



VEGAN



GLUTEN FREE



VEGAN OPTION

## THE GRIT VEGGIE PLATE

Your choice of three 12.50 A la carte 4.50

*Choose from our fabulous and dynamic variety of vegetable dishes, stews, and casseroles listed daily on the Specials Board.*

### Also available

- ✔ black bean chili
- ✔ collard greens
- mac-n-cheese
- ✔✔ sautéed seasonal greens
- ✔✔ sweet potato fries
- cup of soup
- ✔✔ falafel (2)
- ✔✔ petite salad side
- ✔✔ steamed broccoli  
(choose from spicy peanut sauce ✔ or lemon dijon butter)
- ✔ tabouli side
- ✔✔ pinto beans
- ✔✔ tofu cube cup

• • *Try with our Gluten-free Cornbread!* • •

## APPETIZERS

- ✔ Mid-E Platter 12.95 A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points and assorted raw vegetables.
- ✔ Hummus Side 8.25 A chickpea/tahini dip served with pita points and crunchy veggies.
- ✔ Loaded Nachos 11.95 A generous serving of corn chips, melted cheese, black bean chili, lettuce, red onions, sour cream, and our house-made salsa. Sub pintos to make ✔ Sub vegan cheese 1.50
- ✔ Chips and Cheese Dip 5.50 Corn chips with premium cheese sauce. See Specials Board.
- ✔✔ Chips and Salsa 5.25 Corn chips with our house-made salsa.

## SALADS

All of our dressings are ✔✔ Gluten-free, ✔ Vegan and made right here at the Grit!

- ✔ lemon-tahini
- ✔ vinaigrette
- ✔ tzatziki
- ✔ ranch
- ✔ ginger sesame

Soup of the Day cup 4.50 See the Specials Board

**House Salad 11.50** A mountain of crisp lettuces, carrots, purple cabbage, cucumbers, tomatoes, and red onion topped with your choice of sautéed tofu cubes ✔ or shredded white cheddar, or 1.95 for both. Sub vegan cheese 1.50 ✔ without tofu.

### ✔ Tabouli Side Salad 4.50

Middle Eastern salad featuring the nutty flavor of bulgur, tossed with veggies, fresh herbs, and spices served on a bed of greens with lemon-tahini dressing.

✔✔ **Petite Salad 4.50** A side of lettuce, purple cabbage, carrots, cucumbers, and your choice of dressing.

## SANDWICHES

*Try with sweet potato fries! Sub vegan cheese 1.50*

- ✔ Golden Tofu Wrap 10.50 Grit style tofu cubes and sautéed veggies bundled up in a flour tortilla and toasted to perfection on our flat-top grill with Sriracha mayo.
- ✔ Tofu Reuben Sandwich 9.75 Round, marbled rye bread grilled and filled with specialty seasoned tofu, swiss cheese, sauerkraut, and Russian dressing.
- ✔ Falafel Sandwich 9.50 Chickpea fritters in pita bread with veggies, hummus, and your choice of lemon-tahini dressing or tzatziki dressing.

**Grilled Cheese Smelt 8.50** Our homemade whole wheat bread toasted with melted cheddar and finished with fresh spinach and tomato. Athens' biggest and best grilled cheese sandwich.

*See Board for Sandwich Specials*



*The Grit merchandise available here and on our webstore! T-shirts, cookbooks, puzzles, prints, and more!*

**WWW.THEGRIT.COM**

*Follow us on Facebook and Instagram.*

*Athens' Landmark of Loveable Food since 1987.*

**THE GRIT | 199 PRINCE AVENUE, ATHENS, GA | 706.543.6592**

**ASK ABOUT BULK ORDERING FROM THE GRIT!**

## EXCELLENT EDIBLES

**Golden Bowl** 10.95 Grit-style tofu cubes sautéed with soy sauce and nutritional yeast, served over brown rice.  
Add cheese 1.95 Add veggies 1.75 Add vegan cheese 2.95

**The Grit Staple** 7.75 A complete protein bowl of pinto beans, brown rice, melted cheese, and onions. **V** without cheese. Add assorted veggies 1.95 Substitute black bean chili for pinto beans .50 Add tofu 1.95 **V** with pinto beans. Sub vegan cheese 1.50

**Black Bean Chili** 7.75 Our popular house recipe made with black beans, bulgur, green peppers, carrots, cabbage, and assorted, zesty spices, topped with a dollop of sour cream and diced red onion. **gf** without sour cream.

**Hot Noodle Bowl of the Day** 12.75 Veggies and hearty tofu sautéed in a revolving roster of Asian inspired sauces. Tossed with noodles and served in a huge bowl piping hot.

**Grains and Greens** 12.50 Daily selection of organic grains, veggies, and protein. See Specials Board for selection.

**Mid-E Platter** 12.95 A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points, and assorted raw vegetables.

**Mondo Burrito** 11.95 A large, open-faced burrito layered with brown rice, black bean chili, veggies, cheese or tofu (add 1.95 for both), and homemade salsa. **V** without cheese. Sub vegan cheese 1.50

**Deluxe Quesadillas** 6.95 A large flour tortilla with white cheddar and your choice of fillings. Served with chips, salsa, and side of sour cream. **V** without cheese and sour cream.

- Crunchy veggies 1.95
- Black bean chili 1.95
- Tofu 2.75
- Fresh spinach 1.95
- Sub vegan cheese 1.50

**Loaded Nachos** 11.95 Corn tortilla chips, melted cheddar cheese, black bean chili, lettuce, red onions, tangy salsa, and sour cream. It's big! **gf** with pintos. Sub vegan cheese 1.50

## KID'S MEALS 12 and under, please.

- plain smelt grilled cheese 7.25
- mac 'n' cheese 4.50
- V** tofu cube cup 4.50
- gf** cheese nachos 6.75
- cheese quesadilla 6.75
- gf** **V** steamed broccoli 4.50
- gf** **V** fruit cup 4.50
- gf** **V** sweet potato fries 4.50

## BEVERAGES

### Cold

- iced tea 2.50
- lemonade 2.50
- Arnold Palmer 2.50
- apple juice 2.95
- soft drinks 2.75

*Coke, Diet Coke,*

*Local Bunkhouse Ginger Ale*

- Root Beer 2.75
- Montane Sparkling Water (local) 2.50
- orange juice 3.25
- regular milk sm 1.95 lg 2.75
- soy or oat milk sm 2.00 lg 3.00

### Hot

- Jittery Joe's Grit Blend coffee (regular or decaf) 3.25
- tea (black or herbal) 2.75
- hot chocolate 2.75



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## SWEETS

*Please see our display case for today's selections of desserts made from scratch here at The Grit.*

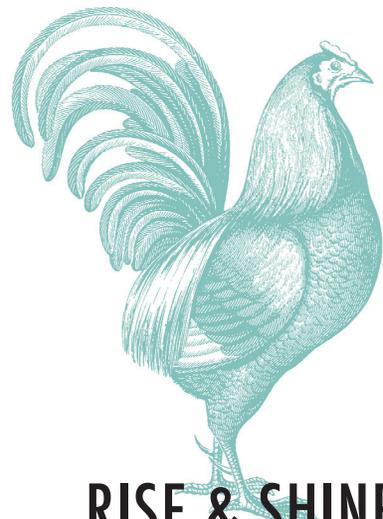
cake	5.50
pie	5.50
blonde brownie	3.95
cookies	1.50
cupcakes	3.50



*Got a party coming up? Ask your server or check our webpage about whole cakes and pies!*

## SIDES & EXTRAS

<b>gf</b> <b>V</b> corn chips	2.50	<b>V</b> yeast gravy	2.95
<b>gf</b> <b>V</b> side of salsa	3.00	<b>gf</b> cornbread	2.95
<b>gf</b> premium cheese dip	3.50	<b>V</b> house-made bread	2.50
<b>gf</b> white cheddar	1.95	<b>V</b> pita bread	1.95
<b>gf</b> <b>V</b> vegan cheese	2.95	<b>V</b> tofu cubes	4.50
<b>gf</b> sour cream	.95	<b>gf</b> <b>V</b> falafel (2)	4.50
<b>gf</b> <b>V</b> extra dressing	1.50	<b>gf</b> <b>V</b> sweet potato fries	4.50
<b>gf</b> tomatoes	.95	<b>V</b> hummus	4.50
<b>gf</b> jalapenos	.95		



## RISE & SHINE

*Join us for brunch  
at The Grit*

lunch	Monday - Friday	11am-5pm
dinner	Monday - Thursday	5pm-9pm
	Friday	5pm-9:30pm
	Saturday	4pm-9:30pm
	Sunday	4pm-9pm
brunch	Saturday & Sunday	10am-2pm

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CHECK OUT OUR WEBSTORE | WWW.THEGRIT.COM

FOLLOW US ON FACEBOOK AND INSTAGRAM