



CALL IN YOUR ORDER 323-731-8344

# VEGETARIAN TAKE OUT

1436 W. JEFFERSON BLVD. LOS ANGELES, CA 90007 (ONE BLOCK EAST OF NORMANDIE)

TUESDAY- SATURDAY 11:00AM TO 9:00PM

SUNDAY 11:00AM TO 7:00PM

CLOSED MONDAY

## VEGAN SOUL FOOD

<b>00 ZERO</b> Cook's choice - our version of a wild card - potentially anything in the house - no substitutions (Spicy or Mild).	7.95	<b>09 BBQ COMBO</b> Vegan ribs & chik'un red beans brown rice and choice of greens or cucumber salad.	10.95
<b>01 STEAMED VEGI</b> Steamed or pan fried medley of fresh vegetables and sautéed spinach served over raw cabbage or brown rice. (Add tofu \$1.79)	7.95	<b>10 TERIYAKI CHIK'UN MEAL</b> Vegan chik'un marinated in teriyaki sauce and topped with sesame seeds. Served with brown rice, black beans and our cucumber salad.	8.95
<b>02 KALE YEAH</b> A generous portion of tender stir fried kale, sesame seeds and teriyaki sauce served with black beans, brown rice and red onions.	8.95	<b>11 "SEE FOOD" GUMBO</b> <b>Small \$6.95 /Large</b> A rich stew of tomatoes, cauliflower, vegan protein, brown rice, distilled water, olive oil, herbs & spices.	10.95
<b>03 TOMATO MAC</b> Vegan mac and cheese top with fresh tomatoes and served with a side of spinach.	7.95	<b>12 TACO PLATE</b> Two freshly prepared soy tacos, whole wheat shells served with black beans and brown rice.	7.95
<b>04 CHIK'UN STUFFED YAMM</b> Vegan barbeque chik'un and spinach stuffed yamm served with baby lettuce	8.95	<b>13 VEGAN DELIGHT</b> A medley of seasoned fresh vegetables served over a bed of brown rice topped with vegan BBQ chik'un	9.95
<b>05 HOUSE CHILI</b> <b>Small \$3.95 /Large</b> Enjoy an 8 or 16 ounce cup of our vegan chili with beans, delightfully seasoned with herbs and spices. Topped with fresh tomatoes or vegan cheese	7.65	<b>14 STUFFED YAMM - (House Specialty)</b> Beautiful red yams stuffed with assorted fresh vegetables and vegan ribs, topped with our secret sauce & served with a side of fresh greens and tangy red beans. Add broccoli for \$1.29.	10.95
<b>07 "FIBBS" (Classic or Babyback Ribs)</b> Vegan barbeque ribs with red beans brown rice and choice of greens or cucumber salad.	8.95	<b>15 VEGISOUL PLATE</b> Seasoned Seitan, fresh bell peppers, grilled onions and tender red beans over brown rice or raw cabbage.	8.95
<b>08 BBQ CHIK'UN</b> Vegan barbeque chik'un with red beans brown rice and choice of greens or cucumber salad.	8.95		

*Soy-free options available for most entrees  
Want Spinach instead of Greens? Add \$1 more*

## TOFU DISHES

<b>16 BLACKENED TOFU</b> Blackened tofu, seasoned peppers, black beans, onions and celery, served over brown rice or raw cabbage.	\$8.95	<b>18 AFU AHH! (spicy)</b> Tofu, peanuts, carrots, whole red peppers, house sauce and onions served over brown rice or raw cabbage.	\$8.95
<b>17 TERIYAKI BROCCOLI</b> Seasoned tofu and broccoli, sweet onions, red bells and teriyaki sauce over brown rice or raw cabbage.	\$8.95	<b>19 PINEAPPLE TOFU (spicy)</b> Delicious spiced tofu, pineapple chunks, green onions, peppers and jalapenos served over brown rice or raw cabbage (add cashews \$1)	\$8.95

## SIDE

	Sm. (Individual)	Lrg. (Serves 2-4)
RED POTATO SALAD	2.89	5.50
VEGAN MAC	2.89	5.50
CUCUMBER SALAD	2.25	4.50
SPINACH	3.75	6.50
GREENS	2.75	4.99
RED BEANS	1.89	3.75
BLACK BEANS	1.89	3.75
BROWN RICE	1.09	2.15
HOUSE SALAD	2.99	4.99
CORNBREAD	2.29	----

## DRINKS

	Sm.	Lrg.
LEMONADE	2.50	3.50
BLUEBERRY LEMONADE	2.50	3.50
CRANBERRY LEMON	2.50	3.50
GINGER LEMON	2.50	3.50
PINEAPPLE GINGER	2.50	3.50
MOJITO (VIRGIN)	2.50	3.50
ICED TEA (UNSWEETENED)	2.00	3.00
TIGER WOULD	2.50	3.50
BOTTLE WATER	----	1.29

## BURGERS (make it vegan for \$.65)

VEGIBURGER	\$4.75
HABE BURGER (EXTREMELY SPICY)	\$4.75
PINEAPPLE JALAPEÑO BURGER (SPICY)	\$4.75
BBQ CHIK'UN SANDWICH	\$4.75
FIBB SANDWICH	\$5.45

