SWEET TREATS

Chia Chocolate Parfait
Rich layers of chocolate chia pudding and vanilla-coconut chia pudding. [GF] 4th

Oatmeal Creme Pie
Whipped vanilla creme between two soft-baked oatmeal cookies. 4th

Peanut Butter Parfait
Creamy whipped peanut butter filling layered between bakery fresh banana bread crumbles and chocolate chips. [GF] 4th

Chocolate Chip Cookie
A chewy, dark chocolate chip cookie. 2

Cupcakes
A delicious variety of freshly baked cupcakes. Selection varies by season and location.

Chocolates
An assortment of rich, smooth and creamy chocolates. Selection varies by season and location.

GOOD TO KNOW

Ingredients
Our food is homemade and often bought locally, or brought in from sustainable suppliers using only plant-based ingredients which include: vegetables, fruits, grains, seeds and nuts. We do not use any animal products of any kind (including honey).

Native Protein
Our tempeh is created from cultured non-GMO soybeans and millet.
Our seitan is created with vital non-GMO wheat gluten.
Our Native chicken is made from non-GMO soy, non-GMO wheat and pea protein.
Our cheeses are made from nuts and Daiya cheese.

Allergens
Native Foods uses nuts, wheat and soy in our kitchens and organic ingredients whenever possible. Not all ingredients are listed on the menu. If you have a specific food aversion please speak with a manager to review all menu ingredients. Please be aware that all of our ingredients share common cooking equipment and utensils, including common oils.

A full list of allergens and ingredients is available upon request.
**BOLD FALL FLAVORS**

**BITES AND SHAREABLES**

**SALADS AND SOUP**

**BBQ Chicken Salad**
BBQ Native chicken, with seitan bacon, roasted corn, organic black beans, jicama, salsa fresca, romaine, avocado and toasted pepitas. Served with creamy green goddess dressing. 10

**Ensalada Azteca**
Fresh avocado, jicama, quinoa, cucumber salsa, romaine, raisins, toasted pepitas, cilantro, mango wedge, and chili con limon. Served with mango-lime dressing. 10

**Taco Salad**
A blend of romaine, cabbage, seitan taco meat, salsa fresca, roasted corn, green onions, cilantro and tortilla chips. Served with creamy chipotle dressing. 9
+ Avocado 1

**Seasonal Soup**
Our kitchen's specially prepared seasonal soups. Your server will let you know what's simmering today. Cup 3 Bowl 5

**ENHANCE YOUR MEAL**

**Seasoned Fries (GF) 2**
Side Salad (GF) 2
Lemon Dill Potato Salad (GF) 2
Steamed Kale (GF) 2
Sweet Potato Fries (GF) 3

**Billiard Slaw**
Served on toasted baguette. 10
+ Add Cheese 1

**Bowls**

**Bangkok Curry Bowl**
Seared, organic tofu steak, steamed veggies, kale and organic brown rice, with red Thai curry sauce, toasted sesame seeds and cilantro. (GF) 10

**Chickpea Tikka Masala**
Chickpeas simmered in a rich coconut and curry sauce, scented with jalapeños and kaffir lime leaves. Served with cilantro jasmine rice, fresh cut pineapple, and finished with cilantro. (GF) 9

**Thai Meatball**
Spicy seitan meatballs, tossed with Thai chili cilantro sauce, roasted red peppers and lemongrass broccoli, on a bed of quinoa and topped with Super Slaw. 9

**Chickpea Sesame Kale Macro**
Seared tempeh atop creamy tahini sauce, tangy sauerkraut, steamed kale and organic brown rice. Served with toasted sesame seeds, green on top and crunchy cucumber salad. (GF) 10

**Baja Tacos**
Three soft corn tortillas stuffed with blackened Native tempeh, creamy chipotle sauce, salsa fresca and shredded cabbage. (GF) 10
+ Guacamole 1

**Reuben**
Sliced deli-style seitan on toasted rye with sauerkraut, cashew horseradish cheese, thousand island dressing and freshly made pickles. 10

**Meatball Sub**
Spicy seitan meatballs, marinara, caramelized onions, roasted red peppers, pumpkin seed pesto, creamy ranch and parmesan. Served on toasted baguette. 9

**Native Chicken Wings**
Native chicken wings made just the way you like ‘em: crispy or grilled, naked or with your choice of sauce (Buffalo or Thai chili dipping). Served with a side of creamy ranch. Small 6 Regular 8

**Thai Chili Brussels Sprouts**
Crispy, crunchy, Brussels sprout halves, tossed in our sweet Thai chili sauce. 5

**Burgers**

**All Native burgers come with a free choice of one $2 side, or pay $1 towards a premium $3 side.**

**Big Ol' BBQ Burger**
Our signature savory patty with seitan bacon, melted cheddar cheese, crispy shallots, tangy BBQ sauce, creamy ranch, lettuce and mayo. Served on a whole wheat bun. 10

**Southwestern Burger**
Our signature savory patty with guacamole, Santa Fe salsa and grilled jalapenos, served on multi-grain ciabatta. 10

**Portobello & Sausage Burger**
Balsamic marinated, grilled Portobello mushrooms, Native seitan sausage patty, caramelized onions, roasted garlic, pumpkin seed pesto, mayo, romaine, and salsa poblano. Served on a whole wheat bun. 9

**Native Scorpion Burger**
Blackened tempeh, chipotle sauce, romaine, carrots, red onions and avocado. Served on a whole wheat bun. 10

**Soul Bowl**
Southern fried Native chicken with organic red beans, organic brown rice, steamed veggies and kale. Topped with ranch and BBQ sauce. Served with freshly baked cornbread. 10

**Paella**
Perfectly roasted Spanish onions, plum tomatoes, and red bell peppers, mixed with grilled zucchini and peas. Served with saffron, turmeric-scented rice, and finished with toasted almonds, Kalamata olives, lemon, and parsley. (GF) 10

**Plantain Chips & Dips**
Perfect for sharing (or not, we won't judge), our plantain chips are tossed in granulated onion seasoning, and served crispy with our famous chipotle sauce and chimichurri aioli. (GF) 5

**Sunflower Butter & Chia Jam Sandwich**
Our nut-free twist on a childhood favorite is good for all ages! Lightly crisped plantain bread, tossed in a crunchy cinnamon-sugar coating, filled with smooth sunflower butter, banana slices, and chia seed jam. Served with organic apple slices. (GF) 6

**Bistro Steak Sandwich**
Our Native Seitan Steak, thinly sliced and seared, and topped with house made tofu bleu cheese, oven roasted tomatoes, crispy shallots and arugula, on a toasted baguette. Comes with a free choice of one $2 side. 10

**Portobello Fajita Tacos**
Portobello mushrooms are marinated in a spicy barbacoa sauce and seared with a variety of peppers and onion. Served inside soft white corn tortillas, with a cashew poblano cream, and tofu cotija cheese. Muy caliente! 9

**Carrot Lox Bagel**
Thin slices of salt-roasted carrots are marinated in lemon, apple cider vinegar, mirin, and smoked paprika and then combined with a thyme-scented cream cheese, pepperoni arugula, a perfectly toasted bagel, lemon, capers, and house pickled onions. 10

**Spicy Fried Cauliflower**
Tossed in fiery Korean gochujang chili sauce and sprinkled with sesame seeds. Served with cool ranch dip, cucumber coins and housesmun, pickled carrots and beets. 8

**Meatball Sub**
Spicy seitan meatballs, marinara, caramelized onions, roasted red peppers, pumpkin seed pesto, creamy ranch and parmesan. Served on toasted baguette. 9

**Native Nachos**
Freshly prepared corn tortilla chips, black beans and chipotle sauce, topped with cashew cheese, salsa fresca, roasted corn, green onions, cilantro and fresh jalapeño peppers. 6
+ Guacamole 1
+ Native seitan taco meat 2
+ BBQ Native chicken 2

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**Avocado Crunch Wrap**
Green goddess dressing and mango mayo, topped with coconut-crustied avocado and wrapped in a whole wheat tortilla. 10

**Twister Wrap**
Fresh mixed greens, cucumber salsa, avocado and your choice of crispy or grilled Native chicken, tossed in Buffalo sauce or naked, served with ranch or chipotle sauce, wrapped in a whole wheat tortilla. 10

**BBQ Chicken Salad**
BBQ Native chicken, with seitan bacon, roasted corn, organic black beans, jicama, salsa fresca, romaine, avocado and toasted pepitas. Served with creamy green goddess dressing. 10

**OC Raw Chopper**
Freshly chopped mixed veggies, seasonal greens, salsa pomo- doro, avocado, almonds, spiral cut beets and sprouts. Tossed with lemon garlic vinaigrette. (GF) 9

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**Native Chicken, Bacon and Avo Club**
Crunchy, herb-crusted Native chicken, seitan bacon, avocado, chipotle sauce, romaine, tomatoes, red onions and carrots. Served on multi-grain ciabatta. 10

**Oklahoma Classic**
Thinly sliced peppered seitan, melted cheddar, caramelized onions, seitan bacon, BBQ sauce, creamy ranch, carrots, tomatoes, red onions and romaine. Served on a whole wheat bun. 10

**Chicken Run Ranch**
Crispy, battered Native Chicken, ranch dressing, romaine, red onions and carrots, served on a whole wheat bun. 10