



VEGAN MENU

ASTRO @ASTROICECREAMCO

SPACETOPIA

CHOOSE STRAWBERRY, MANGO, BLACK CHERRY, OR BLUEBERRY MIXED WITH OUR OUT-OF-THIS-WORLD VEGAN AND LACTOSE FREE ICE CREAM. MADE WITH ALMOND MILK AS THE PRIMARY INGREDIENT AND TOPPED WITH AN ACCOMPANYING FRUIT.

AVA @AVATAMPA

MARINARA

TOMATO SAUCE, BASIL, OREGANO, SEA SALT, OLIVE OIL

BUTCHER N BARBEQUE @BNBTAMPA

SPICED WATERMELON SALAD

MINT, THAI BASIL, FRESNO CHILI (WITH NO CHEESE)

EMPAMAMAS @EMPAMAMAS

FLOWER POWER EMPAMAMA

ROASTED CAULIFLOWER, BLACK BEANS, QUINOA AND SPINACH IN A VEGAN, BUFFALO GARLIC AIOLI



FRIED CAULIFLOWER, BRUSSELS SPROUTS AND MUSHROOMS TOPPED WITH CORN SALSA, PICKLED ONIONS, PICO DE GALLO AND VEGAN VERDE CREMA

GRAZE 1910 @GRAZE_1910

GREENS ONLY

MIXED GREENS, QUINOA, CRANBERRIES, ASIAN PEAR, MAPLE PECANS, CITRUS CHAMPAGNE VINAIGRETTE (WITH NO CHEESE)

VEGANS ONLY BOWL

CHOOSE FROM 1 - BASE, 3 - VEGGIES AND 1 - DRESSING

SIDES:

1910 SLAW
QUINOA SALAD
ROASTED BROCCOLI
ROASTED CORN
SALAD

MAINE ROOT SODAS:

BLUEBERRY
GINGER BREW
LEMON LIME
MANDARIN ORANGE
ROOT BEER

HEMINGWAY'S @HEMINGWAYS_TPA

VEGETARIAN BLACK BEAN AND PLANTAIN BURGER

SPICY AIOLI, CUBAN COLESLAW, HEIRLOOM TOMATOES, SERVED ON A SWEET CUBAN BREAD

ICHICORO IMOTO @ICHICOROYA

VEGAN MISO CURRY

GROUND IMPOSSIBLE BURGER™, POTATOES, MUSHROOMS, PICKLES, BEAN SPROUTS, SCALLIONS

SIDES:

STEAMED RICE

INSIDE THE BOX @INSIDETHEBOXCAFE

GRILLED PORTOBELLO SANDWICH

ROMA TOMATOES, PESTO, SPRING MIX, BALSAMIC VINAIGRETTE ON CIABATTA (WITH NO CHEESE)

CHICKEN & GOAT SALAD (SUB PORTOBELLO FOR CHICKEN)

SPRING MIX, PICKLED ASIAN PEARS, CRAISINS, PRALINES WITH BALSAMIC VINAIGRETTE

STEELBACH @STEELBACH_TAMPA

BIBB SALAD

MANGO, SPICED PECANS, RED ONION, HEIRLOOM TOMATO, BENNE SEED VINAIGRETTE

AVOCADO + FENNEL

AVOCADO, FENNEL, PISTACHIO, KEY LIME, MINT, QUINOA, CHILI OIL

SWAMI JUICE @SWAMIJUICE

ALL JUICES, JUICES SHOTS, ACAI BOWLS, AND SMOTHIES

(WITH NO HONEY)

ZUKKU @ZUKKUSUSHI

BUDDAH (CAN BE A BOWL, ROLL OR BURRTIO)

TOFU, CUCUMBER, CARROTS, AVOCADO, ASPARAGUS, CILANTRO, ROASTED CORN, WAKAME, SCALLIONS, EDAMAME BEANS, MIXED GREENS, PICKLED RED ONION, GINGER DRESSING