

Southeast Grind Menu

FRESH, HEALTHY, DELICIOUS

RAW FOOD DISHES:

- FRUIT & VEGGIE SMOOTHIES
CAN BE MADE WITHOUT HEMP MILK, SUB WATER OR LIME JUICE
- GREEN ENERGY SALAD
- MELON, AVO, STRAW SALAD
CAN BE MADE WITHOUT DRESSING
- FRUIT CUP
- SOME SOUPS, ASK BARISTA



GLUTEN-FREE DISHES:

- ANY SANDWICH MADE WITH GLUTEN-FREE BREAD
- ANY WRAP WITH LETTUCE INSTEAD OF TORTILLA
- ANY SALAD WITH GLUTEN-FREE DRESSING
- GRANOLA PARFAIT
- FRUIT CUP
- STEEL CUT OATS
- HUMMUS PLATE
- ALL SMOOTHIES
- MANY PASTRIES, ASK BARISTA
- SOME SOUPS, ASK BARISTA

VEGETARIAN DISHES:

- GRILLED CHEESE
- HUMMUS AMONG US
- BANANA RAMMA SAMMY \$5.00
(BANANAS, HONEY, PEANUT BUTTER, HAZELNUTS)
- VEGGIE SANDWICH \$6.00
(LETTUCE, TOMATO, AVOCADO, CHEDDAR, CUCUMBER, SPINACH, ONION)
- ALL COOKED PIES
- ALL BAGELS
- QUINOA FIESTA SALAD
- GREEN ENERGY SALAD
- MELON, AVO, STRAW SALAD

VEGETARIAN DISHES CONT:

- HUMMUS WRAP
- QUINOA FIESTA WRAP w/ HUMMUS
- GRANOLA PARFAIT
- FRUIT CUP
- STEEL CUT OATS
- HUMMUS PLATE
- POPCORN
- ALL SMOOTHIES
- SOME SOUPS, ASK BARISTA

VEGAN DISHES:

- BANANA RAMMA SAMMY w/ AGAVE
- VEGAN SANDWICH
- HUMMUS AMONG US w/OUT CHEESE
- VEGAN JAMBALAYA PIE
- QUINOA CRUNCH PIE
- QUINOA FIESTA SALAD
- GREEN ENERGY SALAD
- MELON, AVO, STRAW SALAD
- HUMMUS WRAP w/OUT CHEDDAR
- GRANOLA PARFAIT w/ AGAVE

VEGAN DISHES CONT:

- FRUIT CUP
- ALL SMOOTHIES
- MANY PASTRIES, ASK BARISTA
- SOME SOUPS, ASK BARISTA