

PLEASE PLACE
YOUR ORDER BY
FRIDAY @ 7PM

Fea Soul

MENU FOR SEPTEMBER 28TH

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

16 oz Soups \$9

Served with your choice of GF Cornbread or
Jasmine Rice

CURRY CABBAGE STEW

Coconut Curry w/ Cabbage, Broccoli,
Carrots, Cauliflower, & Tomato

ROOT STEW

Seasonal Root Vegetables & Greens in
a Mushroom Broth featuring flavors
of Basil, Coriander & Ginger

LENTIL CHILI

Variety of Sweet, Mild, and Hot Chili
Peppers, Seasonal Squash, & Lentils in
a Tomato Based Broth

Salads & Wraps \$12

All wraps are in a large Spinach Flour Tortilla.

TACO SALAD/WRAP

Barbacoa Jackfruit, Black Beans, Corn,
Miyokos Pepper-Jack Shreds, Fresh
Tomatoes, Avocado on a bed of Red
Leaf Lettuce w/ Spicy Lime Dressing

BUFFALO CAULI SALAD/WRAP

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

Sandwiches \$10

Add cup of Soup for \$5.

Sub bread for lettuce cups upon request.

GRILLED MARKET SANDWICH

Grilled Zucchini & Mushrooms, Roasted Red
Bell Peppers, Tomatoes, Avocado Hummus
on Toasted Ciabatta Bread

BBQ BURGER

Black Bean Zucchini Patty served with
Grilled Mushrooms, Avocado & BBQ, on a
Pretzel Bun

ITALIAN BEEF

Italian Beef Style Jackfruit, Giardiniera, &
Au Jus on French Roll

Sub for GF Bread options +\$2

Entrees \$14

OCEAN STIR FRY

Featuring Hearts of Palm, Seasonal
Veggies, Cabbage, Green Beans & Tamari
Sauce w/ Udon Noodles

Sub Jasmine Rice Upon Request.

LASAGNA

Featuring Zucchini & Yellow Squash
"noodles", Lentil Bolognese Sauce,
Housemade Cashew Ricotta

ALL MENU ITEMS
ARE PLANT-BASED!!!