



706-850-7999

<http://www.orderbulldawgfood.com>

The Grit

SPINACH FETA LASAGNA

With salad and garlic bread

Specials

www.instagram.com/gogrit

Visit www.instagram.com/gogrit to view updated specials

The Grit Veggie Plate

Choose from any of our side items of the day or one of the following: **Black Bean Chili, Cup of Soup, Collard Greens, Falafel (2), Fruit Cup, Mac & Cheese, Petite Side Salad, Pinto Beans, Sautéed Seasonal Greens, Steamed Broccoli, Sweet Potatoes, Tabouli Side, Tofu Cube Cup.**

Veggie Plate (3 Veggies) \$10.95
A la carte Side Item \$3.95

Beverages

Tea Unsweetened \$2.25
Tea Sweet \$2.25
Martinelli's Apple Juice \$2.50
Coca cola \$2.70
Montane Sparkling Water (local) \$2.25
Orangina \$2.50
Root Beer \$2.50

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 App \$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 gluten free. Sub Vegan cheese for \$1.00.
Chips and Salsa \$4.25
Corn chips with our housemade salsa.

Soup & Salad

House Salad \$9.95
A mountain of crisp lettuces, carrots, purple cabbage, cucumbers, tomatoes, and red onions topped with your choice of sauteed tofu cubes or shredded white cheddar, or \$1.95 for both. Sub vegan cheese for \$1.00.
Soup of the Day \$3.95
CALL FOR TODAY'S SELECTION
Petite Salad \$3.95
A side of lettuce, purple cabbage, carrots, cucumbers and your choice of dressing.

Excellent Edibles

Noodle Bowl \$10.95
Veggies and hearty tofu sauteed in a revolving roster of Asian inspired sauces. Tossed with noodles. Call for today's selections.
Golden Bowl \$7.95
Grit-style tofu cubes sauteed with soy sauce and nutritional yeast, served over brown rice. Add cheese \$1.95. Add veggies \$1.75. Sub vegan cheese \$1.00.
Grain Bowl \$10.95
Tofu, sauteed collards and kale, quinoa, and an avocado green goddess dressing. Vegan and gluten free
The Grit Staple \$6.95
A complete protein bowl of pinto beans, brown rice, melted cheese and onions. Add veggies for \$1.75. Substitute black bean chili for pinto beans for \$.50. Pinto Beans are Gluten Free, but black beans are not. Add tofu \$1.95. Sub vegan cheese for \$1.00.
Black Bean Chili \$5.95
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 onions.
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.
Deluxe Quesadillas \$6.50
A large flour tortilla with white cheddar and your choice of fillings. Served with chips, salsa and a side of sour cream. Without cheese and sour cream it is Vegan. Add veggies \$1.75, Black bean chili \$1.75, Tofu \$1.95, Fresh Spinach \$1.75, Sub Vegan Cheese \$1
Loaded Nachos \$9.95
Corn tortilla chips, melted cheddar, black bean chili, lettuce, red onions, tangy salsa, and sour cream. Its big! Gluten free with Pinto Beans. Sub vegan cheese for \$1.

Sandwiches

Don't forget to add a side (additional charge). Try with sweet potato fries! Sub vegan cheese for \$1.00.

Golden Tofu Wrap \$8.75
Grit style tofu cubes and sauteed veggies bundled up in a flour tortilla and toasted to perfection on our flat top grill with Sriracha mayo. Add a side for \$3.95
Tofu Reuben Sandwich \$8.75
Round, marbled rye bread grilled and filled with specialty seasoned tofu, swiss cheese, sauerkraut and Russian Dressing. Add a side for \$3.95

Sides & Extras

Side Corn Chips \$2.25
Side Sauteed Veggies \$3.95
Side of Salsa \$2.75
Side White Cheddar \$1.95
Side Vegan Cheese \$2.95
Side Sour Cream \$0.95
Side Lemon Tahini Dressing (V) \$1.25
Side Ranch Dressing (V) \$1.25
Side Ginger Sesame Dressing (V) \$1.25
Side Vinaigrette Dressing (V) \$1.25
Side Taziki Dressing (V) \$1.25
Side Salad Dressing \$1.25
Side Yeast Gravy \$2.50
Side House-Made Bread \$1.95
Side Pita Bread \$1.50
Side Tofu Cubes \$3.95
Side Falafel (2) \$3.95
Side Hummus \$3.95
Side Sweet Potato Fries \$3.95
Side Cornbread \$2.95

Brunch Menu Saturday & Sunday

Vegan Gluten-Free English Muffin \$2.25
Bagel (plain) \$1.95
Plain bagel, toasted
Toast \$1.50
Toasted house made bread
Breakfast Burrito \$8.25
A flour tortilla filled with scrambled eggs or tofu and black bean chili, covered with melted white cheddar cheese, salsa, and a dollop of sour cream. Sub vegan cheese \$1.00. Vegan without eggs, cheese, and sour cream.
2 Eggs Any Style \$3.95
Scrambled or Fried to your liking.
Fried Egg Sandwich \$5.25
One egg on a toasted bagel (plain) with melted white cheddar. Add tempeh bacon (3) \$3.25. Add soyage patties (2) \$3.25. Add vegan cheese \$2.95 Add fresh spinach 1.25
Fancy Fried Egg Sandwich \$6.25
Tasty twist on our Fried Egg Sandwich. Your choice of bagel (plain or everything) with sriracha mayo and spinach. Add bacon for \$3.25
Tofu & Veggies V \$8.25
Chunks of tofu and assorted veggies stir-fried with soy sauce and nutritional yeast. Add egg & 1.95. Add cheese \$1.95. Add vegan cheese \$2.95

Sweets

CUPCAKE \$3.50
CALL TO SEE WHAT WE GOT
CAKE SLICE

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.

\$3.95
Mid E Wrap \$8.75

Hummus, tabouli, shredded carrots, shredded cabbage, cucumber, falafel, feta cheese with your choice of tahini or tzaziki sauce wrapped in a toasted tortilla.

Falafel Sandwich \$8.75

Chickpea fritters in pita bread with veggies, hummus, and your choice of lemon-tahini dressing or tzatziki dressing. Add a side for \$3.95

Grilled Cheese Smelt \$7.95

Our homemade whole wheat bread toasted with melted cheddar and finished with fresh spinach and tomatoes. Athens' biggest and best grilled cheese sandwich. Add a side for \$3.95

A la carte Side Item \$3.95

Seitan "Steak" Sandwich \$8.75

Seitan "steak" with melted white cheddar, lettuce, tomato, and ranch dressing on a toasted hoagie

Seitan Gyro \$8.75

Grilled seitan, onions, and yellow peppers on a gyro with cucumbers, spinach, and tzatziki dressing

Kids Meals

Kid's Plain Smelt Grilled Cheese \$6.50

Kids Mac & Cheese \$3.95

Kids Tofu Cube Cup \$3.95

Kids Cheese Nachos \$6.25

Kids Sweet Potato Fries \$3.95

Kids Cheese Quesadilla \$6.25

Kids Steamed Broccoli \$3.95

GIVE US A CALL AND FIND OUT