

step 1

turf

angus burger	7.99
grass fed burger	10.49
organic beef patty	
chicken	8.79
served fried, grilled, or blackened	
turkey burger	8.79



surf

salmon	13.99
served grilled or blackened	
tilapia	9.49
served grilled, fried or blackened	
shrimp	
served grilled, sautéed, fried, or blackened	
small	13.99*
large	19.39*

*=market pricing

earth (all selections are 100% plant based) ♥

chipotle black bean burger	7.99
medium spiced & seasoned black bean housemade patty	
lentil mushroom burger	7.99
seasoned lentil, wild mushroom & oat savory housemade patty	
impossible or beyond burger	9.99
meaty delicious burger made from plants	
chick'n	7.99
soy & wheat protein patty served grilled, fried, or blackened	
falafel	7.49
housemade golden-brown split pea & chickpea croquettes	
tofu	6.99
cubed soy protein served sautéed or blackened	

step 2

serve it up

(all selections are 100% plant based) ♥

over rice +1.99	over greens 1.99
white, brown, spanish	spring mix, kale, spinach
on a bun +1.29	on a taco +1.29
brioche, wheat, pretzel, gluten-free english muffin, or lettuce wrap	3 soft corn tortillas

over rice + greens +1.99
choice of greens + rice
on flatbread +1.29
gyro style flatbread

no protein? no problem.	
simply greens	full 6.29
+ rice	half 4.29

step 3

flavor styles or build your own (reverse side)

classic: iceberg lettuce, tomatoes, onions, pickles, mayo + american cheese +1.97
mushroom swiss: sautéed mushrooms + swiss cheese +1.98
buffalo chipotle: lettuce, tomatoes, spicy pico, blue cheese, chipotle mayo + buffalo chipotle sauce +2.96
BBQ ranch: crispy onions, bacon, cheddar, BBQ sauce + BBQ ranch +4.95
mediterranean: lettuce, pico, cucumbers, hummus + tahini +2.47

choose your toppings

mexican: black beans, pico, avocado, cashew sour cream + salsa verde +6.45
baja: guacamole, pico, red cabbage + baja sauce +3.97
caesar: parmesan, croutons, + caesar dressing +1.48
sweet: strawberries, pecans, dried cranberries, raisins + raspberry vinaigrette +2.97
southwest: cheddar, blue cheese, tortilla strips, bacon, ranch dressing + buffalo chipotle sauce +4.95

build your own →

CUSTOMIZE

build your own

after choosing from step 1 and 2:

cheese +.99

american
blue
cheddar
parmesan
pepper jack
swiss
dairy-free sliced ♥
cashew cheese sauce ♥🌱

saucers + dressings +.49 (all selections are 100% plant based) ♥

baja
balsamic vinaigrette
BBQ
BBQ ranch
buffalo chipotle
caesar
chipotle mayo
'honey' mustard (agave)
italian
mayonnaise
ranch
raspberry vinaigrette
salsa verde
sour cream +.99 🌱
tahini
tangy earth
teriyaki 🌱
tzatziki +.99 🌱

toppings 3 free +.49 additional

croutons 🌱
cucumbers
diced red onion
dill pickles
dried cranberries
jalapeños
iceberg lettuce
raisins
raw kale
raw spinach
tomatoes
tortilla strips
red cabbage
white onion
(all selections are 100% plant based) ♥

gourmet toppings +.99

alfalfa sprouts +1.49
avocado +2.49
bacon +1.99
black beans +1.49
caramelized onion
corn tortillas +1.29
crispy onions 🌱
fried egg
guacamole +2.49
gyro style flatbread 🌱 +1.29
hummus
pecans
pico de gallo
raw broccoli
sautéed mushrooms
sautéed spinach
spicy pico
strawberries +1.49
vegan bacon 🌱 ♥ +1.49

(all selections, with the exception of the fried egg + bacon, are 100% plant based) ♥

SIDES & signatures

(all selections are 100% plant based) ♥

mac n cashew-"cheeze" ♥🌱 4.79

"turk'y" club: multigrain bread, house made vegan turk'y, vegan bacon, avocado, lettuce, tomato, banana peppers, mayo + mustard ♥🌱 12.99

BLT: multigrain bread, vegan bacon, avocado, lettuce, tomato, alfalfa sprouts, + mayo ♥🌱 10.99

nachos: chips, cashew cheese, beans, lettuce, pico, guacamole, jalapeños, + cashew sour cream ♥🌱 8.99

hummus platter: lettuce, hummus, pico, tahini, cucumbers, + warm pita (or try our balsamic fig style) ♥🌱 7.99

hippie avo toast: multigrain bread, dairy-free cheese, caramelized onions, red cabbage, avocado, + chipotle mayo ♥🌱 8.49

chick'n gyro: earth chick'n (or chicken), lettuce, cucumber, pico, french fries + tzatziki ♥🌱 11.99

grandma's boy: fried oyster mushroom, red cabbage, pickles, vegan pepper jack, chipotle mayo + horseradish sauce ♥🌱 10.99

french fries: plain or blackened 🌱 4.49

sweet potato fries: plain or blackened 4.49

onion rings: plain or blackened 🌱 4.49

fresh tortilla chips: with pico + guacamole 4.99

sautéed spinach 4.49

steamed broccoli 4.49

little turf surf + earth

served with fries
substitute alternative side +.49

little hamburger

served on our fresh bakery roll 7.29 🌱
add cheese +.99

little veggie burger

served on our fresh bakery roll 6.99 🌱 ♥
add cheese +.99 ♥

little earth chick'n tenders

served with choice of sauce 6.29 🌱 ♥

little chicken fingers

served with choice of sauce 7.29 🌱

little grilled cheese (♥ or classic) 🌱

served with choice of cheese 6.99

key

🌱 contains gluten
🌱 contains nuts
♥ plant based

We are not a 100% gluten free or nut free restaurant. We offer a variety of gluten free and/or nut free options and take steps to minimize cross-contamination. If you are highly sensitive to gluten and/or nuts, please advise us when ordering. We will do our best to ensure that your meal is prepared without gluten and/or nuts, but cannot guarantee your food will not touch gluten or nuts at some point in the process.

*All sautéed items are cooked in non-dairy oils.

**All breaded, fried items contain gluten and are cooked in canola oil

  [turfsurfandearth](#)