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COS VEGAN RESTAURANT WEEK 2019

*Participating restaurant and menus*

## 2019 COS Vegan Restaurant Week Menus

***NOTE: Please phone ahead to confirm date and times for vegan restaurant week service!***

### **Adam's Mountain Café**

26 Manitou Ave, Manitou Springs

November 1 – 7

Tuesday - Thursday, 8 a.m. - 3 p.m. and 5 to 9 p.m. | Sunday and Monday 8 a.m. - 3 p.m.

#### Breakfast

2 slices Pumpkin Bread grilled and topped with Coconut Whipped Cream and toasted Pecans served with Maple Butter \$12

Tofu Scramble with Onions, Green & Red Bell Peppers, Potatoes, Garlic and choice of Tortillas and Red or Green Chili Sauce \$13.50

#### Lunch

Vegan wrap with Southwestern seasoned Chickpea Mash, vegan Chipotle Mayo, Lettuce, grilled Bell Peppers & Onions, Avocado and Chips \$12.50

Roasted Cauliflower Tacos with Cilantro, refried Black Beans, Avocado, Tahini Sauce and Apple Slaw \$12.50

#### Dinner

##### *Appetizers*

Vegan Lettuce Cups filled with baked Tofu, fresh Cilantro, diced Red Bell Pepper, sweet Mango Rice Noodles and Adam's house Peanut Sauce served on the side \$10

BBQ Tofu Sliders with Apple Slaw (3) served on Great Harvest Slider Buns \$12

##### *Entrees*

Tofu Wontons in creamy Yellow Coconut Curry with braised baby Bok Choy, Ramen

Noodles, Sesame Seeds and Scallions \$20

Vegan Mushroom Stroganoff over wide Noodles with braised Garlic Greens \$18

Vegan Shepard's Pie topped with creamy Vegan mashed Potatoes and Walnut Parmesan served with a simple side salad \$20

*Dessert*

Caitlin's mini Vegan Donuts served in a martini glass with fresh Berries \$7



**Azteca Gourmet**

2378 Academy Place

November 1 – 7

11 a.m. to 3 p.m.

Fresh Savory Tamale served with fresh salsa

One for \$6; Two for \$10:

Butternut squash, black beans, chipotle sauce

Turmeric, coconut, cashew sauce, 15 vegetables

Thanksgiving 3 squash, 3 fruits, 3 pepper sauce

Memelas served with fresh salsa

One for \$5; Two for \$8:

Nopales (cactus)

Champinon a la guajillo pepper

Roasted poblano potato

Tinga jackfruit

Pozole \$8 (12-ounce bowl):

Delicious hominy, white beans, and vegetable stew served with fresh salsa and toppings

Dessert Tamales \$4:

5 berries

Apple pie pecan

Pumpkin pie

*Gluten- and soy-free*



**Beasts & Brews**

7 Spectrum Loop, Suite 140

November 1 - 7

Monday – Thursday 11:00 a.m. – 10:00 p.m.

Friday and Saturday 11:00 a.m. – 11:00 p.m. | Sunday 11:00 a.m. – 8:00 p.m.

Vegan Bolognese \$15  
Vegan Burger \$14  
Vegan Pizza \$13



### **The Bench**

424 S. Nevada Ave

Weekend: November 1 – 3

Friday 11 a.m. to 12 a.m., Saturday 10 a.m. to 12 a.m., Sunday 10 a.m. to 10 p.m.

Vegan Tacos: Smoked portobello, cauliflower rice, salsa, pickled onion \$9.95

Veggie Wings: Beer battered cauliflower florets \$10.95  
(Scorcher, buffalo, Korean fire, sriracha agave, pineapple Malibu, and Cajun cry rub are all  
vegan sauce options)

Green Chili Stew \$6

Spicy Edamame: Gochujang glaze, seared lemon, shaved radish \$6.95

Veggie Miller: Skewered and grilled portobello mushroom, red onion, green pepper,  
tomato, pineapple, cauliflower rice, smoked sriracha agave. \$12.95



### **BJ's Sensations "Plant-Based Creations"**

TWO-DAYS ONLY

*Saturday, November 2, 12 to 7 p.m. 1791 S. 8th St. (The Burrowing Owl parking lot)*

SATURDAY MENU

BJ'S "WET" BURRITO \$8

Fresh home-made tortilla, mashed pinto beans, smothered with green chile

BRAT'S TOSTADA'S (2) \$6

Pinto beans mashed on fried corn tortilla shell, comes with green/purple cabbage slaw.  
Fresh salsa optional (.50).

JULIO'S TAMALES (2) \$7

Choose 2 tamales from below to smother with the jalapeno green chile.  
**Red**-jackfruit, red chile sauce, masa and seasonings individually wrapped in a corn husk.  
**Green**-jalapeno puree, masa, seasonings and vegan cheddar cheese (follow your heart  
brand) individually wrapped in a corn husk.

*Only want a taste? Option for 1 tamale smothered with the jalapeno green chile. \$5*

POZOLE (8oz bowl) \$5

Red chile broth, hominy, jackfruit, onion and seasoning.  
Optional garnish pack (traditional Mexican garnish to put in pozole bowl-lime, radish,  
onion and cilantro)

***Sunday, November 3, 2 to 6 p.m., 2845 Ore Mill Rd Ste 1 (Fossil Craft Beer Company)***

**SUNDAY MENU**

**BJ'S BREAKFAST BURRITOS \$5 (or \$7 smothered)**

Hand-made flour tortilla with potatoes, green chile, Follow your Heart cheddar cheese, and  
optional "bacon bits"\*

*\*bacon bits contain soy*

**PUMPKIN SPICE WAFFLES \$8**

Pumpkin puree, flour, flax milk, spices, maple syrup and coconut sugar. Served with maple  
syrup and coconut whip.

**POZOLE (8oz bowl) \$5**

Red chile broth, hominy, jackfruit, onion and seasoning.

*Optional garnish pack (traditional Mexican garnish: lime, radish, onion and cilantro)*



**The Burrowing Owl**

1791 S. 8th St.

November 1 - 7

Daily 11 a.m. to 1:45 a.m.

Mc Fib Sammy with BBQ, onions and pickles \$10

Green Chili Cheese Dogs \$12

Buffalo Wrap of Seitan with ranch \$10

Caesar Salad & De La Soup combo \$12

Chocolate Cake \$7

Pumpkin Cake \$7

+

off-menu lunch specials



**Carnelian Coffee Co**

2428 W. Colorado Ave.

November 1- 7

Tuesday - Thursday 8 a.m. - 3 p.m., Friday - Sunday 8 a.m. - 5 p.m.

One 12-ounce pumpkin spice latte and one housemade pumpkin hand pie for \$6.50 plus tax



**Cerberus Brewing Co.**

702 W. Colorado Ave

November 1 – 7

Sunday – Thursday 11 a.m. – 10 p.m., Friday and Saturday, 11 a.m. – 11 p.m.

To Share

Pub Fries \$7

Truffle Pubs \$9

Salads

Poached Pear Salad \$11

Artisan Greens, Shaved Fennel, Spiced Granola, Currents, Black Current Vinaigrette

Walnut & Beet Salad \$ 11

Hearty Greens, Toasted Walnuts, Shaved Beets, Apricots, Walnut Sherry Vinaigrette

Sandwiches

Grilled Portabella Sandwich \$15

Roasted Red Pepper, Bibb, Tomato, House Dill Pickles, Shaved Red Onion, Grilled Artisan Bun

Roasted Beet Sandwich \$12

Poached Pear, Toasted Walnuts, Balsamic Greens, Sunflower Hummus, Grilled Sourdough

Premium Sides \$6

Root vegetables with walnuts and currentes | Roasted garlic sweet potato puree | Truffle pub | Pickled vegetables | Side Salad

Ask about the seasonal soup



**Chaang Thai**

7525 N. Academy Blvd.

November 1 – 7 (Closed Sunday)

Monday - Wednesday 11 a.m. to 8:30 p.m., Thursday - Saturday 11 a.m. to 9 p.m.

Appetizer

Mixed Sweet Potatoes and vegetable Tempura \$7.95

Tempura steamed purple sweet potato, Japanese sweet potato, green bean and broccoli with savory dipping sauce topped with peanut.

Entrées

Tofu Curry Rice \$12.95

A Japanese style dish, deep fried tofu panko, with potato ,onion, snow pea and carrots in a twist of rich and creamy Thai-Japanese style yellow curry sauce

Udon Miso with five spice tofu \$12.95

Udon in delicious miso broth with slow cooked five spice tofu (fresh tofu in five spice sauce),  
bok choy, green onion

Hello Vegan Wrap \$11.95

A powerful wrap with high protein and fiber: Pita bread with edamame, pearl barley, chickpea, carrot, potatoes, onion stir fry with curry powder. Topped with savory panang curry sauce



**Empanadas Milonga**

2378 Academy Place  
November 1 – 7  
11 a.m. to 3 p.m.  
2378 Academy Place

Vegetable empanadas

Spinach & fresh garlic in spinach dough  
Crimini mushroom & fresh basil in Spanish paprika dough  
Eggplant & curry in turmeric dough

*Fresh sauces: Criolla and Aioli*

Sweet empanada

Butternut squash & panela

One empanada \$3.75

Two empanadas \$7

Three empanadas \$10.75



**Golden Bee at The Broadmoor**

1 Lake Ave.

November 1 – 7

Sunday – Thursday 11:30 a.m. – 12 .m., Friday and Saturday 11:30 a.m. – 1 a.m.

*Broadmoor Farms Buddha Bowl \$17*

Seared Tofu, Brown Rice, Quinoa, Chickpeas, Lentils, Edamame, Sweet Potato, Cabbage Vegetables, Teriyaki

*Gluten-free*



**Happy Belly Tacos**

125 N. Spruce St.

November 1 – 7

Tuesday – Thursday 11 a.m. – 8 p.m., Friday and Saturday 11 a.m. – 9 p.m.  
(closed Sunday and Monday)

Buffalo Cauliflower Tacos, with Shredded Lettuce and Pickled Carrots

Chips and House Made Salsa

Chimi Churri Yucca Frita

*And other vegan specials throughout the week*



**Lulu's Downstairs**

107 Manitou Ave., Manitou Springs

Monday - Saturday 5 p.m. to close | Closed Sunday

Vegan Grilled Cheese and Tomato soup \$5

Vegan Sausage Bowl \$5



**Monse's Pupuseria**

115 S. 25th St.

November 1, 2, 6, 7

Wednesday – Thursday 8:30 a.m. – 8 p.m.

Breakfast

Cinnamon french toast, coconut whipped cream and a side of fresh fruit \$6.50

EL mananero: 2 slices of French toast, served with breakfast chilaquiles and Just Egg  
\$12.95

Just Omelet:

Vegan omelet served rancho style (homemade blend of tomato, mixed onion, cilantro,  
jalapeno and vegan cheese) \$11.75

Breakfast tostada: 2 tostadas topped with refried beans, Just Egg, salsa and served with a  
side of rice and beans \$8.99

Lunch/Dinner

Crispy veggie flautas served on a bed of lettuce and a side of rice and beans \$9.25

Pupusa special: 2 vegan cheese and soyrizo pupusas served with a side of rice and beans  
\$12

Soyrizo tacos: 3 tacos served with kale and soyrizo served with a side of beans rancheros  
\$10.50

Roasted chile relleno (stuffed with potatoes, vegan cheese, sweet corn, carrot and meatless grounds) served with a side of plantains and Spanish rice \$11.99

Soup of the week: Speedy corn chowder  
Cup \$3.99, Bowl \$7.50



**Odyssey Gastropub**

311 N. Tejon St.

Weekend: November 1 -3

Friday 11 a.m. – 12 a.m., Saturday 9 a.m. – 12 a.m., Sunday, 9 a.m. – 11 p.m.

Veggies in the “Nood” \$13.95

Rice Noodles, Charred Kale/Brussels Mix, Celery, Red Peppers, Green Onion, Sweet Chili Sesame Sauce topped with Cucumber, Pickled Onions, and Micro Cilantro

Bulgogi Bowl \$13.95

Tamari BBQ Marinated Mushrooms, Baby Bok Choy, Pickled Onions and Carrots, Bell Pepper, Chimichurri Edamame Salsa, Toasted Almonds, House-Made Citrus Hot Sauce, Micro Cilantro

Fried Pickles \$8.95

Cornmeal Crusted Dill Pickles with Vegan Ranch Dip

Roast Garden Tacos \$10.45

Roasted Mushrooms and Red Bell Peppers, Squash, Caramelized Onion, Arugula, Tomato, Mango Mezcal Glaze, Vegan Ranch, Corn Tortillas, with Choice of Side Item



**Ola Juice Bar**

27 E. Kiowa St.

November 1 – 7

Monday – Saturday 8 a.m. – 6 p.m., Sunday 10 a.m. – 4 p.m.

Beer Cheez soup \$7 bowl, \$5 cup  
Chickpea "Chikn" Salad wraps (2 \$9.50



Soup & Wrap Combo \$9  
Pumpkin Carrot Spice Smoothie: \$9



**Patty Jewett Bar & Grill**

900 E. Espanola St.

November 1 – 7

Breakfast 8:00 - 11:30 a.m., Lunch/Dinner 11:30 a.m. - 9:00 p.m.

**BREAKFAST**

**Vegan Scramble \$9.95**

*Tofu, Peppers & Onions, Potatoes and Green Chili served with flour tortilla*

**Granola and Fresh Berries \$6.95**

*House made Granola, strawberries, blue berries and almond milk*

**LUNCH/DINNER**

**Hummus and Veggies \$7.95**

*Carrots, celery, broccoli, and tortilla chips*

**Asian Salad \$10.95**

*Fresh Greens, Rice Noodles, water chestnuts, red peppers, carrot, red onion, cashews, and sweet chili Vinaigrette.*

**Smoked Tofu Salad \$11.95**

*Smoked Tofu, red onion, capers, candied walnuts, fresh greens and a lemon dill vinaigrette.*

**Noodle Bowl \$10.95**

*Rice noodles, cabbage, carrots, cucumbers and green onion and gochujang, in a vegan broth*

**Fresh Veggie Sandwich \$9.95**

*Avocado, tomato, onion, cucumber, red bell peppers, lettuce and hummus on wheat bread with house chips.*



**Rasta Pasta**

405 N. Tejon St.

November 1 – 7

Daily 11 a.m. – 9 p.m.

The Sundrio with Tofu: sundried tomatoes, garlic, basil, green onion, grapes and tofu sauteed with tri-colored rotini in a vegan red wine sauce.

Lunch served with vegan garlic bread \$9.95

Dinner served with vegan garlic bread and a side salad with green pepper vinaigrette \$14.95



**Rooster's House of Ramen**

323 N. Tejon St.  
November 1 – 7  
Tuesday – Thursday 11 a.m. – 10 p.m., Saturday 11 am. To 11 p.m., Sunday 1 – 10 p.m.  
(closed Monday)

Steamed Edamame Dressed with Ponzu Sauce and Sesame Seeds

Blistered Shishito Peppers Tossed in Yakitori Sauce

Coconut Green Curry Daikon Ramen Finished with Chili Oil, Scallion Puree and Scallions.

*And other vegan specials throughout the week*



**Santana's Vegan Grill**  
3220 Austin Bluffs Pkwy.  
November 1 – 7  
Monday – Saturday 7 a.m. – 9 p.m., Sunday 7 a.m. - 6 p.m.

Classic burger, classic fries, and classic cola  
\$9.99



**Sprig**  
7 Spectrum Loop  
November 1 – 7  
Monday – Saturday 8 a.m. – 5 p.m, Sunday 9 a.m. – 4 p.m.

\$15  
Tropical Greens Juice – baby spinach, pineapple, minut, OJ, coconut water  
or  
Upbeet Juice – OJ, grapefruit juice, beet, mint

And  
**SPICY SOUTHWEST**  
quinoa or brown rice, black beans, corn, pico de gallo, jalapeño, avocado, toasted pumpkin  
seeds, cilantro, spicy avocado sauce

**MEDITERRANEAN HUMMUS**  
quinoa or brown rice, hummus, steamed kale, roasted cherry tomatoes, cucumber,  
kalamata olives, drizzle roasted garlic tahini sauce

**RAINBOW CRUNCH\***  
chopped romaine, shredded red cabbage, carrot, mango, red bell pepper, pickled red onion,  
green onion, cashews, miso sesame sauce



**Streetcar520**

520 S. Tejon St.

November 1 – 7

Monday – Thursday 11 a.m. – 10 p.m., Friday 11 a.m. – 1 a.m., Saturday 10 a.m. – 1 a.m.,  
Sunday 10 a.m. – 10 p.m.

Coconut Chickpea Curry with Basmati Rice \$14



**Summit at The Broadmoor**

19 Lake Circle

November 1 – 7 (closed Monday)

Tuesday – Sunday, 5 - 10 p.m.

Four Course Menu \$55 per Person  
or order a la carte

Marinated Mushrooms \$10

Frisée Lettuce, Hummus, Confit Tomatoes

Charred Lemon Vinaigrette

Chargrilled Watermelon \$12

Romesco Sauce, Toasted Pistachios, Golden Raisins

Roasted Cauliflower

Coconut Curry Stew \$23

Plantains, Sweet Potatoes, Baby Carrots, Jasmine Rice

Almond Chocolate Pot de Crème \$10

Blackberry Mint Sorbet, Fresh Berries



**Sweet Elizabeth’s Organics**

4657 Centennial Blvd. Suite 100

November 1 – 7 (closed Sunday)

9 a.m. - 4 p.m.

Entrée

Rosemary Garlic Focaccia Pizza smothered with housemade Marinara or Parsley Pesto  
\$18.50

Choose what veggies to top it with but not the traditional ones: roasted sweet potatoes,  
brussels sprouts, mushrooms or lentils make our pizza a savory masterpiece.

Add on some greens and sprinkles and you have the perfect pizza for one or more!

Dessert

Choose from one of the many flavors of Whoopie Pies: cake on the outside, frosting in the middle  
\$5.50



**TRiNiTY Brewing**

1466 Garden of the Gods Rd.

November 1 – 7

Friday 12 – 10 p.m., Saturday 11 a.m. – 10 p.m., Sunday 11 a.m. – 9 p.m.

Monday – Thursday 12 – 9 p.m.

Vegan Mac & Cheese with beer cheese sauce and "you call it" toppings \$14

Vegan Cheesecake with a selection of local fruit toppings \$7



**Vegan Van**

The Bearded Lady, 736 W. Colorado Ave.

ONE DAY ONLY: November 5

Tuesday 12 – 7 pm (or until sold out)

Taco Bell-inspired Menu

The Crunchwrap \$10

Holy Frijole refried beans, seasoned seitan beef, nacho cheese sauce, lettuce, tomatoes, sour cream and a crunchy fresh made tostada shell wrapped in a flour tortilla and grilled to perfection!

The Cheesy Gordita \$6

A hard taco shell filled with seasoned seitan beef, spicy ranch sauce, lettuce, tomatoes and cheddar cheese all tucked nicely in a piece of flatbread with melted vegan cheese blend!

The Nacho Fries \$9

Fresh-cut fries smothered in nacho cheese sauce, seasoned seitan beef, sour cream, tomatoes, onions and jalapenos!



**The Warehouse**

25 W. Cimarron St.

November 1 – 7

Monday – Friday 11 a.m. – 11 p.m., Saturday 5 – 11 p.m. (closed Monday)

**4 course meal including glass of wine or beer \$45 per person (plus tax and gratuity)**

or order a la carte

Appetizers \$7

**Heart of Palm Cake**

Radish and Cucumber Salad, Sauce Remoulade

**Oyster Mushroom Taquitos**

Green Chile Mojo, Guajillo Sauce

Soup or Salad \$8

**Brussels Sprout and Kale Salad**

Roasted Cauliflower, Blistered Shishito, Champagne Vinaigrette, Candied Pepita

**Winter Squash Bisque**

Cashew Cream, Sage Oil, Chile Thread

Entrees \$17

**Winter Squash Curry**

Pumpkin, Butternut and Delicata Yellow Curry, Coconut Lentils, Grilled Flat Bread

**“Baked” Red Beans and Rice**

Smoked Jasmine Rice, Carrot, Rutabaga and Daikon Slaw, Grilled Corn

**Organic Oat and Lemon Porridge**

Giant Limas, Grilled Eggplant and Roasted Red Pepper Relish, Basil, Oregano, Parsley

Dessert \$9

**Peach Crisp**

Almond Sorbet

**Berries and Zabaglione**

Lavender Syrup