



888-356-8624

<http://www.munchysdeliveries.com>

Laughing Planet

Soups and Salad

Zappatista Salad \$11.02

Made without Gluten. A bed of romaine lettuce, topped with Smart black beans, Jack cheese, pico de gallo, non-GMO tortilla chips and choice of avocado lime dressing or salsa.

Highway to Kale Salad

Made without Gluten. Lacinato kale and carrots with lemon-parsley vinaigrette. Topped with dried cranberries, pumpkin seeds and queso fresco.

Kale Caesar Salad

Vegan. Made without gluten. House made Caesar dressing, roasted chickpeas, nutritional yeast, lemon.

Sumac Salad \$11.60

Made without Gluten. Locally sourced green kale and spinach mix, with coriander roasted cauliflower, diced Granny Smith apples, dried cranberries and quinoa tossed with a red pepper-sumac dressing. Topped with feta and curry roasted chickpeas.

Garden Salad with Quinoa \$11.60

Mixed lettuces, radish, avocado, quinoa, cherry tomatoes, carrots, dried cranberries, sunflower seeds and lemon-parsley vinaigrette.

Simple Green Salad

Made without Gluten; Vegan. A bed of mixed lettuces, topped with radishes, carrots and cherry tomatoes. Served with your choice of dressing on the side.

Veggie Chili

Vegan; Made without Gluten. Smart pinto, black and garbanzo beans, corn, zucchini, carrots, onions, green bell peppers and celery.

Souper Soup

Call for our current soup offering. Served with non-GMO tortilla chips on the side.

Small Soup and Salad Combo \$10.44

Your choice of small salad with a cup of the soup of the day or veggie chili

Large Soup and Salad Combo \$9.86

Your choice of small salad with a bowl of the soup of the day or veggie chili

Cookies

Oatmeal Chocolate Chip \$2.90

Gluten Free Cookie \$3.48

Side Dishes

Rice & Beans \$4.06

3 Corn Tortillas \$2.32

Beans \$2.32

Quinoa \$3.48

Rice \$2.32

Bowls

Our bowls are served with the sauce in the bowl, unless otherwise stated. Please feel free to request your sauce on the side.

Comfort Bowl \$12.18

Brown rice, black beans, cheddar cheese, black olives, sliced avocado, pico de gallo, sour cream, cilantro, Nutritional Yeast sauce served on the side.

Thai Bowl \$13.34

Baked organic tofu, garlic green beans, and steamed broccoli on brown or jasmine rice. Topped with cilantro lime slaw and Thai Lemongrass Peanut sauce

Harvest Bowl \$13.34

Quinoa, Smart black beans, yams, sautéed kale, tempeh, avocado, cilantro-lime slaw and pumpkin seeds. "Killer Green" sauce served on the side.

Paleo Bowl \$13.34

Grilled veggies (Zucchini, Red Bell Pepper, Red Onion, Mushrooms and Cauliflower) and garlic green beans on a bed of sautéed kale with your choice of grilled chicken breast or braised 100% pasture-raised beef, and "Killer Green" sauce.

Bollywood Bowl \$13.34

Grilled chicken breast, steamed broccoli, roasted cauliflower, garlic green beans, spinach, and yams on a bed of brown or jasmine rice, Southern Indian spicy coconut sauce and topped with curry roasted chickpeas. Our bowls are served with the sauce on top, unless you request it on the side. (GF)

Korean BBQ Bowl \$13.34

Your choice of braised 100% pasture-raised beef or baked organic tofu, broccoli and brown or jasmine rice. Topped with cilantro-lime slaw, quick-pickled cucumbers, toasted sesame seeds and spicy Korean BBQ sauce.

Spankys Bowl \$10.44

Mashed potatoes, topped with steamed broccoli, corn and Cheddar cheese

Veggie Bowl \$10.44

Brown rice, steamed kale, steamed broccoli, cilantro-lime slaw, quick pickles and sesame seeds. Served with Garlic Tahini Sauce on the side.

DIY Taco Bowl \$13.34

Smart black beans, jasmine rice, pulled pork, radishes, queso fresco, romaine lettuce, pico de gallo and guacamole. Served with three corn tortillas.

Peachberry Chia \$6.96

Strawberries, marionberries, peach, chia seeds and pineapple juice. Vegan.

Mango Peach Lemon \$6.96

Specials

Autumn Bento Bowl \$13.92

Ginger-Soy pork or tofu; Curry roasted delicata squash; Lacinato kale; pickled beets, daikon and carrots; sesame-hazelnut gomasio; orange-sesame miso sauce

Kids Menu

Lil' Spanky's Bowl \$5.22

Made without Gluten. Mashed potatoes, topped with steamed broccoli, corn and Cheddar cheese.

Kids Trifecta \$5.22

Made without Gluten. Choose any three of the following items.

Kids meal \$7.54

Mini Burrito or Mini Quesadilla, steamed broccoli or corn and small apple juice or milk. Choose flour or whole wheat tortilla.

Mini Burrito \$5.22

Smart pinto beans and Jack cheese wrapped in a flour or whole wheat tortilla.

Mini Quesadilla \$5.22

Dry-grilled flour or whole wheat tortilla with Jack cheese.

Rice-N-Beans \$2.61

Vegan; Made without Gluten. Smart pinto or black beans and brown rice.

Beans, Cheese & Chips \$4.35

Made without Gluten. Smart pinto or black beans, Jack cheese and tortilla chips on the side.

Kid's Bowl \$5.22

Vegan; Made without Gluten. Jasmine rice, roasted yams and choice of corn or broccoli.

Tween Burrito \$6.38

The perfect mid-sized burrito for older kids. Smart pinto beans, brown rice and Jack cheese.

Lite Bites

No Substitutions, only subtractions-except to make it Vegan.

Small Chips and Salsa \$3.48

Chips & Guac \$8.12

A larger portion for sharing!

Black Bean Hummus \$6.38

Vegan. Made without gluten. Served with non-GMO tortilla chips.

Thai Mini Burrito \$6.38

Vegan. Baked organic tofu, peanut sauce, spinach, jasmine rice, cilantro-lime slaw, and quick pickles.

Pork Verde Mini Burrito \$6.67

Black beans, Cheddar, corn, roasted green chiles, pork, verde sauce, brown rice, and pico de gallo.

Veggie & Black Bean Mini Burrito \$6.38

Black beans, Jack cheese, spinach, grilled veggies, NY sauce, brown rice, and pico de gallo.

Seasonal Veggie	\$3.48
Veggies	
Side Of Protein	
Tortilla	\$2.32
Side Sauces	

Smoothies

Berry Berry Good	\$7.54
<i>Blueberries, marionberries, strawberries, banana and apple juice. Vegan.</i>	
Mango Peach Lemon	\$7.54
<i>Mango, peach, banana, fresh lemon juice and apple juice. Vegan.</i>	
Marionberry Ginger	\$7.54
<i>Marionberries, fresh ginger, banana and apple juice. Vegan.</i>	
PB&J	\$7.54
<i>Strawberries, banana, peanut butter and apple juice. Contains Nuts. Vegan.</i>	
Peachberry Chia	\$7.54
<i>Strawberries, marionberries, peach, chia seeds and pineapple juice. Vegan.</i>	
Green Dream	\$8.12
<i>Kale, spinach, avocado, banana, ginger, lemon and apple juice. Vegan.</i>	
Kids Berry Peach	\$4.64
<i>Blueberries, strawberries, peach and apple juice. Vegan.</i>	
Kids Mango Banana	\$4.64
<i>Mango, banana and pineapple juice. Vegan.</i>	
Mango Lassi	\$6.96
<i>Mango, yogurt, apple juice and a dash of turmeric.</i>	

Beverages

Kombucha	\$5.80
Arnold Palmer	\$4.06
House Made Lemonade	\$4.06
ABC Juice	\$8.70
<i>Apple, Beet, Carrot Juice.</i>	
Betamax Juice	\$8.70
<i>Carrot, Apple, Lemon, Ginger</i>	
Black Fresh Brewed Iced Tea	\$6.96
Herbal Fresh Brewed Iced Tea	\$6.96
Green Juice	\$8.70
<i>Kale, Cucumber, Apple, Ginger, and Lemon Juice.</i>	
Flu Shot	\$5.51
<i>Orange, Ginger and Turmeric shot</i>	

Mango, peach, banana, fresh lemon juice and apple juice. Vegan.

Burritos

Bean & Cheese	\$8.12
<i>Smart pinto beans, brown rice, Jack cheese and pico de gallo.</i>	
Spinach & Black Bean	\$8.70
<i>Smart black beans, steamed spinach, Jack cheese, brown rice and pico de gallo.</i>	
SW Green Chile	\$9.86
<i>Smart black beans, house-roasted green chiles, corn, Cheddar cheese, brown rice, pico de gallo.</i>	
Grilled Chicken Burrito	\$10.44
<i>Grilled chicken breast, Smart pinto beans, brown rice, Jack cheese and pico de gallo.</i>	
Bubba Burrito	\$10.44
<i>Grilled chicken breast, Smart pinto beans, Jack cheese, corn, brown rice, pico de gallo and chipotle BBQ sauce.</i>	
Tempeh Royale	\$10.44
<i>Vegan. Brown rice, Smart black beans, tempeh, sauteed kale, pico de gallo and fresh guacamole.</i>	

Quesadillas

Our quesadillas are "dry-grilled" on large flour tortillas. Substitute a whole wheat tortilla for no extra charge.

Crunchero Quesadillas	\$9.86
<i>Jack cheese, black bean hummus, corn, Romaine lettuce, non-GMO tortilla chips, avocado crema, garnished with cilantro and radish.</i>	
Cheese & Pico Quesadillas	\$7.54
<i>Jack cheese and pico de gallo.</i>	
Grilled Veggies Quesadillas	\$8.70
<i>Grilled veggies (Zucchini, Red Bell Pepper, Red Onion, Mushrooms and Cauliflower), Jack cheese, queso fresco and "Killer Green" sauce.</i>	
Amaizin' Grace Quesadillas	\$8.70
<i>Corn, Jack cheese, house-roasted green chiles, pico de gallo and "Killer Green" sauce.</i>	
BBQ Chicken Quesadillas	\$9.86
<i>Grilled chicken breast, Jack cheese, pico de gallo and chipotle BBQ sauce.</i>	
Grilled Chicken Quesadilla	\$9.28
<i>Grilled chicken, Jack cheese and pico de gallo.</i>	

Mushroom Taco	\$5.22
<i>Vegan. Made without gluten. Sauteed local button and oyster mushrooms, guacamole, and sliced radish.</i>	
Pork Taco	\$5.22
<i>Made without gluten. Pulled pork, green chiles, verde sauce, guacamole, and cilantro-lime slaw.</i>	
Beef Taco	\$5.22
<i>Made without gluten. Braised 100% pasture raised beef, avocado crema, pico de gallo, and queso fresco.</i>	
Large Chips and Salsa	\$4.06