

PHILLY  
**VEGAN**  
RESTAURANT WEEK

September 24 - October 1, 2021

## Ambler Vegan Co

### ENTREES:

#### Avocado Flatbread

*Dehydrated Celery Bread Avocado & House-Made Pico de Gallo Raw Sweet Marinara & Cashew/Pumpkin Seed Crema Served on Small Bed of Greens*

**Single \$8.50 or Double \$14.50**

#### "Who U Callin' Chicken?" Salad

*Signature Chickpea Blend (Reminiscent of Chicken Salad), Served on Fresh Greens w/Four Corners of Vegetables, Balsamic Date or Cashew/Pumpkin Seed Crema*

**\$13.95**

#### Vegan Caesar Salad

*Romaine Lettuce, Light Fresh Herb Seasoning and Nutritional Yeast\*, Diced Peppers, Cashew/Pumpkin Seed Caesar Dressing*

**\$12.95**

#### HeartBeet Hummus Salad

*Signature AVCo Pink Hummus Served on Fresh Greens w/Four Corners of Fresh Veggies, Light Sprinkle of Shredded Beets, Balsamic Date or Cashew/Pumpkin Seed Crema*

**\$13.95**

#### Zoodle/Carrot "Pasta" and Brrgrr Balls

*Spiralized Zucchini & Carrots and Raw Veggie Brrgrr Balls, Raw Sweet Marinara & Creamy Cashew/Pumpkin Seed Dressing, Fresh Herb Seasoning and Nutritional Yeast\**

**\$14.50 or Supreme (w/4 Corners of Vegetables) \$17.00**

#### Loaded Bean Bowl

*Grain of the Day, Shredded/Chopped Kale, Beans, Roasted Sweet Potato, HeartBeet Hummus, Mushrooms, Avocado, Salad Greens, Nutritional Yeast & Cashew/Pumpkin Seed Crema*

**\$14.95**

*Additional add-ins available. Just ask!*

**"Who U Callin' Chicken?" Wrap**

*Signature Chickpea Blend (Reminiscent of Chicken Salad), Sweet Potatoes, Avocado, Tomatoes, Fresh Salad Greens, Red Onion, Cashew/Pumpkin Seed Crème, and Balsamic Date Dressing in a Brown Rice Spring Roll Wrap*

*Sides of Celery Bread Available*

**SMOOTHIES:**

**Banana Berry**

Frozen Banana, Blackberries, Apple & Dates, Touches of Cinnamon and Vanilla

**Piña**

Frozen Banana, pineapple, coconut, touches of lime

**Greena**

The Piña + Kale

**Kwik (aka The Dublin)**

Frozen Banana, Strawberries, Dates, Vanilla, Sliver of beet for rich color.

**\$9.00**

**FRUIT WHIPS**

*Better-Than-Ice-Cream, Frozen Fruit Treat Created the Old-School Way Using the Champion Juicer.*

**All Banana Whip**

**9oz \$4.50 16oz \$7.00**

*Add Strawberries, Blueberries or Blackberries \$0.75  
You always get more than promised!*

**Specialty Whip**

*Banana + Other Fruit + Special Toppings and Sauce  
Ask for Specialty Whip of the Day!*

**9oz \$7.50 16oz \$10.00**

*You always get more than promised!*

**Other Goodies**

**Banana Taco**

*Whole Banana Rolled in Assorted Toppings, Cradled in a Banana Pancake, Dressed in Sweet Date Sauce*

**\$4.00**