

BRUNCH

SERVED UNTIL 5PM

Cage free eggs or tofu scramble (contains nuts 🥜). Sweet potato homefries add .75

BREAKFAST BURRITO	8.50	BLUE PLATE	6.25
Two scrambled eggs or tofu with homefries, peppers, zucchini, pico de gallo and asadero wrapped in a whole wheat tortilla with a choice of beans, chorizo or both. Smothered in a choice of gravy or green chili.		Two eggs any style or scrambled tofu served with choice of potato or rice, toast and gravy, green chili or salsa	
BREAKFAST TACOS 🌿	8.50	B&G	
Three soft corn tortillas filled with eggs or tofu, peppers and onions, homefries, asadero and cilantro pesto		House-made biscuits & gravy	6.75
Add tempeh chorizo	.50	With eggs or scrambled tofu	7.75
		1/2 order	5.75
		1/2 order with eggs or scrambled tofu	6.50

AMSTERDAM HASH	8.75
Grilled vegetables and homefries with eggs any style or tofu and topped with breakfast gravy. Served with choice of potato or rice and toast	

BANANA BREAD FRENCH TOAST	9.50
Topped with maple roasted walnuts. Served with syrup and fruit. Substitute Real Maple Syrup 2.50	

BREAKFAST SANDWICH 🥔	9.75
Eggs or tofu on toasted focaccia with melted gruyere, sundried tomato walnut spread, arugula, onion and tomato. Served with choice of potato or rice and fruit	

APPETIZERS

ROASTED VEGETABLE BRUSCHETTA	8.25
Roasted red pepper, eggplant and roasted garlic with balsamic reduction, olive oil and feta. Served with crostini and spring greens	

SWEET CHILI EGG ROLLS	8.25
Cabbage, tofu, portobello mushrooms, carrot and green onion stuffed in a crispy vegan wrapper. Served with a sweet chili mango sauce	

SEITAN WINGS	8.25
Crisp seitan tossed in your choice of buffalo, BBQ, or teriyaki sauces. Served with ranch and celery	

NACHOS 🌿	8.25
Blue corn tortilla chips covered in refried beans and asadero cheese. Topped with avocado and pico de gallo. Served with green chili. Vegan nachos topped with chipotle aioli	

DEVEILED EGGS	6.00
Topped with crispy crimini “bacon” and smoked paprika	
SAMOSAS	8.50
Fried Indian street food filled with curried potato and vegetables. Topped with a cilantro chimichurri and a carrot and currant slaw	

SANDWICHES & WRAPS 9.75

Served with choice of two of the following sides: French Fries, Mashed Potatoes & Gravy, Steamed Greens, Coleslaw, Seasonal Quinoa Salad, Corn Tortilla Chips, Seasonal Vegetables, Brown Rice, Sweet Potatoes, Broccoli, Spring Greens or Cup of Soup. Onion Rings add 1.00 / House Salad 2.50

PO BOY
A choice of polenta encrusted wild mushrooms or artichoke hearts on our kaiser roll with chipotle or lemon caper aioli and coleslaw

GRINDER
Shaved seitan, swiss cheese, peppers, onions, mushrooms and avocado on our toasted baguette. Served with au jus

MAXIMUS BURGER 🥔
A pinto bean and quinoa burger served on our kaiser roll and topped with lettuce, tomato, onions and special sauce. Add cheese for .75

REUBEN
Marinated portobello mushrooms grilled with sauerkraut, melted swiss and special sauce on rye

CHAMP
Freshly baked focaccia layered with roasted beets, red onion, grilled zucchini, sprouts, swiss cheese and lemon caper aioli

TEMPEH CUBAN
Grilled tempeh with mustard, pickles and swiss on our toasted baguette

DONA LEE WRAP
A warm whole wheat tortilla stuffed with herb-encrusted seitan, lettuce, tomato, avocado and ranch dressing

JUAN WRAP 🥔
Sweet potatoes, sautéed mushrooms and onions, cilantro pesto and smoked mozzarella wrapped in a whole wheat tortilla

JIMMY WRAP
A whole wheat tortilla spread with hummus and stuffed with chopped greek salad and sheep's milk feta

BLACKENED CAESAR WRAP 🥔
Blackened tofu and a fresh caesar salad stuffed into a whole wheat tortilla with roma tomatoes and red onion.

SIDES

Avocado	2.25	Seitan Strips	4.25	Dressing	
Fruit Bowl	5.25	Veganaise	1.75	Small	.75
Eggs/Scrambled Tofu/Chorizo	3.00	Biscuit	2.00	Large	1.50
Toast/Tortilla	2.00	Homefries/Refried Beans/			
Salsa	2.00	Brown Rice	4.75		
Gravy/Green Chili	3.00	Sour Cream/Vegan Sour			
		Cream	.75		

No Gluten Ingredients Added 🌿
Contains Nuts 🥜

PLEASE INFORM US OF ANY FOOD ALLERGIES / WE ARE HAPPY TO MAKE SUBSTITUTIONS ALTHOUGH AN UP-CHARGE MAY APPLY

ENTRÉES

Add a house salad 4.50 or a cup of soup 1.75 substitute sweet potatoes .75

ANDALUSIAN PASTA	12.95
Sautéed butternut squash, green olives, cannellini beans and fresh sage tossed in a browned butter sauce with linguine and parmesan	
Add a protein	3.00

MACRO PLATE 🌿	11.95
Crispy or grilled tofu or tempeh served with teriyaki or orange ginger sauce over brown rice. Served with steamed greens, arame salad and pickled cabbage	

MESQUITE TOFU 🥔	13.95
Mesquite smoked tofu with sweet potato mash, creamed corn, shiitake mushrooms and steamed greens	

THAI STIR FRY 🌿 🥔	11.95
Broccoli, carrots, cabbage and onions in a spicy peanut sauce served over brown rice. With choice of crispy or grilled tofu or tempeh	

MONTI PASTA	13.95
Garlic and shallots sautéed and tossed with smoky portobello mushrooms, artichoke hearts, broccoli florets, brie, red pepper flakes and penne	
Add a protein	3.00

COUNTRY FRIED SEITAN 🥔	11.95
A hearty breaded seitan steak served with mashed potatoes, country gravy and green bean casserole	

SWEET POTATO & BLACK BEAN TACOS 🌿	11.95
White corn tortillas filled with marinated sweet potatoes, black beans, peppers and onions. Finished with cilantro lime slaw, pico de gallo, avocado and fresh asadero	
Add tempeh chorizo	.50

BLACKENED TOFU 🌿 🥔	11.95
Spiced tofu topped with coconut cream sauce. Served with brown rice, broccoli and avocado	

SPECIALTY SALADS

Served with home-made toast upon request. Add a protein for 3.00 All salads are wheat free without bread except the Caesar and the Ruk Kora

THREE SISTERS 🥔	8.75
Mixed greens and romaine lettuce with grilled zucchini, tempeh chorizo, fire roasted corn, black beans, avocado, pico de gallo and chili lime pepitas & peanuts. With chipotle ranch	

SPINACH	8.50
Baby spinach with tart apples, maple roasted walnuts and gorgonzola. With raspberry vinaigrette	

CAESAR	8.50
Romaine lettuce tossed with parmesan cheese, caesar dressing and croutons	

GREEK	8.50
Leaf lettuce, greek olives, roma tomatoes, red onions, cucumbers and sheep's milk feta tossed in our Greek dressing	

RUK KORA 🥔	8.75
Fresh arugula with carrots, fresh beets, edemame, cucumber and oranges. Topped with goat cheese, tamari roasted cashews, black sesame seeds and crispy soba noodles. Tossed in yuzu vinaigrette	

GRAPEFRUIT SALAD 🥔	8.75
Frissee and Arugula tossed with grapefruit, carrots, pretzel croutons and beer mustard vinaigrette. Topped with blackened seitan and blue cheese	

BEVERAGES

Hibiscus Warmer Iced Tea	2.75
Mango Ceylon Iced Tea	2.75
Rosie Palmer (Hibiscus and Lemonade)	3.00
Kombucha	3.75
Milk (Whole, Skim, Rice, Soy, Almond)	1.75/2.25
Blue Sky Sodas (Cola, Rootbeer, Cherry Vanilla Cream, Lemon-Lime, Dr. Becker)	1.99
Juices (Orange, Apple, Cranberry, Pineapple, Vegetable)	2.00/3.50

ESPRESSO & COFFEE

ALL ESPRESSO DRINKS CAN BE PREPARED ICED		EXTRA ESPRESSO SHOT .75 FLAVOR SHOT .75	
	8oz	12oz	16oz
House Coffee	2.50		
Espresso (double shot)	2.50		
Macchiato (traditional style)	2.80		
Mocha	3.30	3.80	4.40
Americano	2.50	2.50	2.50
Cappuccino	3.00	3.55	
Latte	3.00	3.55	4.10
Bhakti Chai	3.00	3.50	4.10
Cafe Au Lait	2.05	2.30	2.80
Syrup Flavors: vanilla, caramel, hazelnut, almond, irish cream, peppermint, raspberry, sugar free vanilla, sugar free hazelnut			

Please ask about our assortment of loose leaf teas available hot or iced.

SMOOTHIES

TRY ONE OF OURS OR CREATE YOUR OWN		4.50
UP TO 4 INGREDIENTS AND CHOICE OF JUICE. EXTRA INGREDIENTS 1.00		
BANANA COLADA	Fruits	Supplements
Bananas, Pineapple Juice and Coconut	BANANAS	CACAO
ORANGE BLOSSOM	BLUEBERRIES	SPIRULINA
Orange Juice, Berries and Lime	MANGO	SOY PROTIEIN
CACAO BANANA BLISS	PEACH	Juices
Milk, Bananas and Pure Cacao	RASPBERRIES	COCONUT MILK
SABERI	STRAWBERRIES	PINEAPPLE
Blueberries, Strawberries, Raspberries, Bananas and Orange Juice		ORANGE JUICE
SUNRISE		
Orange Juice, Bananas, Strawberries, Peaches and Blueberries		

BUILD YOUR OWN SALAD 8.50

Choice of greens, dressing and 4 ingredients Additional ingredients .50 / Additional proteins 3.00
Served with home-made bread upon request.

GREENS	PROTEINS	CHEESE	FRUIT & NUTS	VEGGIES	ODDS & ENDS
Arugula	Herbed Seitan	Fresh Asadero	Apples	Alfalfa	Grilled Zucchini
Green Leaf	Herbed Tofu	Sheep's Milk	Maple	Sprouts	Kalamata
Spinach	Smoky	Feta	Roasted	Artichoke	Olives
Spring Mix	Tempeh	Goat Cheese	Walnuts	Hearts	Mushrooms
Romaine	Tempeh	Gorgonzola	Chili & Lime	Avocado	Pepperoncini
	Chorizo	Parmesan	Roasted	Bell Peppers	Peppers
	Hard Boiled Egg		Pepitas & Peanuts	Beets	Red Onions
			Pine Nuts	Broccoli	Roasted Corn
			Pistachios	Butternut	Roma
			Sesame Seeds	Squash	Tomatoes
			Strawberries	Capers	Smoky
			Roasted Cashews	Carrots	Portobellos
			Oranges	Cucumber	Sun-dried
				Fresh Basil	Tomatoes
				Green Olives	Sweet
					Potatoes

DRESSING

All Vegan
Ranch, Chipotle Ranch, Miso Tahini, Lemon Poppyseed, Raspberry Vinaigrette, Balsamic Vinaigrette, Yuzu Vinaigrette, Greek, Lemon Juice, Apple Cider Vinegar, Rice Wine Vinegar, Sesame Oil, and Extra Virgin Olive Oil

Proteins 101

Tofu-

Tofu is made from cultured soymilk and is very mild in flavor which enables our chefs to enhance it to suit a particular dish. It is high in iron and protein and contains no saturated fats or cholesterol

Tempeh-

Tempeh is made by a natural fermentation process that binds whole soybeans into a cake form making it nuttier and crunchier than tofu. It is rich in protein and minerals

Seitan-

Seitan (pronounced SAY-tahn) is a low fat, high protein, chewy, firm textured meat substitute made by washing the starches away from high gluten flour leaving only the wheat proteins. Our seitan is created in-house

We are happy to make substitutions although an up-charge may apply



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