



VEGAN



GLUTEN FREE



VEGAN OPTION

THE GRIT VEGGIE PLATE

Your choice of three 10.95 A la carte 3.95

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

Also available

- black bean chili
 - cup of soup

 - collard greens
 - falafel (2)
 - fruit cup

 - mac-n-cheese
 - petite salad side
 - pinto beans

 - sautéed seasonal greens
 - steamed broccoli
(choose from spicy peanut sauce or lemon dijon butter)

 - sweet potato fries
 - tabouli side
 - tofu cube cup

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

APPETIZERS

- Mid-E Platter 11.95** A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points and assorted raw vegetables.
- Hummus Side 7.25** A chickpea/tahini dip served with pita points and crunchy veggies.
- Loaded Nachos 9.95** 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 1.00
- Chips and Cheese Dip 5.25** Corn chips with premium cheese sauce. See Specials Board.
- Chips and Salsa 4.25** 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 3.95 bowl 5.50 See the Specials Board.

- House Salad 9.95** 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 1.00 without tofu.
- Tabouli Side Salad 3.95** 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 3.95** A side of lettuce, purple cabbage, carrots, cucumbers, and your choice of dressing.

SANDWICHES

Try with sweet potato fries! Sub vegan cheese 1.00

- Golden Tofu Wrap 8.75** 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 8.75** Round, marbled rye bread grilled and filled with specialty seasoned tofu, swiss cheese, sauerkraut, and Russian dressing.
- Falafel Sandwich 8.75** Chickpea fritters in pita bread with veggies, hummus, and your choice of lemon-tahini dressing or tzatziki dressing.

Grilled Cheese Smelt 7.95 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.

EXCELLENT EDIBLES

Golden Bowl small 7.95 large 8.95 Grit-style tofu cubes sautéed with soy sauce and nutritional yeast, served over brown rice. Add cheese 1.95 Add veggies 1.75 Vegan cheese 2.95

The Grit Staple small 5.95 large 6.95 A complete protein bowl of pinto beans, brown rice, melted cheese, and onions. **V** without cheese. Add assorted veggies 1.75 Substitute black bean chili for pinto beans .50 Add tofu 1.95 **GF** with pinto beans. Sub vegan cheese 1.00

Black Bean Chili small 5.95 large 6.95 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. **V** without sour cream.

Hot Noodle Bowl of the Day 10.95 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 10.95 Daily selection of organic grains, veggies, and protein. See Specials Board for selection.

Mid-E Platter 11.95 A sampling of hummus, falafel, and tabouli served with lemon-tahini dressing, pita points, and assorted raw vegetables.

Mondo Burrito 9.95 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 1.00

Deluxe Quesadillas 6.50 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 1.75
- Black bean chili 1.75
- Tofu 1.95
- Fresh spinach 1.75
- Sub vegan cheese 1.00

Loaded Nachos 9.95 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 1.00

KID'S MEALS 12 and under, please.

- plain smelt grilled cheese 6.50 **GF** **V** steamed broccoli 3.95
- mac 'n' cheese 3.95 **GF** **V** fruit cup 3.95
- V** tofu cube cup 3.95 **GF** **V** sweet potato fries 3.95
- GF** cheese nachos 6.25
- cheese quesadilla 6.25

BEVERAGES

Cold

- iced tea 2.25
- lemonade 2.25
- Arnold Palmer 2.25
- Martinelli Apple Juice 2.50
- soft drinks 2.50

Coke, Diet Coke,

Local Bunkhouse Ginger Ale

- IBC Root Beer 2.50
- Montane Sparkling Water (local) 2.25
- Orangina 2.50
- orange juice 3.25
- regular milk sm 1.50 lg 2.50
- soy or oat milk sm 2.00 lg 3.00

Hot

- Jittery Joe's Grit Blend coffee (regular or decaf) 2.95
 - tea (black or herbal) 2.50
 - hot chocolate 2.50
- Sub soy milk or almond milk .75*



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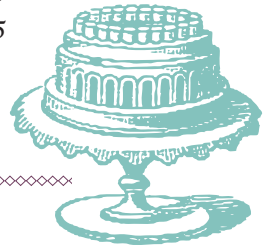


VEGAN OPTION

SWEETS

Ask your server about our daily Gluten-free dessert specials. Please see our display case for today's selections of desserts made from scratch here at The Grit.

- cake 5.25 **V** **GF** Gluten-free 6.25
- pie 4.95 **V** **GF** Gluten-free 6.25
- blonde brownie 3.95
- cookies 1.25



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

SIDES & EXTRAS

- GF** **V** corn chips 2.25 **V** yeast gravy 2.50
- GF** **V** side of salsa 2.75 **GF** cornbread 2.95
- GF** premium cheese dip 2.95 **V** house-made bread 1.95
- GF** white cheddar 1.95 **V** pita bread 1.50
- GF** **V** vegan cheese 2.95 **V** tofu cubes 3.95
- GF** sour cream .95 **GF** **V** falafel (2) 3.95
- GF** **V** extra dressing 1.25 **GF** **V** sweet potato fries 3.95
- GF** tomatoes .95 **V** hummus 3.95
- GF** jalapenos .95



RISE & SHINE

Join us for breakfast and brunch at The Grit

breakfast Monday - Friday 8am-11am
brunch Saturday and Sunday 9am-3pm
lunch Monday - Friday 11am-5pm
dinner Sunday - Thursday 5pm-9:30pm
dinner Friday - Saturday 5pm-10:00pm

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

CHECK OUT OUR WEBSTORE | WWW.THEGRIT.COM

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