

1205 S Adams St. Tallahassee FL
Downtown Tallahassee, Just
South of the Capital
(850) 893-8208

Soul Vegetarian Restaurant

"Your Health is Your Wealth"
www.soulvegtallahassee.com
Our Menu is 100% All Natural Vegan Cuisine!

Hours: Mon-Fri 11:00am – 3:00pm
& 5:00pm – 9:00pm
Saturday 12noon – 7:00pm!
Sunday 11am – 7pm!

Enjoy our Delicious Vegan Brunch Every Sunday 11am – 2pm Pancakes/biscuits, yellow grits, scrambled tofu, broccoli, & sausage!

Platters & Daily Specials

Lunch/Dinner Platters \$9.99

(Served w/the fresh steamed vegetable of the day, baked cornbread and your choice of Hebrew vegetable rice or macaroni & cheese. Also choose a Protein - Sautéed Gyro, Curry Tofu, Bar-b-que Tofu or TVP, Sautéed Tofu)



Live/Raw Salad Platters Lg \$10.99 Sm \$5.50

(Crisp romaine lettuce topped w/fresh cucumbers, sprouts, cherry tomatoes & onions – also, choose 3 of the following: couscous, top salad, carrot supreme, seaweed salad, bean curd, bean thread or cheesy broccoli & fresh baked cornbread)



Daily Specials \$10.99 Each

Monday - Baked Spaghetti

(Spaghetti noodles marinated in a rich tomato sauce w/vegan cheese, vegetables & gluten baked to perfection! - served w/fresh steamed veggies, crisp garden salad & fresh baked cornbread)



Tuesday Special - Gluten Free Vegan Pizza

(Fresh bell peppers, onions and top baked in a home m. cheese & tomato sauce on a fresh baked millet & flax crust! Served w/fresh steamed veggies, side salad & fresh baked cornbread)* **On Tuesday's we also have a delicious Island Special: Spicy jerk tofu, Jamaican style rice& peas, cabbage or plantains, side salad & cornbread! Delicious!**



Wednesday - Mashed Potatoes & Battered Tofu

(Deliciously seasoned tofu breaded and baked golden brown, served with creamy mashed potatoes, collards greens, cornbread & side salad!)

Thursday Special - Spinach Quiche

(A delicious quiche made with scrambled tofu, steamed & seasoned spinach, vegan cheese and a handmade crust! Absolute Delicious! Served with steamed collard greens, cornbread & side salad!)* **On Thursday's we also have a delicious breaded, battered & baked golden brown Portabella Mushroom Sandwich - Simply Amazing! \$6.99**



Friday Special - Lasagna or Chili Cheese Mac

(Served w/fresh steamed veggies, crisp garden salad & fresh baked cornbread)

Delicious Daily Bean Special 10.99

(Fresh cooked beans - red beans, black-eyed peas, limas, black beans or chickpeas - served over brown rice, fresh steamed veggies, crisp garden salad & fresh baked cornbread)

Burgers & Sandwiches

Burgers \$5.50

Burgers include, Black bean and the Garvey Veggie Burger! Burgers are Gluten free and are served on a whole-wheat bun (or gluten free millet wrap) w/lettuce tomatoes, onion, bar-b-que sauce, mustard, garlic & cheese sauce



Sandwiches \$5.50

Sandwiches include, Sautéed Tofu Wrap, Sautéed Gyro, Bar-B-que Tofu or TVP, Curry Tofu. All sandwiches are served on a whole-wheat bun (or gluten free millet wrap) w/lettuce tomatoes, onions & vegan garlic and cheese sauce)

Side Orders (choose any 2 items) \$4.50

Vegetables of the Day (collards, cabbage, yams, mixed veggies, plantains or sautéed eggplant)

Vegan Mac & Cheese (or gluten free mac & cheese)

Hebrew Vegetable Rice (seasoned brown rice with peas & carrots)

Protein Selection (bbq tofu or tvp, curry tofu, sautéed tofu strips or gyro)

Live/Raw (choose any 3 of our raw/live items in smaller bowl)

Gluten Free Pizza

Veggie Patties

Delicious Deserts \$3.25

(Unbleached Wheat or Gluten Free)

Sweet Potato/Apple Pie

Chocolate Cake

Almond Cake

Strawberry Cake

Vanilla Spice

Lemon



Fresh Fruit Smoothies \$4.50

Strawberry Heaven

Awesome Blueberry Blast



Beverages \$3.25

Ginger Citrus Punch (orange, pineapple & lemon juice, ginger & raw brown sugar)

Hebrew Tropical Punch (red zinger tea, orange, pineapple & lemon juice & raw brown sugar)

Bottled Water (\$1.00)

Coconut/Soybean Ice Cream

By the Scoop \$2.20

Creamy Ice Cream Shake \$5.79

(Vanilla, Butter pecan, Mint Chip, Coffee & Chocolate)

