

PLEASE PLACE
YOUR ORDER BY
FRIDAY @7PM

Fea Soul

MENU FOR SEPTEMBER 21ST

PLEASE NOTIFY ME OF ANY ALLERGENS UPON PLACING
ORDER. I AM NOT A GLUTEN/NUT FREE ESTABLISHMENT.
+\$5 DELIVERY FEE

Small Plates \$8

BBQ JACKFRUIT SLIDERS

Slow-roasted BBQ Jackfruit w/ fresh
Tomato, on mini Pretzel Buns-2 sliders

OCEAN CAKES

2 vegan "crab" cakes featuring Hearts
of Palm & Chickpeas, served w/ a
Sour Tomato Cream Sauce

Salads & Wraps \$12

All wraps are in a large Spinach Flour Tortilla.
May sub for Lettuce Cups upon request.

MEDITERRANEAN KALE SALAD

Marinated Artichokes, Kalamata Olives,
Fresh Tomatoes, Avocado, & Slivered
Almonds on a bed of Blanched Kale
tossed in a Mediterranean Dressing

BUFFALO CAULI WRAP/SALAD

Roasted Buffalo Cauliflower, Fresh
Tomatoes, Shredded Carrot, Romaine
Lettuce, Avocado Coconut Cream

PROBIOTIC KRAUT WRAP

Sauteed Sauerkraut, Sun-dried
Tomatoes, and Roasted Red Bell Pepper,
with Hummus, Cucumbers, Tomatoes,
& Power Greens

Entrees & Sandwiches \$14

OCEAN STIR FRY

Featuring Hearts of Palm, Seasonal
Veggies, Cabbage, Green Beans & Tamari
Sauce w/ Udon Noodles
Sub Jasmine Rice Upon Request.

TACO 'TATO

Baked Sweet Potato, topped with Sauteed
Seasonal Veggies, Kale, Toasted Chickpeas,
Fresh Tomatoes, Guacamole, Vegan Sour
Cream, & Hot Sauce

GRILLED MARKET SANDWICH

Grilled Zucchini & Mushrooms, Roasted Red
Bell Peppers, Tomatoes, Avocado Hummus
Spread on Toasted French Bread. Served
w/ Root Veggie Fries
Sub bread for lettuce cups upon request.

BLACK BEAN ZUCCHINI BURGER

Black Bean Zucchini Patty served with fresh
Tomato & Avocado spread, on a Pretzel
Bun. Served w/ baked Potato Wedges
Sub bun for lettuce cups upon request.

Sub for GF Bread options +\$2

ALL MENU ITEMS
ARE PLANT-BASED!!!