

RAW DISHES

- *All prepared at temperatures below 105 degrees F
- Raw Sesame Sea Kelp (*Soy-free & *GF) 10.00
Organic sesame with almond sauce on organic greens.
- Raw Taco Salad (*GF) 9.00
Spiced ground walnuts and organic cashew nacho cheez sauce over organic greens w/ veggies and avocado.
- Raw Pasta (*Soy-free & *GF) 10.00
Spiralized organic zucchini topped with organic sun-dried tomato/pine nut marinara, walnut crumbles, fresh organic herbs and veggies.
- Raw Reuben (*Soy-free & *GF) 9.00
Organic flaxseed rye bread and raw Thousand Island sauce topped with avocado, raw sauerkraut, and organic tomatoes. Served with organic side salad.
- Raw Pizza (*Soy-free & *GF) 9.00
Organic sun-dried tomato marinara with peppers, olives, avocado, onions, and organic pizza seasoning on raw foccaccia. Served with organic side salad.
- Raw Taco Supreme (*Soy-free & *GF) 10.00
Organic flax & hempseed shell filled with organic sun-dried tomato/pine nut/walnut/sunflower seed sauce, guacamole and veggies, topped with raw sour cream.
- Lucky Sea Kelp (*Soy-free & *GF) 5.00/10.00
Organic raw hemp, pumpkin and chia seeds, mixed w/ sea kelp noodles and organic greens. Topped w/ peanuts (optional) and served with Vietnamese Nuoc Mam sauce.
- Raw Veggie Delight (*Soy-free & *GF) 9.00
Sea kelp noodles in organic cashew-curry sauce over organic greens, topped with olives and organic raw bread.

Kid's café! (for kids only)

- *Served with crunchy veggie straws
- Kid's Veggie Burger 3.00
- Kid's Vegan Nuggets 3.00
- Kid's Vegan Mac & Cheeze 3.00
- Kid's Spring Roll & Veggie Rice 3.00
- Kid's Sloppy Joe (mild) 3.00
- Kid's Grilled Cheez or Grilled PB & J 3.00

SPECIALS

- Frozen Party Spring Rolls 12 for 10.00
Great for parties or family dinner. Take home and bake in the oven at 375 degrees for 15 minutes.
- Raw Energy Bars (*Soy-free & *GF) 3.50

DESSERTS

- *Baked desserts made from organic wheat flour, organic sugar and organic vanilla.
- Baked Cheezcake w/ fruit topping 3.50
- Chocolate Cake 3.50
- Organic Carrot Cake 3.50
- Raw Chocolate Marble Cheezcake (*GF) 4.00
- Raw Blueberry Pie (*GF) 4.00
- Cookies (*GF available) 1.50/2.00

DRINKS

- If dining in, help yourself to our house tea or filtered water.
- Spring Water (biodegradable bottle) 1.00/2.00
- Coconut Juice 2.50
- Iced or Hot Tea (to go) 1.00
- Natural Soda 1.50/1.75
- Organic Cider 3.75
- Chocolate Soy Milk 1.50
- Juice Pack/Other Juices 1.00/1.75
- Tropical Delight Smoothie 4.00
Frozen peach, pineapple, mango and strawberry with organic soy milk, agave, coconut oil, and vanilla bean.
- Green Smoothie 6.50
Organic kale, organic parsley and organic apple with bananas, coconut oil, and Vitamineral Green powder.

Loving Hut vegan café

6227 Montgomery Rd.
Cincinnati, OH 45213

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Ph | (513) 731-2233

Open | **Tues – Fri:**
11am to 3pm
4pm to 7 pm

Open **Saturday 11am to 7pm**

www.lovinghut.us/cincinnati_01/

Be Vegan, Make Peace

100% Vegan: Non-GMO: No MSG

Please inform us if you have an allergy to foods such as soy, gluten or nuts.

*GF = Gluten-free; also *GF on request

STARTERS

- Grilled Dumplings3 for 2.00
Organic wheat flour, non-GMO tofu and seasoning. Served with house dumpling sauce.
- Grilled Spring Roll.....2 for 1.50
Carrots, cabbage, celery and veggie protein in a crispy wrapper. Served with house sweet-and-sour sauce.
- Fresh Seaweed Lettuce Wrap..... 2.50
Organic lettuce, avocado, carrots, & cucumber in light seaweed wrap. Served with house almond sauce.
- Org. Brown/Jasmine Veg Rice (*GF) 1.50/2.50
- Tempeh Salad w/ Corn Chips.....4.00
- Vegan Mac 'n Cheez..... 3.00 (cup)/ 5.50 (bowl)

MAIN DISHES

- Spring Roll Meal.....6.50
3 grilled spring rolls served with rice and organic salad.
- Vegan CK Meal..... 7.00
Veggie grilled CK patty served with rice and organic salad.
- American Panini6.00
Tofurky, vegan cheez, vegan mayo, organic coleslaw, pickles, banana peppers and organic mustard. Served with organic corn chips.
- Portabella Panini.....7.00
Portabella mushrooms, vegan cheez, vegan mayo, organic basil pesto. Served with organic coleslaw.
- Grilled Veggie Panini.....6.00
Sauteed veggies, vegan cheez, vegan mayo. Served with organic corn chips.
- Asian Panini.....7.00
Tofurky, organic herb pate, vegan mayo, cucumber, organic cilantro, and pickled organic carrots. Served with organic corn chips.

- BBQ or Buffalo Wrap.....6.00
Gardein CK strips, vegan mayo, organic lettuce, organic tomatoes, and organic brown rice, wrapped in a whole grain tortilla with BBQ or Buffalo sauce.
- Vegan Sloppy Joe 6.00
Served with organic coleslaw and organic corn chips (Mild Sloppy Joe also available.)
- Black Rice Burger (*GF on request).....6.00
Whole-grain black rice, mung bean and pine nut patty on organic bun with organic lettuce, organic tomato, onion, pickles, organic mustard and vegan mayo, served with organic corn chips.
- Vegan A1 Burger.....6.00
Vegan burger patty with organic lettuce, organic tomato, onion, pickles, vegan mayo and A1 sauce on organic whole-grain bun, served with organic corn chips.
- Sunny Burger.....6.00
Organic brown rice, chickpeas, sweet red pepper, and soy protein patty with organic lettuce, organic tomato, onion, pickles and house Sunny sauce on organic whole-grain bun, Served with organic corn chips.
- Quinoa Burger (*GF on request) 6.00
Organic quinoa, chickpea and organic spinach patty with organic lettuce, organic tomato, onion, pickles and Sunny sauce on organic whole-grain bun, served with organic corn chips.
- Golden Burger..... 6.00
Vegan patty with organic lettuce, organic tomatoes, onions, pickles, organic mustard and house Golden sauce. Served with organic corn chips.
- Crispy Burger..... 6.00
Lite breaded patty on organic whole grain bun with lettuce, tomatoes, onions, pickles, and house Ocean tartar sauce. Served with organic corn chips.
- CK on a Bun..... 6.00
Grilled patty with organic lettuce, organic tomato, onion, pickles, and vegan mayo on organic whole-grain bun, served with organic corn chips.
- CK/Tempeh Salad on a Bun..... 6.00
Your choice of organic 3-grain tempeh salad or CK salad on organic whole grain bun with lettuce, tomatoes, onions, pickles. Served with organic corn chips.
- Cincinnati Chili (Saturday special).....7.00
Large dish of pasta noodles topped with tomato sauce, veggie crumbles, vegan cheez, and onions.

- Organic House Salad (*GF)..... 4.00/7.00
Organic Romaine & organic mixed baby greens, fresh veggies, avocado, organic raisin and sunflower seeds. Your choice of Almond-Ginger, Balsamic Vinaigrette, Italian, or Vegan Ranch dressing.
- CK/Tempeh Salad on Organic Greens.....8.00

SANDWICH SPECIALS

- *Served on organic whole-grain bread.
- CK Sandwich..... 6.00
Veggie CK, pickles, mustard, lettuce, tomato, vegan mayo, vegan cheez, sweet red pepper pesto.
- Grilled Veggie Sandwich..... 5.00
Sauteed zucchini, carrot, sweet red pepper, mushroom and onions with sweet red pepper pesto and vegan cheez.
- Grilled Cheez Sandwich.....3.50
Vegan cheez, sweet red pepper pesto.

SOUPS OF THE DAY

- 3.00/Cup; 5.50/Bowl
- Russian Cabbage (*Soy-free & *GF)
Organic cabbage, organic tomatoes, organic celery, assorted organic vegetables, and raisins
- Triple Bean Sweet Potato (*Soy-free & *GF)
Organic black, kidney and pinto beans, organic carrots, organic celery, sweet onion and sweet potatoes
- Split Pea (*Soy-free & *GF)
Split peas, organic carrots, organic celery
- Vegan CK Noodle Soup (winter only)
Vegan CK, organic carrots, organic celery, sweet onion, wheat noodles
- Pho (*Soy-free & *GF on request)..... 4.00
Traditional Vietnamese organic soup with rice noodles, veggie protein, and organic fresh herbs. Lime wedge, Hoisin and hot sauce on the side.

We ask that you please do not bring alcohol into the café.