

# QUIET STORM

VEGETARIAN & VEGAN CAFE SINCE 2001

## BREAKFAST NO SUBSTITUTIONS PLEASE

### Hangover Hash V GF

Classic roasted diced potato dish flavored with housemade TVP chorizo, onions & bell peppers. Choose scrambled tofu or eggs and option 1, wheat toast & fruit or option 2 (GF), beans & salsa. 9

### Nyam V GF

Jamaican cornmeal-coconut pudding topped with sweet potatoes, bananas & syrup. 7 / 9 with seisage

### F.Y.G. V

Seasonal fresh-cut fruit on top of plain or soy yogurt on top of this week's housemade granola. 6

### Country Burrito V

Flour tortilla loaded with scrambled tofu, seitan seisage, taters, mushrooms & onion gravy. 8 / 8.50 double gravy

### Pancakes

Sometimes vegan, always different. A sweet but light breakfast; kid-friendly. Served with fruit & syrup. 7 / 9 with seisage

### Apple Panini

Warning, highly addictive! Granny Smith apples, cheddar & cream cheese, seisage & apple butter on sun-dried tomato bread. 8

### Original Burrito

We've been serving this one up since 2002: Spicy black beans, scrambled eggs, smashed red taters & cheddar cheese. Topped with salsa. 8 / 8.50 with sour cream

### Black & Gold Burrito V

Hometown pride breakfast! Black beans, scrambled tofu, roasted vegetables, brown rice & onion gravy. 8 / get \$1 off if you're wearing black & gold

## SHARE + START

### Tofu Tenders V

Oven-crisp or buffalo-sauced. With celery, carrots and choice of vegan BBQ sauce, vegan ranch or rich blue cheese dressing. 9

### Chili V GF

Hearty, mildly spicy two-bean stew. 4.50 / 5 with cheddar & sour cream OR tortilla / 6 with the works OR with mac & cheese

### House Salad V GF

Mixed greens, tomatoes, cucumbers, carrots & choice of lemon-tarragon vinaigrette or peanut-ginger dressing. 5 / 3 side salad

### Nachos V GF

Bowl of tortilla chips served with a trio of dips: warm black beans, queso & salsa. 9 / 10 with sour cream

## SMALL PLATES

MAC & CHEESE .....	5 / 3.50
CHIPS+SALSA.....	5
HUMMUS+PITA .....	5
SOUP .....	4 / 3
SEITAN SEISAGE .....	3
FRESH-CUT FRUIT .....	3
EGGS OR TOFU .....	3
GRILLED CHEESE .....	3
SMASHED TATERS .....	2.50

### Nothin' Fancy V

**SMALL:** Eggs or tofu, taters & wheat toast. 5

**LARGE:** Double the above + seisage, beans or fruit. 9

## LUNCH

### Falafel Salad V GF

**NEW!** Romaine, chickpeas, roasted red peppers, cucumbers, red onions, tomatoes & tangy olives, with our dynamite vegan tahini dressing & housemade baked falafel. Optional feta cheese. 11

### Spicy Peanut V

One of our all-time best-sellers! Grilled wrap of spinach, lettuce, scrambled tofu, cukes, raisins, peanut butter & Sriracha hot sauce. With chips & salsa. 8.50

### Graham Street Tofu V

Our signature sandwich! Tofu cutlets, tomato & spinach on wheat or pita. With aioli, spicy mayo or vegan mayo, and chips & salsa. 8.50

### Curry Plate V GF

Inspired by global spices & seasonal produce, we prepare a different robust stew each day. With rice, slaw, white or wheat pita (omit for GF) & cucumber yogurt. 9 / curry & rice only, 6

### House Burger V

Ask your server about today's burger! Gussy it up with ketchup, mustard, mayo, vegan mayo. With vegan slaw & pickle. 9 / 9.50 with vegan queso, American or blue cheese

### Spicy Caesar V GF

Shredded romaine & kale kissed with our zesty vegan Caesar dressing, and topped with crispy tofu, red onions & roasted red peppers. Optional parmesan. 10

V=VEGAN OR VEGAN OPTION / GF=GLUTEN-FREE OPTION

## BAGELS & BREAD

PLAIN, SESAME, MULTIGRAIN OR EVERYTHING BAGELS. WHEAT, WHITE OR SUN-DRIED TOMATO BREAD. >> 1.50 BUTTER, MARGARINE, JAM >> 2 CREAM CHEESE, PEANUT BUTTER >> 2.50 FLAVORED OR VEGAN CREAM CHEESE

## HOME FRIES<sup>\*</sup>

Our legendary pile of grub! Swap eggs for tofu or vice versa. No substitutions, please. Add toast or tortilla for \$1.

### QHF

Eggs or tofu, housemade seisage, three cheeses, pickled onions & aioli on top of smashed taters. 8

### VHF V

Vegan version: smashed red taters, tofu & seisage PLUS roasted vegetables & your choice of red pepper mayo or queso. 8

*Bacon-ize it! With house bacon crumble instead of seisage. Also makes it GF!*

**Chef's Specials: Check the chalkboard for today's breakfast & lunch specials, plus a selected feature from our daily menu!**

**SATURDAY ALL-STAR MENU 10AM-5PM** QUIET STORM CAFE • 5430 PENN AVE • 412-661-9355 • QSPGH.COM