



In Kansas City call (816) 363-5242
In Lee's Summit call (816) 875-2121

Vegan Menu

We have done everything within our power to ensure that the items on this menu are vegan. If you have additional concerns about any item, please bring them to our attention so that we may prepare your order to meet your requirements. Our goal is your total satisfaction.

Starters

SENSATIONAL SALAD BAR

- all-you-can-eat \$7.50
- large plate, 1 pass \$5.50
- small side salad, 1 pass \$3.50

Choice of dressing:

Zesty Italian · Fat-free French

Blueberry Vinagrette

Extra dressing: \$0.75

VEGAN BREAD STICKS \$2.95

4 golden bread sticks with marinara

ASK FOR NO CHEESE

VEGAN CHEESE CRUST \$5.50

thin and crispy crust, brushed with garlic butter, topped with your choice of vegan mozzarella or daiya cheese

VEGAN GARLIC CHEESE BREAD \$3.95

8 pieces served with marinara

What we have always referred to as "Garlic Butter" is actually garlic infused margarine that is 100% vegan. All of our breads and crusts are brushed with this before cooking.

It can be omitted by request.

Follow Your Heart Vegan Mozzarella is soy based, Daiya Cheddar & Daiya Italian Blend are made with arrow root and tapioca

Sandwiches

THE VEGGIE \$7.95

Your choice of any 3 veggies & 1 vegan cheese on a toasted ciabatta hoagie roll. Choice of dressing on the side.

Served with your choice of crisp chips, potato wedges, or sweet potato tots.

VEGAN CIABATTA BREAD PIZZA \$7.95

Not really a sandwich. Open faced ciabatta bread pizza with two toppings & your choice of Vegan Mozz or Daiya. Add toppings for 50 cents each.

Pasta

VEGAN SPAGHETTI

FULL ORDER \$8.50 HALF \$4.95

A generous portion of spaghetti noodles topped with our own marinara. Served with a breadstick.

ASK FOR NO CHEESE

Desserts

CAPPUCINO CUPCAKE \$3.00

gluten-free and vegan

VEGAN ICE CREAM \$4.50

scoop of cashew-based ice cream with oreo cookie crumbles

It's not a meal without dessert.

Vegan Pizza

TRADITIONAL HAND-TOSSED • ST. LOUIS THIN

	<u>10"</u>	<u>12"</u>	<u>14"</u>	<u>16"</u>
CHEESE ONLY	\$8.95	\$11.85	\$15.85	\$19.65
1 INGREDIENT	\$10.20	\$13.35	\$17.75	\$22.05
2 INREDIENTS	\$11.45	\$14.85	\$19.65	\$24.45
3 INGREDIENTS	\$12.70	\$16.35	\$21.55	\$26.85
SPECIALTY PIZZA	\$12.75	\$17.45	\$21.85	\$28.35
EXTRA TOPPING	\$1.25	\$1.50	\$1.90	\$2.40

CHOICE OF (INCLUDED IN PRICE):
Follow Your Heart Vegan Mozzarella
Daiya Italian Blend • Daiya Cheddar

OPTIONAL SAUCES
BBQ Sauce • Buffalo Sauce • Pesto •
Romesco • Taco Sauce • Spicy Red

VEGGIES
Almonds • Artichokes • Arugula
• Avocado • Basil • Black Beans • Black
Olives • Broccoli • Capers • Eggplant • Figs
Green Olives • Green Peppers
Herb Roasted Potatoes • Jalapenos
Kalamata Olives • Mushrooms • Onions
Pepperoncini • Pineapple • Pine Nuts
Red Onions • Red Fresnos • Roasted Corn
Roasted Garlic • Roma Tomatoes
Sauerkraut • Shallots • Spinach
Sun-dried Tomatoes • Sweet Red Peppers
Zucchini

VEGAN MEATS
Vegan Italian Sausage • Vegan Pepperoni
Vegan Hamburger • Vegan Chicken

Who you gonna call?

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Carry-out • Dine-in • Delivery • Catering

EGG-FREE GLUTEN-FREE CRUST

	<u>8"</u>	<u>12"</u>
CHEESE ONLY	\$8.30	\$16.00
1 INGREDIENT	\$9.10	\$17.50
2 INREDIENTS	\$9.90	\$19.00
3 INGREDIENTS	\$10.70	\$20.50
SPECIALTY PIZZA	\$12.00	\$21.45
EXTRA TOPPING	\$.80	\$1.50

Follow your Heart Vegan Mozz doesn't melt as fully as regularly cheese. At your request we can make the pizza well-done so the cheese melts better but this may result in burnt edges and a crispier crust.

WALDO SPECIALTY PIZZAS

Waldo Veggie: Mushrooms • Onions •
Green Peppers • Black Olives • Sweet Red
Peppers • Artichokes

Waldo Tex Mex: Taco Pizza Sauce • Onions
Black Olives • Roasted Corn • Lettuce •
Daiya Cheddar • Roma Tomatoes