



731-336-7856

<http://www.takeout2unow.com>

# Sluggo's TNZ

## Appetizers

- Spicy Cheeky Wings \$8.75  
*Grilled seitan covered in spicy sauce with creamy dill dressing and raw veggies*
- Zucchini Griddle Cakes \$9.99  
*Fluffy veggie pancakes served with a spicy vegan mayo and creamy dill sauce*
- Nachos \$11.25  
*Topped with homemade vegan cheesy sauce, Harry's chili, lettuce, salsa, black olives, lime soy cream and avocado*

## Soups and Salads

- Cup of Harry's Homemade Chili \$4.99  
*Warm and comforting 3 bean chili with soy crumbles.*
- Bowl of Harry's Homemade Chili \$6.59  
*Warm and comforting 3 bean chili with soy crumbles with a cornbread muffin*
- Cup of Soup of the Day \$4.99
- Bowl of Soup of the Day \$6.59
- Soup and Salad Plate \$11.25  
*Your choice of Soup with a Garden Salad and Sourdough Toast*
- Medium Citrus Kale Salad \$8.75  
*Fresh Kale tossed in Miso Vinaigrette, topped with Red Onion, Shaved Carrot and Pickled Ginger*
- Large Citrus Kale Salad \$11.25  
*Fresh Kale tossed in Miso Vinaigrette, topped with Red Onion, Shaved Carrot and Pickled Ginger*
- Medium Garden Salad \$7.49  
*Loads of fresh raw veggies over spring mix topped with almonds*
- Large Garden Salad \$9.99  
*Loads of fresh raw veggies over spring mix topped with almonds*
- Medium Caesar Salad \$8.75  
*Fresh romaine tossed in goddess dressing with almond vegan parmesan, croutons, Kalamata olives and grated cashew uncheese*
- Large Caesar Salad \$11.25  
*Fresh romaine tossed in goddess dressing with almond vegan parmesan, croutons, Kalamata olives and grated cashew uncheese*
- Chef Salad \$12.49  
*Spring Mix with lots of fresh vegetables, housemade seitan, smoked tofurkey, maple tofu and cashew uncheese*
- Veggie Plate \$11.25  
*Choice of any two sides with a fresh garden salad and a cornbread muffin*
- Deluxe Veggie Plate \$13.75  
*Choice of any three sides with a fresh garden salad and a cornbread muffin*

## Wraps, Sandwiches and Burgers

**Substitute any Side with a salad for \$1.89**

- Roasted Pepper and Spinach Hummus Wrap  
*Grilled and filled with spinach, hummus, cucumbers, tomatoes, carrots, red onion and goddess dressing*
- Pesto and Portabello Quesdilla  
*Marinated and Sauteed portabella strips in a grilled tortilla with almond pesto and vegan cashew uncheese, topped with lime soy cream and salsa*
- Solo Pesto and Portabello Quesdilla \$9.99
- Pesto and Portabello Quesdilla with 1 Side \$12.49
- Pesto and Portabello Quesdilla Plate \$14.99
- Cheeky Wing Wrap  
*Spicy grilled seitan with spinach, carrots, salsa and creamy dill*
- Solo Cheeky Wing Wrap with No Sides \$9.99
- Cheeky Wing Wrap with 1 Side \$12.49
- Cheeky Wing Wrap Plate \$14.99
- Lentil Patty Melt  
*Grilled onions and mushrooms atop a grilled lentil patty with our signature vegan cheezy sauce, mayo and mustard*
- Lentil Patty Melt with No Sides \$9.99
- Lentil Patty Melt with 1 Side \$12.49
- Lentil Patty Melt Plate \$14.99
- Mushroom Walnut Burger  
*Homemade into a patty with roasted walnuts and mushrooms and served on a whole wheat bun with lettuce, tomato, red onion and soy Russian dressing*
- Mushroom Walnut Burger with 1 Side \$12.49
- Mushroom Walnut Burger Plate \$14.99

### Bar-B-Q Sub

- Choice of Tofu or Seitan covered in our homemade BBQ sauce and vegan mayo with sliced pickles. Served on a Large whole wheat hoagie roll*
- Solo Bar-B-Q Sub with No Sides \$9.99
- Bar-B-Q Sub with 1 Side \$12.49
- Bar-B-Q Sub Plate \$14.99
- The Berliner  
*Grilled seitan slices on rye with kraut, grilled onions, Russian dressing and homemade vegan cheezy sauce*
- Solo Berliner with No Sides \$9.99
- The Berliner with 1 Side \$12.49
- The Berliner Plate \$14.99

### The Berliner

- Grilled seitan slices on rye with kraut, grilled onions, Russian dressing and homemade vegan cheezy sauce*
- Solo Berliner with No Sides \$9.99
- The Berliner with 1 Side \$12.49
- The Berliner Plate \$14.99

## Sunday Brunch

**Only Brunch Is Available on Sunday . Entrees served with salad of the day and your choice of fruit salad, grits, or skillet hashbrowns.**

- Summer Squash Vegan Omelette \$14.99  
*Filled with green onions, peppers and mushrooms. Served with Bluffview rosemary sourdough. Add Cashew uncheese or vegan sausage for additional charge*
- Tofu Scramble \$14.99  
*Grilled tofu scramble with peppers, onions and mushrooms. Served with Bluff View rosemary sourdough.*
- Migas \$14.99  
*Creamy baked tofu scramble topped with vegan queso and salsa, served with hot corn tortillas, fresh tomato, and avocado.*
- Breakfast Burrito \$14.99  
*Tofu Scramble with salsa and grilled lentil sausage wrapped in whole wheat tortilla and topped with vegan Queso, lime soy cream, and spring mix*
- Tacos \$14.99  
*Two corn tortillas filled with grilled tofu scramble, salsa, avocado, lime soy cream, and vegan queso. Topped with romaine and lime wedges.*
- Vegan BLT \$14.99  
*Maple Baked Tofu served on Bluff View rosemary sourdough with lettuce and tomato. Served with salad of the day and choice of side.*
- Tofu "Chicken-Un" Salad Sandwich Plate \$14.99  
*Savory Tofu "chick-un" salad served on Bluff View rosemary sourdough with lettuce and tomato. Served with salad of the day and choice of side.*
- Tofu "Chicken" Salad Sandwich \$11.25  
*Served on Bluff View rosemary sourdough with lettuce and tomato. Add cashew uncheese for additional charge*
- Cast Iron Blackened Tofu \$14.99  
*Served over grits with grilled peppers, onion and tomato. Served with salad of the day and Bluff View rosemary sourdough.*
- Shortstack pancakes \$8.75  
*Served with fresh fruit, maple syrup and margarine.*
- Kids Stack \$6.25
- The Daily Grind \$12.50  
*Southern style grits topped with creamy baked tofu scramble, fresh spinach, and veggie sausage crumble. Served with Bluff View rosemary sourdough toast.*
- Side Caesar Salad with Blackened Tofu \$12.85  
*Romaine lettuce tossed in tahini goddess dressing, topped with*

## **Bowls**

- Sweet Thai Chili Bowl \$13.75  
*Breaded and grilled Tofu over brown rice covered with sweet Thai chili sauce, raw cabbage and peanuts*
- Ginger Peanut Kale Bowl \$13.75  
*Steamed Kale tossed in our peanut ginger sauce topped with shaved red onion, pickled ginger and fresh peanuts. Served over brown rice*
- Golden Bowl \$13.75  
*Portobello mushroom marinated and grilled, with sauteed carrots, mushrooms, cauliflower, peppers and onions served over brown rice, spinach, raw cabbage and covered with our delicious mushroom gravy*
- Popeye Bowl \$13.75  
*Breaded and grilled tofu in a Thai peanut sauce with raw spinach, cabbage and peanuts over brown rice*
- Ginger Curry Bowl \$13.75  
*Breaded and grilled tofu with sauted cauliflower, onions, peppers, mushrooms and carrots in a yellow ginger sauce served over raw cabbage and brown rice*

## **Plates**

- Pecan Dusted Seitan \$17.49  
*Seitan cutlets dusted with our pecan breading, grilled and served atop garlic mashed potatoes, covered in our housemade vegan gravy. Comes with greens of the day, garden salad and cornbread muffin*
- Spinach and Sweet Potato Enchiladas \$16.25  
*Two sweet potato and spinach filled corn tortillas, grilled and dressed with lime soy cream and homemade salsa. Served with brown rice, black beans and a garden salad*
- Tofu Scramble \$16.25  
*Hearty tofu scramble with lots of sauted veggies and herbs-served with grilled potatoes, a mushroom walnut soysage patty, sourdough toast and a garden salad*
- Soy Taco Plate \$14.99  
*Soft corn tortillas filled with marinated TVP, onions and peppers. Topped with lettuce, salsa, raw cabbage, soy cream and fresh lime and served with brown rice and cumin black beans. Comes with a garden salad*
- Sluggo's Burrito \$11.25  
*Grilled and filled with black beans, brown rice and salsa. Topped with lettuce, housemade vegan cheezy sauce and lime-soy cream. Served with tortilla chips and salsa*

## **Beverages**

### **Cane sugar sodas / local kambouch / waters**

- Blue sky ginger ale \$3.25
- Black Cherry Boyland Soda \$3.25  
12oz  
*Black Cherry Soda*
- Diet cola Boylans cane sugar soda 12oz \$3.25

## **Philly Seitan**

- Minced and grilled seitan on a whole wheat hoagie roll with grilled peppers and onions covered in homemade vegan cheezy sauce*
- Solo Philly Seitan with No Sides \$9.99
- Philly Seitan with 1 Side \$12.49
- Philly Seitan Plate \$14.99

## **The Culture Club**

- Triple Decker on sourdough with marinated seitan, maple tofu and tofurkey slices with vegan mayo, lettuce and tomato*
- Solo The Culture Club with Chips \$11.25
- The Culture Club with 1 Side \$13.75
- The Culture Club Plate \$16.25

## **The Club Deluxe**

- The Culture Club plus Pesto and Avocado*
- Solo The Club Deluxe with Chips \$12.49
- The Club Deluxe with 1 Side \$14.99
- The Club Deluxe Plate \$17.49

## **Sides**

- Side of Garlic Mashed Potatoes with Mushroom Gravy \$4.99
- Side of Black Beans \$4.99
- Side of Sweet Potato Mash \$4.99
- Side of Savory Smoky Collards \$4.99
- Side of Pasta Salad of the Day \$4.99
- Side of Steamed Kale \$4.99
- Side of Harry's Chilli \$4.99

## **Dressings**

- Side Cup of Tahini Goddess \$1.25
- Side Cup of Creamy Dill \$1.25
- Side Cup of Soy Russian \$1.25
- Side Cup of Vinaigrette of the Day \$1.25

*cashew uncheese, Kalamata olives, almond parmesan and grilled tofu.*

- Side of Southern Style Grits with grilled veggies \$4.09
- Side of "Cheezy" Grits \$3.75
- Side Skillet Hashed Potatoes \$3.75
- Side of Fruit Cup \$4.09
- Vegan BLT Sandwich \$9.99