

WHO DO YOU WANT TO EAT WITH TODAY?



THE JONAH \$8

He's totally unique and unexpected, but amazing once you get to know him

A sweet and savory grilled cheese made with smoky marinated mushrooms, tangy house-made organic banana jam and either sharp cheddar or vegan cheese. Served on fresh-made rye.



THE JAELYN \$5

She's just a kid at heart and wants to have fun

A PB&J with organic peanut butter and house-made banana jam on fresh-made rye, grilled.



THE KAREN \$8

She's a little sweet with a bit of sass

A grilled cheese made with sweet roasted red peppers, house-made tangy vegan aioli, our own vegan pesto with either sharp cheddar or vegan cheese. Served on fresh-made rye.



THE AMANDA \$8 GLUTEN-FREE

She's quirky, full of energy and has a dynamic personality

House-made hummus, lentils, roasted golden beets, greens, house-made tangy vegan aioli, our own pickled carrots, crisp red peppers, and our own vegan pesto. Served as a bowl.



THE DENISE \$8

She's comforting and always brings back tons of fond memories

Lentil sloppy joes served on an Avalon Bakery roll with Detroit's own Better Made chips on top. Can be served as a bowl if you want it gluten-free.



THE KAZ \$9

He's a little bold and brazen with an attitude you can't help loving

House-made black bean and chickpea burger topped with cow or vegan cheese, granny smith apple, and our own vegan aioli. Served on an Avalon Bakery roll.

"NEVER WOULD HAVE IMAGINED A GRILLED CHEESE WITH BANANA, BUT IT WORKS. AND THAT BEET CUPCAKE...OMG!"

"THE KAZ IS AMAZING!! SO FLAVORFUL AND DELICIOUS!!"

"LOVED THE AMANDA VEGGIE BOWL, DELICIOUS!!"

"DON'T SKIP DESSERT, BOTH THE CHOCOLATE BEET CUPCAKE AND COCONUT MACARDOON WERE VERY TASTY. SEEK THIS TRUCK OUT!"

"ABSOLUTELY DELICIOUS FOOD MADE BY ABSOLUTELY AMAZING PEOPLE!!"

NOSH PLATE SPECIAL \$12 Includes a Sandwich, Soup, and a Sweet

SOUPS \$3 4oz / \$5 8oz



SHAKSHUKA (SPICY TOMATO) GLUTEN-FREE

A heavily-spiced tomato stew with cumin, caraway, cinnamon, turmeric, and smoked paprika.



MAFE (PEANUT & POTATOES STEW) GLUTEN-FREE

A thick and hearty stew made with sweet potatoes, peanuts, chick peas and thyme.



LENTIL CHILI (\$6 8oz Only) GLUTEN-FREE

A delicious chili made from lentils with a bit of kick.

SWEETS \$2



CHOCOLATE BEET CUPCAKE

Rich, moist vegan cakes made with coconut oil and beets. Taste so sinful yet it contains a half serving of veggies.



COCONUT MACAROONS GLUTEN-FREE

Gluten free/Vegan mounds of shredded coconut with a deep chocolate drizzle.

SIPS

WATER \$1

FAYGO \$1

Red, Orange, Lemon-Lime, Grape

Soups, Snacks and Sips do rotate based on event or season

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#EATYOURVEGGIES

FOOD TRUCK & CATERING