

McDougall's Terrace Grille Menu

For the discriminating Vegan & Vegetarian lifestyle

Salads

Mixed Green Salad	7.50
Romaine Salad	7.50
Spinach Salad	8.00

*All Salads served with Cucumbers, Tomatoes & Carrots
And your choice of Oil Free McDougall Peanut or Oriental Salad Dressing*

Entrees

McDougall's Lasagna 17.00

Layered Pasta with Spinach and Tofu Ricotta
Baked with Soy 'Parmesan' Cheese

Avocado Lettuce & Tomato Club Sandwich 10.50

Toasted Multigrain Bread with Oil Free Mayonaise
Avocado, Lettuce, Tomato, Vegan Cheddar Cheese

Whole Wheat Pizza Margherita 10.50

Tomato Herb Sauce, Sliced Tomatoes
Vegan Mozzarella Cheese

Whole Grain Penne Pasta 10.50

Tomato Marinara Sauce, Mushrooms, Garlic
Fresh Basil, Topped with Soy Parmesan Cheese

McDougall Tofu Burger 10.50

Tofu, Oat & Spinach Burgers (2) Alvarado St Wheat Bun
Tomato, Lettuce, Onion, Pickle, Oven Baked Steak Fries

Desserts

Fruit & Berry Plate 6.00

Local Seasonal Selection

McDougall Brownie 6.50

Rich 'Fat Free' Chocolate Favorite

Rice Dream Vanilla Ice Cream 6.00

(Please allow 15-20 minutes preparation time for most selections)