

FLATBELLY VEG

MENU

SANDWICHES

CHEESY BEEF HOAGIE 14.

vegan beef crumbles, tomatoes, vegan cheddar, romaine, grilled onions, peppers, romaine lettuce on a toasted hoagie roll

GRILLED TOFU BAHN MI 13.



grilled tofu, cucumbers, cilantro, pickled daikon, carrots and red radish, wasabi micro greens our sweet heat sauce & on toasted roll

PESTO CHIKN' GUAC MELT PANINI 14.

vegan smoked roasted chikn', romaine, raw onions, guac, vegan pesto, melted vegan cheese on toasted sunflower panini bread **N**

LOADED CUCUMBER 13.

cucumbers, pesto, pickles, tomatoes, sliced green pepper, romaine lettuce, guac, onions on toasted Jewish rye **SF, N**

MARA BELLA 14.

Inspired by our customer Mara. grilled portabella mushrooms, grilled peppers and onions, romaine lettuce with belly & cheese sauce on a hoagie roll **SF**

THE LARRY 13.

carrot tuna, romaine, cucumber, onion, tomato, pickle and guac on toasted gluten-free bread **SF/GF**



REUBEN'S COUSIN RUTH 14.

The famous Reuben sandwich has a cousin named Ruth. Ruth is the healthy one in the family. house made seitan deli slices, melted vegan cheese, sauerkraut on Jewish rye **SF, S**

CARROT TUNA SANDWICH 13.

carrots, cucumber, pickle, vegan cheese, belly sauce, romaine on a toasted pretzel bun **SF**

BBQ CHIKN' SANDWICH 13.

grilled bbq chikn' with our own BBQ sauce w/ coleslaw on long toasted roll

FLAT BELLY V M G

SIDES

CHICK PEA CURRY w/ BASMATI RICE

chick peas, peppers, onions, tomato
warm coconut curry sauce w/ our
blend of Indian herbs and spices.

MAC & CHEESE 6.sm 8. lg.

mac noodles, cheddar, savory seasonings

MIKE MAC 7.sm 9.lg

noodles, cheddar, buffalo sauce
smoked vegan chkn

POTATO SALAD 5.

diced potatoes, herbs, vegan
mayo, spices **GF**

MEDITERRANEAN CHICK PEA SALAD 5.

cucumbers, chick peas, red bell peppers,
red onion, kale, vegan feta **GF**

100% VEGAN
DETROIT STYLE

PIZZA \$17.99

PRE ORDER for NEXT DAY PICK UP



KING ROB QUESIDILLIA

a quesidilla with a twist. inspired by our
customer Rob. seasoned vegan beef,
basmati rice, cheese w/our bbq sauce.

12.



\$8

LOADED NACHOS

vegan beef crumbles, vegan sour
cream, fresh jalapenos, cheddar
sauce, diced tomatoes and corn,
black beans w/ our house made
chips **GF**

WRAPS

WARM CHIKN' WRAP 12.

vegan chkn', cucumber, onion, pickle, romaine,
tomato, belly sauce, warm cheddar cheese

GUAC + VEGGIE WRAP 12.

herb sauce, guac, pickles, cucumber,
romaine, onions, tomato, vegan cheese **SF**

CARROT TUNA WRAP 12.

carrots, cucumber, pickle, vegan cheese,
vegan mayo, romaine, tomatoes, herb sauce **SF**

BOWLS

ALL BOWLS



TERIYAKI CHIKN' BOWL 13.

vegan smoked roasted chkn',
basmati rice, teriyaki sauce,
romaine lettuce **GF**

SWEET CHILI GRILLED TOFU BOWL 13.

grilled tofu marinated in sweet
chili sauce with basmati rice,
grilled onions and peppers **GF**

LAIYA BOWL 13.

Inspired by our customer,
Alaiya. Vegan beef, fresh guac,
vegan cheese, romaine,
peppers, onions, belly sauce **GF**

OTHER STUFF

SUPREME CRUNCH WRAP 13.

flour tortilla w/ vegan beef, or
chkn'. **choice of sauce:** cheese,
teriyaki or buffalo on tostada w/
romaine, black beans, corn, rice,
and tomatoes wrapped and grilled

AVOCADO TOAST 8.

house made guac, radishes,
sliced almonds, drizzled w/
house made hot honi, cantaloupe
micro greens, tomato herb sauce
on toasted Jewish rye **SF, N**

BELLA MEX 12.

grilled portabella mushrooms,
peppers, onions, romaine
lettuce, belly sauce, basmati
rice, pico de galo, sweet heat
sauce, and guac on a crispy
crunchy toastada. **SF, GF**

KING QUESADILLA 12.

roasted smoked chickn', vegan cheddar, basmati rice