



# the nook

espresso bar & lounge

## HANDHELDS

### THE HEART STOPPER 8

Bacon, egg, cheddar, tomato, green onion, pepper, mayo on choice of bagel

### THE EVERYDAY VEGAN 7

Real Fake Meats Oktoberfest sausage, tofu egg, vegan cheeze, sriracha mayo on an english muffin

### WAKE ME UP WRAP 7

Egg, shredded cheese, salsa, avocado, black beans, corn + sour cream

### BASIC B-FAST TOAST 7

Avocado smash, sea salt, radish, tofu feta + sprouts on sourdough baguette

### BAGEL +

Butter or Earth Balance 3

Cream cheese 4

House-made vegan cream cheeze 4

peanut butter, jam or hummus 4

### ADD TO ANY ITEM

MARKET SOUP OR SALAD 6

CHICKEN OR TURKEY 3.5

SMOKED TOFU 3.5

COCONUT BACON 2.5

AVOCADO 2.5

GLUTEN FREE BREAD 2.5

BACON 2.5

CHEDDAR CHEESE 2

## STANDOUTS

SERVED WITH A DAILY SIDE

DOUBLE PROTEIN \$3.5

### NOT YOUR MAMA'S CLUB 10

Turkey, bacon, mixed greens, tomato, cheddar + mayo on a multigrain kaiser

### WHO YOU CALLING CHICKEN 10

Pulled chicken, provolone, sprouts + dijon on a sourdough kaiser

### ITALIANO VEGANO 10

Real Fake Meats spicy peeps + sausage, tomato sauce, basil, red onion on an italiano bun

### THE SMOKEY POKEY 10

Organic smoked tofu, house-made coconut bacon, spring mix, tomato, red onion, sprouts, sriracha mayo + dijon on a sourdough kaiser

## SNACKS

### HUMMUS WHERE THE HEART IS 10

House-made hummus platter, sourdough baguette slices + a selection of veggies

### TAKE IT CHEEZY NACHOS

Corn chips, choice of dairy or vegan cheeze, veggies with sriracha infused oil + our house blend of spices

PERSONAL 10

LARGE 14

PERSONAL W/VEGAN CHEEZE 11

LARGE W/VEGAN CHEEZE 16

### GOTTA SEE A QUESADILLA 11

Diced tomatoes, red onion, black beans, spice blend + salsa w/ choice of cheese + protein

CHICKEN w/ dairy cheese

VEGAN w/ RFM Chikn' + vegan cheeze

### MARKET SALAD 8

Mixed greens, fresh veggies tossed in an olive balsamic dressing

### MARKET SOUP 8

Always vegan and always delicious! Served with a choice of bread

\*Please Note not all ingredients are listed.

Please discuss food sensitivities with our staff.\*

### VEGAN FRIENDLY

### GOOD TO KNOW:

At The Nook we are committed to sourcing as many local and healthy ingredients as we can. Our tofu is sourced from Acadiana Soy and is certified organic. Our sprouts come from Greens of Haligonian which are grown locally. 24 Carrots make our breads and buns while Izzy's Bagel Co. supply our tasty bagels. A selection of our vegan meats are sourced from Real Fake Meats right here on Gottingen St.