

<b>Tempura Avocado</b>	<b>\$ 4.99</b>
Hand-dipped avocado chunks, served with our homemade tarragon sauce	
<b>♥Sweet Potato Medallions:</b>	<b>\$ 3.50</b>
Basket of hand-cut vibrant, orange sweet potatoes cooked to perfection	
<b>♥Thai Tofu:</b>	<b>\$ 4.95</b>
Golden fried tofu triangles served with mint, basil & homemade spicy peanut dipping sauce	
<b>♥Fresh Veggies &amp; Dip:</b>	<b>\$ 4.50</b>
Raw veggies served with homemade dipping sauce	
<b>♥Grilled Veggies:</b>	<b>\$ 4.99</b>
Mix of fresh veggies sautéed in garlic basil butter	
<b>Corndog:</b>	<b>\$ 3.25</b>
Golden fried dog served with B.B.Q. sauce	
<b>♥Homemade Chili:</b>	<b>\$ 4.99</b>
Bowl of our homemade hearty chili full of pinto & red beans, soy protein, onions, garlic & spices served with cheese & diced onions	
<b>The Threesome:</b>	<b>\$ 7.25</b>
Tempura veggies, avocado & onion rings	
<b>Onion Rings:</b>	<b>\$ 4.25</b>
Basket of hand dipped seasoned onion rings	
<b>♥Potato Wedges:</b>	<b>\$ 2.99</b>
Basket of hand cut wedges served with the skins left on	
	<b>♥Add Cheese: \$ 1.25</b>
	<b>♥Add Chili: \$ 1.95</b>

## SALADS

All served with garlic herbed toast

<b>♥Garden Salad:</b>	<b>\$ 6.99</b>
Lettuce, carrots, tomatoes, onions, sprouts, diced apples, broccoli & a choice of homemade berry balsamic, creamy tarragon dressing or rosemary vinaigrette	
	<b>Add Diced Chick'n Cutlet or Diced Chick'n Style Breast: \$ 1.75</b>
	<b>Add tofu: \$ 1.50</b>
<b>Chef salad:</b>	<b>\$ 7.99</b>
Lettuce, tomato, cucumber, onions, avocado, sprouts topped with Swiss cheese, bologna & crumbled bacon served with homemade Thousand Island dressing	
<b>♥Thai Salad:</b>	<b>\$ 7.99</b>
Lettuce, cold glass noodles, fresh mint & basil leaves, topped with carrots, broccoli, onions, sprouts, tomatoes & crispy warm cubed tofu, served with homemade peanut dressing	
<b>♥Fresh Mozzarella Salad:</b>	<b>\$ 7.99</b>
Lettuce, topped with fresh mozzarella cheese, red ripe tomatoes, fresh basil, salt, pepper & fresh garlic served with homemade berry balsamic dressing	
<b>♥The Aphrodite</b>	<b>\$ 7.99</b>
Mix of lettuce, spinach, carrots, broccoli, cucumber, carrots, tomato, feta cheese, golden falafel served with homemade rosemary vinaigrette or tahini	
<b>♥The Kind Green Fruit</b>	<b>\$ 7.99</b>
Mix of lettuce, spinach, carrots, broccoli, feta cheese, fresh strawberries, apples and dried cranberries with our homemade berry balsamic	

<b>Small green salad</b>	<b>\$ 2.95</b>
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## AUTUMN'S MENU

12 & under thanks

<b>♥Kids Meal:</b>	<b>\$ 5.99</b>
Choice of veggie dog, mini burger with cheese, chicken nuggets, corndog or mini meatball sub all served with a cookie, cinnamon sweet potato medallions, fresh veggies, dip & apple juice	
	<b>♥Add Child Smoothie with Protein: \$ 2.99</b>

## SMOOTHIES:

<b>♥Rich, Creamy Smoothies:</b>	<b>\$ 3.99</b>
Create your own smoothie using mango, strawberries, pineapple, bananas - 20oz	
	<b>Add Protein: \$ 0.35</b>
	<b>Add Peanutbutter: \$ 0.25</b>
	<b>Add Coconut: \$ 0.50</b>
	<b>Add Acai: \$ 1.00</b>

## HEALTHY DESSERTS

<b>♥Lahaina Bowl</b>	<b>\$ 5.99</b>
Strawberries apples and bananas sprinkled with dried cranberries and shredded coconut	
	<b>Add Granola: \$ 0.75</b>
<b>♥Acai Jungle Bowl</b>	<b>\$ 6.50</b>
Acai Sorbet topped with granola, strawberries, bananas sprinkled with shredded coconut	

## DESSERTS

<b>Tempura Dessert:</b>	<b>\$ 4.95</b>
Tempura'd fresh bananas & apples served with sweet coconut sauce	
<b>♥Cinnamon Sweet Potatoes:</b>	<b>\$ 2.75</b>
Golden sweet potato medallions topped with cinnamon sugar	
<b>Shakes</b>	<b>\$ 3.99</b>
Blend of ice cream with your choice of pineapple, strawberries, coconut, mangos or banana.	
	<b>Add Acai: \$ 0.50</b>
	<b>Add Peanutbutter: \$ 0.50</b>
	<b>Add Brownie: \$ 1.50</b>
	<b>Add Cookie: \$ 0.75</b>

<b>Brownie</b>	<b>\$ 2.00</b>
<b>Root beer floats</b>	<b>\$ 2.75</b>
<b>Ice Cream</b>	<b>\$ 1.50</b>
<b>♥Cookies</b>	<b>\$ 0.95</b>

## DRINKS

<b>Homemade Mint Jasmine Iced Tea</b> - No Caffeine -	<b>\$ 2.25</b>
<b>Hansens</b>	<b>\$ 1.65</b>
<b>Bottled &amp; Coconut Juice</b>	<b>\$ 1.99</b>
<b>Yerba Mate</b>	<b>\$ 2.99</b>
<b>Kombucha</b>	<b>\$ 4.35</b>
<b>Hot tea</b>	<b>\$ 2.50</b>



# SAN DIEGO'S MEAT-FREE EATERY

**3442 30th Street  
San Diego, CA 92104  
(619) 546 - 8411  
[www.vegnout.com](http://www.vegnout.com)**



**Monday – Thursday 11:00am – 9:00pm  
Friday 11:00am – 10:00pm  
Saturday 12:00pm – 10:00pm  
Sunday 12:00pm – 9:00pm**

**Items that can be made Vegan on request will have a ♥ and \$ 0.75 charge**

**Gluten-free option available**

**All items are freshly cooked for you to enjoy!  
Please give the kitchen a little extra time for the preparation.**

**All our products are 100% compostable made from cornstarch, potato starch and sugar cane pulp.**

## GOURMET BURGERS

All served on a wheat bun with your choice of hand-cut potato wedges, daily side or green salad

- ♥**Tree Hugger:** \$ 7.99  
Homemade vege patty piled high with seasoned avocado, cucumber, lettuce, tomatoes, onions & mayonnaise
- ♥**Rasta Burger:** \$ 7.99  
Sautéed red, gold & green peppers & sautéed onions on our homemade vege patty with sprouts, tomatoes & mayonnaise
- ♥**Little Italy:** \$ 8.35  
Homemade patty spiced up with sundried tomatoes, basil & garlic. Topped with sautéed tomatoes, fresh mozzarella, lettuce, onions & mayonnaise
- ♥**Ultimate Vegan Burger:** \$ 8.35  
Homemade vege patty topped with Follow-Your-Heart cheddar & mozzarella, sprouts, cucumber, tomatoes, pickles, onions & veganise
- ♥**Island Girl:** \$ 8.35  
Homemade vege patty topped with sautéed onions, grilled pineapple, teriyaki sauce & melted Swiss topped with lettuce, tomatoes, pickles & mayonnaise
- ♥**North Parker:** \$ 8.35  
Homemade vege patty topped with Swiss, sautéed onions, lettuce, tomatoes, pickles & mayonnaise
- ♥**The Juanito:** \$ 8.99  
Homemade vege patty topped with Feta, fresh jalapenos, sprouts, tomatoes, onions & mayonnaise
- ♥**South Parker:** \$ 7.99  
Meaty patty topped with jack cheese, sprouts, lettuce, tomatoes, pickles, onions & mayonnaise
- ♥**30th Street Classic:** \$ 7.99  
Meaty patty topped with Cheddar cheese, lettuce, tomatoes, pickles, onions & our homemade Thousand Island dressing
- ♥**Chili Cheese Burger:** \$ 8.35  
Meaty patty smothered with homemade chili, cheddar cheese, lettuce, tomatoes, pickles, onions & mayonnaise
- ♥**Flam'n Raym'n:** \$ 8.99  
Meaty patty topped with sauteed chipotle onions, melted jack cheese, sprouts, pickles, avocado, tomatoes & mayonnaise
- ♥**Ranchero Burger:** \$ 7.99  
Meaty patty topped with Cheddar cheese, lettuce, tomatoes, pickles & onions smothered in a BBQ Chipotle sauce
- ♥**Western Burger:** \$ 8.99  
Meaty patty piled high with bacon, Cheddar cheese, crispy homemade onion rings, lettuce & tomatoes smothered in a savory B.B.Q. sauce & mayonnaise
- ♥**Elvis:** \$ 8.35  
Meaty patty topped with Cheddar cheese, crisp bacon, lettuce, tomatoes, pickles, onions, ketchup, mustard & mayonnaise
- ♥**3 little birds:** \$ 8.99  
3 mini burgers topped with Jack & sautéed onions. Served with lettuce tomato, pickles & BBQ, mustard & Chipotle on side.

### A little something extra:

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|--|---|
|  | <b>Add ons:</b>                                 |
|  | Sliced Avocado: <b>\$ 1.25</b>                  |
|  | Bacon: <b>\$ 1.35</b>                           |
|  | Grilled Onions: <b>\$ 0.95</b>                  |
|  | Sautéed Mushrooms: <b>\$ 1.25</b>               |
| Cheese: Swiss, Jack, Cheddar or Feta: <b>\$ 0.95</b>                       |   |
| Vegan Cheese: follow your heart with Mozzarella or cheddar: <b>\$ 1.25</b> |   |
|  | Veganise: <b>\$ 0.35</b>                        |
|  | Substitute Chicken style breast: <b>\$ 0.99</b> |
|  | Substitute homemade patty: <b>\$ 0.75</b>       |
|  | Substitute patty: <b>\$ 0.75</b>                |
|  | Add Jalapeños: <b>\$ 0.50</b>                   |

## GOURMET SPECIALTY BURGERS

All served on a wheat bun with your choice of hand-cut potato wedges, daily side or green salad with your choice of homemade creamy tarragon, rosemary vinaigrette or berry balsamic

- ♥**B.B.Q. Chick'n Burger:** \$ 8.25  
Grilled chick'n style breast smothered in savory B.B.Q. sauce, topped with lettuce, tomatoes, pickles, onions & mayonnaise
- ♥**Ali Burger:** \$ 7.99  
Golden herbed falafel patty topped with sprouts, cucumber, lettuce, tomatoes, onions, mayonnaise & Tahini sauce
- ♥**Shroom Burger:** \$ 7.99  
Large Portabella grilled with spices, melted Swiss, topped with lettuce, tomato, onions & mayonnaise
- ♥**Dijon Chick'n Mushroom & Swiss:** \$ 8.35  
Grilled chick'n style breast topped with sautéed mushrooms, melted Swiss, lettuce, tomatoes, onions, Dijon mustard & mayonnaise
- ♥**Big Kahuna:** \$ 8.35  
Chicken style breast covered in grilled pineapple, melted jack cheese, lettuce, tomatoes, pickles, onions & mayonnaise smothered in BBQ sauce
- ♥**T-Bird Burger:** \$ 8.25  
Hash brown patty piled high with lettuce, tomatoes, onions, pickles Thousand Island & Avocado
- ♥**Tofu Burger:** \$ 7.99  
A thick slice of tofu grilled & served as BBQ, Teriyaki, Chipotle or plain topped with lettuce, tomatoes, pickles, onions & mayonnaise
- ♥**The Island Boy** \$ 7.99  
Vege chicken, fresh jalapenos, bacon, lettuce, tomatoes, onion & mayonnaise

## JUMBO VEGGIE DOG

Served with a choice of potato wedges, daily side or green salad

- ♥**Grilled vege dog:** \$ 6.99  
Served on a fresh bun with mayonnaise, mustard, ketchup & sweet or dill relish
- ♥Add Diced Onions **\$ 0.50**
- ♥Add Diced Tomatoes **\$ 0.50**
- ♥Add Homemade Chili & Cheese **\$ 1.50**
- ♥**Loaded Dog:** \$ 8.55  
Jumbo dog with everything above

## SPECIALTY SANDWICHES

Served toasted on wheat, sourdough, or squaw bread & a choice of a green salad or daily side

- ♥**B.L.T. Royal:** \$ 7.99  
Crispy bac'n strips, cheddar cheese, lettuce, tomatoes & mayonnaise
- ♥**I Love Rach'y:** \$ 7.99  
Cream cheese, apples, Swiss, bologna, sprouts, lettuce, tomatoes & mayonnaise
- ♥**The So. Cal:** \$ 7.99  
Avocado, jack, Swiss, lettuce, sprouts, tomatoes, onions, mayonnaise & house seasoning
- ♥**Very Vegan:** \$ 7.99  
Follow-your-Heart jack & cheddar, avocado, tomatoes, apples, cucumber, sprouts, lettuce, onions & veganise
- ♥**Alley Kat:** \$ 7.29  
Fresh Mozzarella, mayo, basil, tomatoes, lettuce, salt & pepper drizzled with blackberry balsamic served on garlic toasted bread

## GOURMET HOT SANDWICHES

With your choice of daily side or green salad

- ♥**Garden Philly:** \$ 7.99  
Sautéed peppers, onions, mushrooms, melted jack served on a toasted wheat hoagie roll
- Add tofu or any patty for: **\$ 1.50**
- ♥**Italian Meatball:** \$ 7.99  
Vegi meatballs, fresh basil, warm marinara sauce & melted cheese served on a toasted wheat hoagie roll
- ♥**Cheese Dream'n:** \$ 6.99  
Grilled cheddar & cream cheese, tomatoes, & house seasoned avocado
- ♥**Grilled Cheese:** \$ 6.99  
Grilled cheddar & jack cheese, garlic toasted bread, fresh basil & tomatoes
- ♥**Chick'n Bac'n Swiss:** \$ 7.99  
Grilled chick'n style breast, crispy bac'n, melted Swiss, piled high on lettuce, tomatoes, onions & mayonnaise served on a toasted hoagie roll

## SIDES

- ♥**Vinny Bread:** \$ 5.75  
Our Special, marinara sauce, garlic & fresh basil leaves, covered with fresh mozzarella.
- ♥**Chik'n Nuggets:** \$ 4.75  
8 pieces served with BBQ sauce
- ♥**Falafel:** \$ 5.25  
Golden herbed falafel balls served with homemade Tahini sauce
- ♥**Tempura Medley:** \$ 4.99  
Hand-dipped, seasonal vegetables served with our homemade tarragon sauce
- ♥**Magic Mushrooms** \$ 4.95  
Tempura stuffed mushrooms with a blend of Feta, peppers & onions