, Lettuce, Onion, Fresh Tomato, Dressing or Mayo (S)

Basic Burger 12.50

Lettuce, Onion, Tomato, Mayo (S) or Dressing

Sandwiches

All Sandwiches Include:

Lettuce, Onion, Tomato, Dressing or Mayo (S)

BREAD: Kaiser Roll, Whole Wheat, or Gluten-Free (50¢)

SERVED WITH Premium Corn Chips

❖ **GUACAMOLE IN PARIS** 14.25

Guacamole smothered with a JUST® Egg patty (S) (made from plants, just like eggs), and Melted Cheese (C), Sundried Tomatoes, and Artichoke Heart. Lettuce, Onion, Tomato, and Dressing or Mayo.



❖ **CHICKPEA SAVE-THE-SEAS SALAD (S) 12**

Wild Heart's scrumptious blend of Chickpeas, Hemp Hearts (Omega 3s), Nori (Sea Veggie w/Iodine), Mustard, Red Onions, Celery, Mayonnaise (S), Vinaigrette Dressing, and Relish. **Similar to tuna or potato salad.** **Served With:** Lettuce, Carrots, Purple Cabbage, Tomato, Snow Pea Pods, Lettuce, Onion, Tomato, Dressing or Mayo.



❖ **DOUBLE EGG & CHEESE w/ SAUSAGE** 14

Two JUST® Egg Patties (S) and Double Melted Cheese, Sundried Tomatoes, and Field Roast Sausage (W). **Add Herbed Potatoes (\$3)** for a perfect meal. Lettuce, Onion, Tomato, and Dressing or Mayo.

❖ **WILD MAMMA'S BIG DELI** 12.50

Premium plant-based deli slices layered with plant-based cheeses. Lettuce, Onion, Tomato, and Dressing or Mayo. **Enjoy Cold or as a Melt.**



❖ **BIG DELI MELTED DREAMS**

A JUST® Egg Patty (S) over Wild Mamma's Big Deli Sandwich 15.75

Big Wraps

❖ **GREEK ISLES** 14.50

Feta Crumbles (C), Tzatziki Sauce (N), Herbed Potatoes, Artichoke Hearts, Garbanzo Beans, Cucumbers, Lettuce, Onion, and more Tzatziki Sauce (N)

❖ **AMERICANA: STEAK & POTATOES** 16.50

Enjoy this premium, hand-crafted, plant-sourced STEAK (P,S,W), made by Baltimore foodie pros. **Also Includes:** Herbed Potatoes, Organic Spring Mix, Snow Pea Pods, Carrots, Purple Cabbage, Tomatoes, Steak Sauce or Dressing.

Steak Ingredients: Water, Wheat gluten, Textured Vegetable Protein, Canola Oil, Cocoa Butter, Textured Wheat Protein, Yeast Extract, Fruit and Vegetable Juice Concentrates (color), Potato Protein, Wheat Flour, Natural Flavor, Salt, Garlic Powder, Methylcellulose, Psyllium Fiber, Black Pepper. *Made in a facility which processes milk, eggs, finfish, shellfish, sesame, tree nuts, and peanuts.*

❖ **CHICKPEA SAVE-THE-SEAS SALAD (S) 12**

Organic Greens, Carrots, Snow Pea Pods, Tomatoes, Dressing

❖ **BLACK BEAN BURGER BITES** 14

Organic Spring Mix Greens, Tomato, Onions, Carrots, Purple Cabbage, and Dressing.



Add-Ons / Sides

Cheese (C)	2	Feta Crumbles (C)	2.25
Herbed Potatoes	4	Guacamole	1.75
Bean Burger Bites	8.50	JUST® Egg Patty (S)	3
Chickpea Salad Scoop	8		

DRESSINGS

- Wild Heart's Agave-Mustard (S)
- Ranch by Plant Bliss (P,S)
- Chipotle by Plant Bliss (P,S)
- Vinaigrette • Fat-Free Zesty Italian