midtown
VEGAN DELI & MARKET

Gluten-Free Menu

Breakfast

Midtown Scramble.....15

Tofu scramble, potatoes, bell peppers, onions, cheese, green chilies, and soyrizo.
Add $2 for sausage
Ask for a side of corn tortillas. Add GF Toast for $1.00

The Simple Sammy.....13.50

Just Egg, cheese and beyond sausage on a gluten free bun.

Burgers/Sandwiches

Return Of The Mac..... 15

Choice of black bean or Beyond burger with thousand island dressing, shredded lettuce, tomatoes, pickles, and cheese on a gluten free bun.

Midtown Mushroom Burger..... 16

Choice of black bean or Beyond burger with thousand island dressing, shredded lettuce, tomatoes, pickles, and cheese on a gluten free bun.

Game Changer Grilled Cheese.....13

Midtown's grilled cheese with two types of cheese and diced artichokes on gluten free bread. Make it spicy and add jalepenos!

The Chicken Philly.....18

Marinated soy curls, sweet and spicy peppers, grilled mushrooms and onions, lettuce, melted cheese and mayo on gluten free bread *beef option is not gluten free

Egg Salad Sammy.....15

A Delicious tofu based egg salad with arugula and tomatoes on gluten free bread.

Deli Salads:

	8oz	16oz	32oz
Potato Salad	**4**	**8**	**16**
Egg Salad	**5**	**10**	**20**

Salads

Deli Chop Salad.....11

Romaine, roasted red bell peppers, artichoke hearts, pepperoncinis, tomatoes, croutons, and your choice of dressing.

Chicken Caesar (sub soy curls for Gardein)..... 15

Soy curls, romaine, tomatoes, and caesar dressing with parmesan sprinkled on top. Ask for no croutons.

Avo Chicken Salad (sub soy curls for Gardein).....15

Romaine tossed in ranch with soy curls, tomatoes, avocado, bacon bits, and parmesan cheese. Ask for no croutons.

Basket of Fries:

Crinkle Cut or Tots.....7

Sweet Potato Fries.....10

Loaded Fries

(add $2 for Sweet Potato Fries)

Crinkle cut, tots, or sweet potato fries.
(Golden Crispy are not GF)

No-Animal Style 13

Covered in Russian dressing, shredded cheese, grilled onions, and grilled pepperoncinis

Buffalo Fries 13

Fries loaded with Frank's Red Hot sauce, seasoned soy curl chicken, and ranch.

Ranch Fries 10

Midtown's play on an old T-Town favorite. Crispy fries covered in ranch and bacon bits. *(The House recommends Crinkle Cut Fries)*

Cheesy Fries.....12

Covered in our house made cheese whiz, and crispy bacon bits. *Optional Add-Ons: Cilantro Lime Crema, Jalapenos, and pico.*

We are not a gluten-free restaurant so there is a possibility of cross contamination.