

VEG HEAD

Call ahead to order! (773)857-1070
Visit www.chicagoveghead.com to see what's new and seasonal hours

SMOOTHIES - All 16 oz. smoothies have a base of Chobani yogurt, bananas, apple juice & honey.
Add kale for .50. Additional fruit \$1.50 or all fruit, \$7.50. Your choice of fruit:

Blueberry - \$6.35

Mango - \$6.35

Peaches - \$5.50

Strawberry - \$6.35

Banana \$5.50

All orange \$5.50

\$6.95 - 🥦 Broccoli Bob's Hangover Rehydration Brain Buster (Dairy Free)
2 different types of kale, puree of different oranges, banana, orange, apple, coconut water, avocado, Coconut milk, ginger
*Add a shot of organic Spirulina for \$2.

SANDWICHES

\$4.95 TPA - Tomato, parmesan and arugula on ciabatta bread with EVO & mayo
\$4.95 Zesty Cuc' - Goat cheese, pepperoncini, sprouts, spinach, cucumber on multigrain
\$3.95 Kalewich - House-made veggie spread, crispy kale & cucumber on Sourdough-Asiago Roll

WRAPS

\$4.95 Veggie Quin-rito - House-made veggie spread, quinoa, cucumber, tomato, kale, cheddar cheese, sweet red pepper
\$4.95 Fiesta Quin-rito - Spicy black beans and onions mixed with quinoa, lime, lettuce, cilantro, tomato, cheddar cheese

PIZZA

\$6.50 Margherita - Mozzarella, roma tomatoes, fresh basil
\$7.00 Portabella Spinach - Mozzarella, roma tomato, spinach, portabella

JUICES

\$4.00 Carl's Gin Ju - Carrots, ginger, oranges
\$6.00 Kale Aid - Parsley, ginger, celery, kale, lemon, apple
\$4.50 POW - Pear, orange, watermelon
\$5.85 Rainbow Kale - Apple, pear, kale, carrot, ginger
\$6.50 Custom - up to 6 ingredients

QUINOA BOWLS - Our quinoa salads are made daily. Some may be seasonal.

\$4.85 Breakfast - Almonds, raisins, apples, lemon topped with the famous farmer's cheese topping
\$4.35 Arugula - Tossed with a lemon parsley dressing, cucumber, tomato, with or without red onion
\$5.35 Berry Bowls - Seasonal and topped with Farmer's Cheese
\$2.85 Smores - Chocolate drops, marshmallow, graham crackers

SALADS

- Comes with a hunk of fresh bread
\$6.35 Spinach - Feta, candied walnuts
\$6.85 Garden - Spring Mix, Red onion, cucumber, carrots, grape tomato, croutons
\$6.50 Mixed Dry Fruit - Spring mix, grape tomato, dried cranberry, dates, croutons
\$6.25 Asian Salad - Toasted sesame tossed with Ramen & fresh slaw
\$6.35 Arugula with - Pears or Apples
\$6.00 Caesar - Romaine, shaved parmesan, Caesar dressing, croutons
\$7.25 Fruit Salad - Seasonal melons, bananas, strawberry, dried cranberry, grapes, slivered almonds & sunflower seeds

\$4.50

Soups

Made fresh daily and comes with a hunk of fresh bread



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