

506 jersey avenue

jersey city, nj 07302

201.432.7639

**monday: closed**

**tuesday-friday: 9:00am-4:00pm & 5:00-8:30pm**

**saturday: 9:00am-8:30pm**

**sunday: 9:00am-4:30pm**

*vegan established 2003*

organic breakfast

**blt**

crispy tempeh bacon, sliced tomato, onions, mixed greens on a sprouted multi-grain sliced bread $10.99

with organic scrambled tofu & vegan cheeze $12.99

**breakfast wrap**

house seasoned organic tofu scramble, home fries, griddled sausage smothered in subia’s special sauce served in a large spinach wrap $14.79

**breakfast platter**

grilled seitan sausage, seasoned veggie organic tofu scramble, home fries, sautéed vegetables, hickory smoked tempeh bacon served with toast and butter $15.25

**breakfast tacos**

house seasoned organic tofu scramble, home fries, black beans and v-cheeze $15.49

**ab&j**

almond butter, organic jelly and banana sandwich $6.00

**gluten-free waffle**

plain $9.99

blueberry, banana walnut, coconut or apple cinnamon $11.49

served with butter and pure maple syrup

side of tempeh bacon add $3.50

side of breakfast sausage add $5.00

side of tofu scramble add $6.00

side of potatoes $4.75

appetizers

**chick’n nuggets** (gluten-free)

crispy gluten-free chick’n nuggets breaded with cornmeal, oven baked to a golden brown perfection served with a delicious maple mustard dipping sauce $10.99

**buffalo tempeh sticks** (gluten-free)

marinated sticks of tempeh lightly breaded with brown rice meal, baked in spicy buffalo sauce, served with vegan ranch-style dipping sauce $12.99

**bbq cauliflower** (gluten-free)

oven-baked cauliflower florets breaded in rice crumbs, smothered in house bbq sauce, served with ranch-style dipping sauce and slaw $11.49

**soup du jour**

ask for the featured soup of the day. our hearty soups made fresh from selected vegetables.

cup $4.50 bowl $8.99

salads

**raw salad** (gluten-free)

mixed greens, red cabbage, tomato, onions, carrots, walnuts, topped with spicy kimchi and served with our homemade vinaigrette $15.75

**house salad** (gluten-free)

mixed greens, red cabbage, tomato, onions, carrots, avocado, served with our homemade vinaigrette $13.75

**kale salad** (gluten-free)

baby kale, candied walnuts, provolone v- cheeze, tempeh bacon bits, fresh organic apple slices, served with our inhouse maple dressing $15.99

**cranberry salad** (gluten-free)

mixed greens, tomato, onions, carrots, avocado, organic apples, served with our homemade vinaigrette $15.75



oven-baked sandwiches

**the reuben**

griddled salami, hickory smoked tempeh bacon, organic sauerkraut, havarti and shredded v- cheeze all layered and oven baked on a rye bread. served with mixed greens, onions, and subia’s special sauce $14.99

**chick’n nuggets** **(gluten-free option)\***

golden baked chick’n nuggets, tomato, greens, avocado, onions, cheddar v-cheeze with our homemade maple-mustard sauce $14.99

**marinated sesame seitan\***

oven baked seitan with sea salt tamari sesame seeds, marinated with garlic-ginger sauce, topped with our fresh fixings $14.99

**spicy buffalo strips** **(gluten-free option)\***

pan-seared buffalo chick’n strips in a hot pepper buffalo sauce with greens, onions, tomato, cheddar v- cheeze and vegan mayo $14.99

**the zen garden** **(gluten-free option)\***

sliced organic tempeh steaks, marinated and grilled with seasoned organic brown rice flour, layered over marinated raw kale and topped with kimchi, and asian-style vegan mayo $14.99

**philly cheeze\***

marinated grilled seitan, sautéed peppers, caramelized onions with hints of fresh black pepper seasoning, all brought together with melted

v- cheeze $14.99

**tuna melt (gluten-free option)\***

jackfruit tuna salad, fresh organic spices, carrots, celery, served with mixed greens, tomato, avocado, onions and melted cheddar v-cheeze $14.99

**bbq cauliflower** (gluten-free **option**)**\***

oven baked cauliflower breaded in rice crumbs and smothered in house bbq sauce, served with slaw $14.49

premium wraps

**bandito loco**

spicy chorizo, sautéed vegetables, topped with salsa, melted mozzarella v-cheeze, served in a warm spinach wrap with fresh greens, tomato, avocado and a touch of creamy vinaigrette $14.99

**veggie wrap**

organic greens, tomato, avocado, cheddar v-cheeze, raw vegetables, v mayo with subia’s vinaigrette rolled in a warm spinach wrap $13.49

**country chick’n\***

country-style chick’n strips, seasoned with fresh parsley, roasted garlic, a hint of lemon, served in a spinach wrap with chopped greens, tomato, avocado and creamy vegan ranch mayo $15.49

signature burgers

**subia’s burger (gluten-free option)**

sweet potato, french lentil and kale burger, topped with avocado, tomato, mixed greens, onions and served with our cilantro-curry mayo $15.99

**beyond burger (gluten-free option)**

pea protein burger prepared to honor its mythical meaty predecessor, topped with sautéed onions, mixed greens, tomato, avocado, onions, vegan mayo and our special sauce $15.49

**black bean burger** **(gluten-free option)**

chipotle black bean burger, topped with organic greens, tomato, avocado, onions, vegan mayo, and our special sauce $15.49

desserts

cake by the slice $7.50

doughnuts $4.25

cookies (gluten-free) $4.75

subia’s muffins $3.99

all sandwiches and burgers are served with organic corn chips. all sandwiches are served with whole wheat or sprouted bread. all burgers are served on a parker bread. select sandwiches, burgers and salads are served with avocado when ripe.

**\* available as platter or salad**

platters are served with organic brown rice and a healthy portion of subia’s house salad

. Prices are subject to change platters $16.99 (salads prices vary)