

SPIRAL

≡≡≡ DINER & BAKERY ≡≡≡



ORGANIC PURE VEGAN FOOD AND PRODUCTS

www.SpiralDiner.com



GLOSSARY

Agave

the nectar of an agave plant is a perfect alternative to honey, as it is very similar in color, texture and taste.

Fair Trade

Fair Trade is an alternative approach to conventional international trade. it is a trading partnership which aims at sustainable development for excluded and disadvantaged producers. it seeks to do this by providing better trading conditions by raising awareness and by campaigning. we purchase fairly traded products such as coffee, sugar, chocolate, bananas, tea, and many other items when they are available.

Meatballs

we use Nate's Meatless Meatballs in the "savory mushroom" variety. they are made of TVP and mushrooms, among other things. they contain both wheat and soy.

Organic

describes fruits and vegetables that are grown without the use of chemical pesticides, artificial fertilizers, or food additives.

Quinoa

pronounced "keen-wah". it is a tiny seed that can be used interchangeably with rice, although it is technically not a grain. quinoa is called the "perfect protein" because it contains all of the essential amino acids humans need. it is a good source of fiber, iron, and protein, and it is gluten-free.

Seitan

pronounced "say-tahn". a meat substitute made of wheat gluten. when prepared, it has the texture of something like shredded chicken.

Spelt

a grain. it's a member of the wheat family, but is usually suitable for people with common wheat allergies. this bread is available for wheat-free folks. it can be substituted on sandwiches or toast.

Stevia

a plant in the sunflower family. its leaves are used to make a natural sweetener that is a great alternative to sugar. it's sweeter than sugar and is a good alternative for people on low-carb or low-sugar diets, including (in many cases) diabetics. we always have stevia packets on our condiment counter in lieu of equal, sweet 'n' low, etc.

Tahini

a thick butter made of sesame seeds. Spiral's tahini dressing is made of tahini butter, lemon juice, water, and spices. it is also a major ingredient in our hummus.

Tempeh

pronounced "tem-pay". a patty made of fermented soy and grains. it is a wonderful source of protein and fiber and contains all the essential amino acids. it's easier to digest than regular soy because of the enzymes created during the fermentation process. we use the five-grain tempeh made by White Wave. ingredients: organic soybeans, filtered water, wheat, barley, millet, oats, brown rice, white rice, tempeh culture.

Tofu

a meat substitute made of soy beans, it comes in soft, white blocks, and when cooked it takes on the flavor of whatever ingredients it's cooked with. we use both firm and silken tofu for different recipes. tofu is a good source of protein and calcium.

TVP

stands for Textured Vegetable Protein. TVP is made through a process that removes the starch and fat from soy flour, leaving just the protein. the result makes a great ground beef substitute.

Unrefined Sugar

sugar is often refined using a bleaching method called bone charring to decolorize the crystals. bone char is literally charcoal made out of animal bones, which is why refined sugar is often not considered vegan. this process is used for about 50% of the sugar brands on the market and includes white granulated sugar, some brown sugars, and powdered sugars as well. we used raw cane sugar, an unbleached alternative to refined sugar.

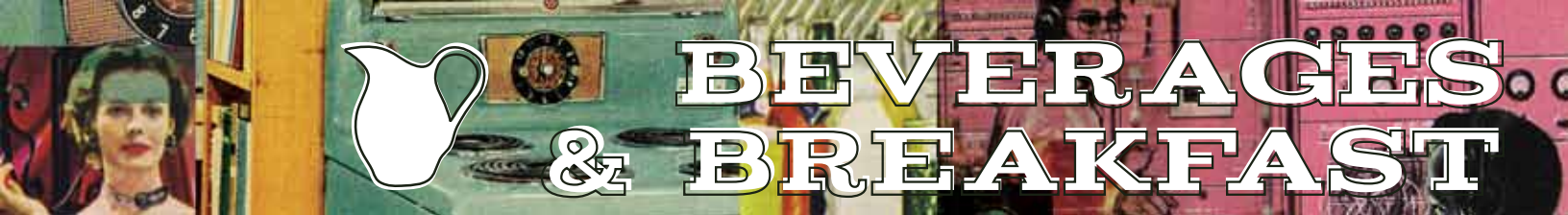
"Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to
a vegetarian diet."

ALBERT EINSTEIN

"Teaching a child **not to step on a caterpillar** is as valuable to the child as it is to the caterpillar."

BRADLEY MILLER





COFFEE, ESPRESSO & HOT TEA

We only use delicious 100% Organic and Fair Trade coffee. All drinks come with choice of almond or soymilk and can be iced on request.

Add a shot of flavor to any coffee or espresso drink for \$.50. choose from coconut, hazelnut, vanilla, or caramel

Espresso	double shot. \$2.00
Cafe Latte	a double shot of espresso with your choice of steamed almond or soymilk. \$3.75
Cafe Mocha	a double shot of espresso with cocoa and your choice of steamed almond or soymilk. \$4.00
Chai Latte	steamed soy or almond milk mixed with a shot of thundercloud chai and lightly sweetened with agave nectar. \$4.00
Cafe Americano	a double shot of espresso (diluted to coffee strength) with hot water. \$2.50
Hot Cocoa	cocoa with your choice of steamed almond or soymilk. \$3.00
Hot Tea	ask your server for our selection of fair trade, organic teas. \$2.50
Bottomless Cup of Coffee (self serve)	regular or decaf. \$2.50



FIZZY BEVERAGES & OTHER DRINKS

\$2.50

Coconut Limeade	fresh squeezed limeade sweetened with a shot of coconut syrup. \$2.50
Agave Limeade	fresh squeezed limeade sweetened with agave nectar. \$2.50
Chocolate or Plain Soy Milk	\$2.50
Chocolate or Vanilla Almond Milk	\$2.50

check the dessert section for our delicious organic smoothies

Oogavé is the first soda to be sweetened only with 100% certified organic agave nectar—not one drop of High Fructose Corn Syrup. No artificial flavors, artificial colors, salt or preservatives. *Caffeine free except Cola flavor, which has caffeine from green tea leaves.

OOGAVÉ SODAS ON TAP (self-serve) \$2.50

Root Beer, Watermelon Cream, Cola, Ginger Ale, Grapefruit

ICED-T (self-serve) \$2.50



FRESH ORGANIC JUICE

Fresh-squeezed juice made with 100% organic fruit.

Pick one juice or any combination of:

APPLE, ORANGE, CARROT, AND GINGER \$2.95 sm / \$4.95 lg

Ginger Shot	a shot of fresh ginger. have it straight up or add it to a smoothie. kick that sore throat in the teeth. \$1.95/oz.
Fruit Slushie	your choice of juice blended with frozen strawberries. \$4.95 16oz.
Carafe of Juice	\$9.95

BREAKFAST ALL DAY

Tofu Scramble	\$3.50
Sausage	\$2.95
The Nighthawk	tofu scramble, two slices of sausage, and two slices of grilled toast with your choice of jelly: grape, strawberry, or raspberry. \$7.95
Breakfast Quesadilla	melty cheese, tofu scramble, sausage, creamy chipotle, green onions and tomatoes. served with sour cream, guacamole and pickled jalapeños on the side. \$9.50
Viva Las Migas	tofu scramble mixed with black beans, corn, tomatoes, black olives, bacon bits, onions, red bells, zucchini, potatoes, and salsa. topped with avocado and sour cream and served with corn chips, corn tortillas or flour tortillas. \$9.95
Sunshine San'ich	tofu scramble [with onions, bell peppers, and potatoes] grilled up with bacon bits and served with mayo on grilled toast. \$7.50 add cheese for .95
Southern Comfort	hashbrowns, tofu scramble, and sausage. \$8.95 add cheese to hash for .95
Hashbrowns	\$2.95 add cheese for .95

Check the cooler for a variety of bottled drinks.



STARTERS & SALADS

APPETIZERS & A LA CARTE

Due to our commitment to freshness and use of specialty and organic ingredients, we may be temporarily sold out of certain items. Thanks for understanding!

Hummus	homemade the traditional way with fresh garbanzo beans and spices. served with corn chips or flour or corn tortillas. \$4.95 sm / \$6.95 lg	Chips & Salsa	a mess of corn chips with our fresh salsa. \$3.50
Potato Salad	homemade, creamy, and delicious! half order, \$1.95 / full order, \$3.95	Hot Nacho Cheese & Chips	amazingly cheeseey cashew-based cheese with chips. \$4.95
Bowl o' Broccoli	blanched broccoli served with your choice of dressing on the side. half order, \$1.95 / full order, \$3.95	Guacamole & Chips	made from scratch guac with a pile o' chips \$4.95
Side Salad	mixed greens, carrots, peas, corn, black olives, cucumber, and tomato with your choice of dressing on the side. \$3.50	Chip & Dip Party	nacho cheese, guacamole and salsa with tons of chips \$6.95
Toast	two slices of grill-toasted multi-grain bread. plain or italian seasoned. \$1.95	Black Beans	half order, \$1.95 / full order, \$3.95
Soup of the Day	look at our specials board	Mexican Quinoa	half order, \$1.95 / full order, \$3.95
Apples & Peanut Butter	sliced apples and natural peanut butter. \$3.95	Nachos Supremo	\$9.50
		Chipotle Quesadilla	\$9.50
		Portobello Quesadilla	\$9.50

SALADS

Add grilled tofu, seitan, nut burger patty, portobello mushroom or a scoop of chik'nless salad for \$2.50
Add hemp seeds for \$1.00

DRESSINGS: ranch, spicy ranch, balsamic vinaigrette, agave mustard, tahini, raw walnut
*all dressings are served on the side.

The Big Texas Salad	a generous helping of salad greens, carrot, corn, cucumber, avocado, peas, black olives, tomato, raisins, and spicy pecans with your choice of dressing on the side. \$7.50	All Raw Salad	salad greens with zucchini, carrots, red bell peppers, tomatoes, avocado, cucumbers, apples, raw nuts, hemp seeds, and raisins with raw walnut dressing. \$7.50
Chef Salad	salad greens with carrots, cucumber, avocado, olives, tomato, cheese, bacon bits, grilled tofu, and fresh cracked pepper with your choice of dressing on the side. the chef recommends ranch dressing. \$7.95	The Taco Salad	taco meat, mexican quinoa, corn, black beans, green onion, black olives, avocado, shredded carrot, and peas over salad greens with salsa, sour cream, and ranch dressing. served with corn or flour tortillas or corn chips. it fulfills all your wishes with taco flavored kisses. \$8.50
Chik'n-less Salad	salad greens with a scoop of chik'n salad, carrot, cucumber, tomatoes, avocado, red onion, and pineapple with your choice of dressing on the side. \$7.95	BBQ Salad	salad greens with chopped BBQ seitan, peas, corn, carrots, tomatoes, olives, avocado, and sliced red onion with your choice of dressing on the side. \$7.95



WRAPS & SANDWICHES

WRAPS & BURRITOS

Your choice of side. Ask your server for today's choices.
Add avocado for \$.95, cheese \$.95, guac \$1.95.

Veggie Wrap

shredded carrot, cucumber, avocado, green peas, black olives, diced tomato, raisins, mixed salad greens, raw walnuts, pecans and pine nuts. served with your choice of dressing all wrapped up in a flour tortilla. **\$7.50**
add grilled portobellos for \$2.50

Sweet Luv'Us Hummus Wrap

a layer of baked sweet potato, a layer of hummus, broccoli, cucumber, avocado, salad greens, and spicy pecans. your choice of tahini or ranch dressing, all wrapped up in a flour tortilla. **\$7.75**

Crispy Spring Wrap

grilled seitan, carrots, cucumbers, avocado, red bell peppers, red onion, and salad greens topped with our homemade agave mustard dressing. **\$8.50**

Hot Hummus Wrap

stuffed with hummus, grilled veggies [broccoli, black olives, carrots, corn, and green peas] black beans, pine nuts, and avocado with your choice of ranch or tahini dressing. wrapped up, grilled, and sealed in a tortilla. **\$8.50**

Savory Seitan Wrap

seasoned seitan grilled with red bell pepper, black olives, tomato, corn, carrot, and avocado wrapped up in a grilled tortilla with chipotle mayo. **\$8.50**
add cheese for .95

The "Ate" Layer Burrito

veggie taco meat, mexican quinoa, black beans, tomato, green onions, avocado, corn, black olives, sour cream, and chipotle mayo. all wrapped up, grilled, and sealed in a tortilla. **\$8.50**
add cheese for .95

Parmesan Wrap

marinated, grilled seitan covered in our marinara sauce with black olives, pineapple, zucchini, bell peppers, pine nuts, pesto and mozzarella all wrapped up, grilled and sealed in a flour tortilla. **\$8.50**

*Thank you for supporting
our locally owned and truly
independent business.*

SANDWICHES

Your choice of side. Ask your server for today's choices.
Add avocado for \$.95, cheese \$.95, guac \$1.95.
Spelt-Quinoa bread is available for any sandwich.

Chik'n-Less Salad San'ich

diced seitan, chopped apples, cranberries and pecans tossed with a creamy herbed mayo/mustard dressing. topped off with lettuce, tomato, and mayo. served on toasted multi-grain bread. **\$7.50** goes great with pineapple, add .95.

V-L-T

bacon bits, lettuce, and tomato served on grilled multi-grain bread with mayo. simple and delicious. **\$4.50** add avocado for .95

Sunshine San'ich

tofu scramble [with onions, bell peppers, and potatoes] grilled up with bacon bits and served with mayo on grilled toast. **\$7.50**
add cheese for .95

Grilled Tofu San'ich

marinated tofu with black olives, cucumber, tomato, onion, lettuce, pine nut pesto, mayo, and ketchup on grilled multi-grain bread. **\$8.50**

"The Mitch" Tofu Club

chipotle mayo, bacon bits, grilled tofu, lettuce, tomato, and that special extra piece of bread in the middle. big and delicious with frilly toothpicks. **\$8.50**
add avocado for .95

Jamaican Jerk BBQ San'ich

multi-grain tempeh marinated in our homemade jerk sauce, blackened and topped with grilled pineapple, lettuce, red onion, pickles, and mayo. served on grilled multi-grain bread. **\$8.50**

Chopped BBQ San'ich

sometimes people say the word 'genius' in relation to our food. this is a perfect example of why. our marinated and grilled seitan with illustrious homemade barbeque sauce on grilled bread with dill pickles, rings of fresh red onion and mayo. **\$8.50**

Meatball Sub

delicious meatballs with our homemade marinara, cheese, and black olives on a hoagie roll. **\$7.95**
add pesto and pine nuts for 1.95

Philly Cheese Steak

loads of our marinated and grilled seitan with melted cheese and grilled red bell peppers, onions, tomatoes, and olives on a hoagie bun. **\$8.95** Add BBQ sauce for .95

The Simpleton

avocado, cucumber, tomato, lettuce, mayo, and fresh cracked pepper on spelt-quinoa bread. **\$5.25**

Peanut Butter & Jelly San'ich

natural peanut butter with your choice of jelly [grape, strawberry, or raspberry]. served on multi-grain bread—a perfect meal. **\$3.75**

Pickle San'ich

Cri's classic poor man meal. two slices of grilled multi-grain bread with mayo and pickles. we'll even throw in a side for you. **\$2.95**



BURGERS & HOT PLATES

Each burger comes with your choice of patty.

BURGERS

CLASSIC BURGER STYLE: burger patty made of soy protein. of all our burgers, this one is most similar to a traditional burger in appearance, texture, and taste. contains soy and wheat.

NUT PATTY: a tasty and healthy patty made from a blend of sunflower seeds, carrots, brown rice and spices.

PORTOBELLO PATTY: marinated and grilled Portobello mushroom cap.

Your choice of side. Ask your server for today's choices.

Spiral Burger

piled high with lettuce, tomato, red onion, pickles, mayo, ketchup, and mustard on a toasted bun. your choice of patty **\$7.25**
add cheese or avocado for **.95**
add guacamole for **\$1.95**

El Paso Burger

chipotle mayo, lettuce, tomato, pickled jalapeños, red onions and guacamole on a toasted bun. with your choice of patty **\$8.25**
add cheese for **.95**

Cowboy Burger

bacon bits, bbq sauce, mustard, mayo, pickles, red onion and lettuce. with your choice of patty **\$7.25**
add cheese or avocado for **.95**
add guacamole for **\$1.95**

Patty Melt

your choice of patty with melted cheese and grilled onions on grilled toast with mayo on the side. **\$7.25**

HOT PLATES

Soup of the Day

look at our specials board

* Spaghetti Tropicana

chunks of pineapple, black olives, and soy meatballs with our homemade marinara served on spaghetti and topped with pine nuts and pesto with a side of grilled italian toast. **\$9.95**

* Sketti & Meatballs

unbelievably tasty soy meatballs served on spaghetti with our delicious homemade marinara sauce topped with pine nuts and pesto and a side of grilled italian toast. **\$8.95**

* Pasta Primavera

tasty spaghetti with our delicious homemade marinara sauce, broccoli, carrots, black olives, zucchini, and peas. topped with pine nuts and pesto with a side of grilled italian toast. **\$9.95**

Ramsey's Perfect Protein Platter

black beans and quinoa cooked together with our famous homemade salsa, a perfect blend of spices topped off with avocado and tahini dressing. healthy and delicious. **\$7.95**
goes great with mixed greens, add **\$1.00**
add broccoli for **\$1.00**

Red Coconut Curry Noodles

homemade red coconut curry sauce with tofu, broccoli, red bell pepper, basil, black olives, green onions, zucchini, and carrots. cooked with brown rice noodles and topped with peanuts. **\$9.95**
add pineapple for **\$0.95**

Chipotle Quesadilla

amazing melty cheese with corn, tomatoes, green onions and creamy chipotle. served with sour cream, pickled jalapeños and guacamole on the side. Made with your choice of multi-grain tempeh or grilled tofu. **\$9.50**

Grilled Portobello Quesadilla

made with amazing melty cheese and stuffed with grilled veggies, tomatoes, green onions and creamy chipotle. served with sour cream, pickled jalapeños and guacamole on the side. **\$9.50**

Breakfast Quesadilla

melty cheese, tofu scramble, sausage, creamy chipotle, green onions and tomatoes. served with sour cream, guacamole and pickled jalapeños on the side. **\$9.50**

Nachos Supremo

made with our original recipe cashew based nacho cheese and topped with taco meat, quinoa, black beans, black olives, cilantro, corn, tomatoes, green onions, sour cream, guacamole and pickled jalapenos. **\$9.50**

Viva las Migas

tofu scramble mixed with black beans, corn, tomatoes, black olives, bacon bits, onions, zucchini, red bells, potatoes, and salsa. topped with avocado and sour cream and served with corn chips, corn tortillas or flour tortillas. **\$9.95**

Broccoli and Tofu

served with your choice of dressing on the side. **\$5.95**

The All Day Lunch Plate

a serving of black beans and quinoa, broccoli, and small salad with your choice of dressing on the side. **\$7.95**

Bryan's Brutal Tacos

three tacos stuffed with seitan, corn, red bell peppers and onions, topped with lettuce and spicy taco sauce. served with guacamole, sour cream, and black beans. substitute tempeh for a tasty alternative **\$9.95**

* substitute wheat-free brown rice fettucini for any pasta dish



SMOOTHIES & I-SCREAM

✱ Check out our bakery case to see what fresh baked desserts we have today!

All of our desserts are made with organic unbleached flour, organic unrefined sugar, and non-hydrogenated oil.

I-SCREAM & MORE

Homemade I-Scream

Get any cake, cookie, or pie a la mode for \$1.95

we make all our i-scream from scratch. choose from chocolate, vanilla, strawberry (soy free) or the flavor of the week. \$3.50 sm/\$4.50 lg

I-Scream Sundae

a heaping helping of i-scream topped with chocolate syrup, peanuts, sprinkles, whipped cream and coconut flakes. \$6.50

I-Scream Float

get a big ol' blob of i-scream with any flavor of soda. mmm...root beer floats! \$4.50

Hot Cookie Sundae

you take a cookie, heat it up, put i-scream, sauce, and whipped cream on it, then eat it. your choice of a chocolate chip cookie with chocolate sauce or an oatmeal cranberry cookie with caramel sauce. \$5.50

Chocolate Mountain Mudslide

"danger, danger! there's been an accident on chocolate mountain! everyone grab a spoon and prepare for tastiness!"

a warm brownie topped with vanilla i-scream, chocolate syrup, chocolate chips, whipped cream and peanuts. \$6.95

The Deathstar Sundae

you take an extreme chocolate brownie and cover it with a shot of hot espresso. top that off with i-scream and whipped cream and this dessert might just be able to destroy a whole planet! \$6.95

Banana Split (when available)

a ripe banana, chocolate, vanilla and strawberry i-scream topped with chocolate and caramel sauce, whip cream, peanuts and sprinkles. \$6.95

Turtle Brownie Sundae

A warm brownie topped with chocolate I Scream, caramel sauce, spicy pecans, and whip cream. \$6.95

DESSERT SMOOTHIES

The smoothies that drink like a shake.

Chocolate Banana

all dessert smoothies \$4.95

bananas with chocolate milk. smooth and delicious.

Mama Ells Banana Spice

bananas blended smooth with agave nectar and a touch of cinnamon.

Chocolate Strawberry

strawberries with chocolate milk. tastes like a chocolate covered strawberry.

Peanut Butter Banana

with vanilla or chocolate milk.

add a
Ginger Shot
to any smoothie.
\$1.95/oz.

SHAKES

Vanilla or Chocolate \$4.95

Orange Dream \$4.95

Mocha \$4.95

Latte \$4.95

Peanut Butter \$4.95

Pina Colada \$4.95

Cookies n' Cream
mint or regular cookies \$4.95

Strawberry \$4.95

Banana \$4.95

Apple Spice \$4.95

Martha the Librarian

bananas, strawberries, chocolate i-scream, and peanut butter all blended up. brilliant and delicious. read a book while you drink it! \$4.95

ORGANIC SMOOTHIES

All smoothies come with your choice of apple juice or orange juice and soymilk or almond milk. all organic smoothies 16 oz. / \$4.95

Add spinach or hemp seeds to any smoothie, \$1.00 each.

The Standard

everybody's favorite, strawberries and bananas.

Tropical

pineapple and banana.

Berry Right

strawberries and blueberries.

Real Smooth Smoothie

a combination of banana, strawberry, blueberry, and pineapple.

The Biz

banana and blueberry, together at last.

Hemp Green Smoothie

a raw, healthy, whole-food smoothie made with spinach, strawberries, apples, bananas, and hemp seed.

Strawberry

Banana

SPIRAL DINER & BAKERY

IS A RESTAURANT BUILT ON LOVE

LOVE FOR ANIMALS, LOVE FOR NATURE, & LOVE FOR PEOPLE

THANKS FOR LOVING US BACK ALL THESE YEARS.

Spiral Diner uses organic ingredients whenever possible. All items on our menu are 100% vegan (no meat, milk, eggs, honey, casein, etc) which means they are naturally cholesterol free.

We take pride in serving only the best tasting food made with quality, natural ingredients. Almost everything we serve is made in-house, from scratch, and with organic ingredients. Every meal is made fresh to order to accommodate for taste preferences or allergies. And of course, everything we serve is 100% vegan. You can trust that we don't use anything that comes from an animal or insect source. You don't even have to ask.

SPIRAL DINER'S ENVIRONMENTAL COMMITMENT

- * Use cruelty-free and environmentally friendly biodegradable cleaning products.
- * Purchase recycled and unbleached paper products (with the highest post-consumer content available) when available.
- * Buy certified organic ingredients whenever possible with conventional only as a last resort.
- * Use environmentally friendly, biodegradable take-away containers and disposable cutlery whenever possible (we also encourage our customers to bring their own reusable containers with them to help us reduce packaging waste.)
- * Recycle 100% of all the accepted materials that come through our restaurant.
- * Donate a portion of profit to local grassroots organizations that are fighting for human, animal, and environmental causes.
- * Reduce waste by purchasing in bulk as much as possible.
- * Never compromise on the above principles.

A WORD ON OUR PRICES

Spiral Diner's prices are set as low as they can possibly go. Our goal is not to make tons of profit; it is to provide the community with tasty vegan food at a reasonable cost. Our goal is also to pay everyone working at Spiral a decent wage. We will never charge more than we absolutely have to in order to pay the bills. So when you eat at Spiral you know you are getting high quality food from happy employees.

Tips help our employees to live. All employees share tips equally.

Due to our commitment to freshness and use of specialty and organic ingredients we may temporarily be sold out of certain items.
Thanks for understanding.

Thanks for supporting our locally owned, truly independent business.

check the organic
board to see
what organic
ingredients we
have this week.