MARTY'S MENU WEEK 1
JAN. 6-10  FEB. 3-7  MARCH 2-6  APRIL 6-10

ENTREES • $9.29

Pesto Penne (V)
Penne pasta tossed with vegan spinach pesto, and served with garlic bread.

Feta Artichoke Pizza (MWG)
10" pizza with marinara sauce, a blend of mozzarella and feta cheese. Topped with artichoke hearts.

Fried Cauliflower Tacos (V)
Crispy cauliflower topped with fresh slaw, salsa, and smashed avocado.

Loaded Baked Potato (V*) (MWG*)
Baked potato with shredded cheddar, tempeh bacon, sour cream, butter, and scallions.

Black Bean Torta Wrap (V)
Torta-style wrap filled with seasoned black beans, shredded romaine lettuce, tomato, pickled onion, and smashed avocado.

Spartan Grain Bowl (V) with Falafel
Bulgar wheat bowl with baby spinach, feta, cucumber, and tomato salad. Topped with smashed chickpeas, kalamata olives, and pickled onions. Served with a Greek vinaigrette.

Pick 3
Your choice of 3 sides.

(V)=Vegan  (MWG)=Made without Gluten  (V*)=Make it Vegan  (MWG*)=Make it without Gluten

- Marty's Hours of Operation -
Monday-Thursday: 11am-8pm
Friday: 11am-3pm

MARTY'S MENU WEEK 2
JAN. 13-17  FEB. 10-14  MARCH 9-13  APRIL 13-17

ENTREES • $9.29

Grande Bowl (MWG) (V*)
Brown rice bowl with seasoned black beans, salsa, cheddar cheese, sour cream, smashed avocado, and scallions.

Yerushalmi Kugel
Elbow macaroni tossed with a vegan cheese sauce.

BBQ Pizza (MWG*)
10" pizza with Sweet Baby Ray's BBQ sauce, mozzarella, tempeh bacon, and caramelized onions.

Broccoli and Cheddar Baked Potato (V*) (MWG)
Baked potato with broccoli, cheddar cheese, and butter.

General Tso's Cauliflower (V)
Crispy cauliflower tossed with General Tso sauce. Served with brown rice.

Falafel Pita (V*)
Pita filled with falafel, vegan tzatziki sauce, shredded lettuce, tomato, and feta.

Pick 3
Your choice of 3 sides.

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- Marty's Hours of Operation -
Monday-Thursday: 11am-9pm
Friday: 11 am-3pm

MARTY'S MENU WEEK 3
JAN. 21-24  FEB. 17-21  MARCH 23-27  APRIL 20-24

ENTREES • $9.29

Black Bean Quesadillas
Crispy tortillas filled with seasoned black beans, and cheese. Served with sour cream and pico de gallo.

Loaded Baked Potato (V*) (MWG*)
Baked potato with shredded cheddar, tempeh bacon, sour cream, butter, and scallions.

TLT Sandwich
Tempeh bacon stacked with lettuce, tomato, and vegan mayo. Served on toasted bread.

Margherita Pizza (MWG)
10" pizza with marinara, mozzarella, fresh tomato, and basil.

Vegan Chick'n Nuggets (V)
Crispy vegan nuggets. Served with your choice of sauce.

Whole Grain Spaghetti (V)
Served with falafel meatballs, house-made marinara, and garlic bread.

Pick 3
Your choice of 3 sides.

(V)=Vegan  (MWG)=Made without Gluten  (V*)=Make it Vegan  (MWG*)=Make it without Gluten

- Marty's Hours of Operation -
Closed MLK Day
Monday-Thursday: 11am-8pm
Friday: 11am-3pm

MARTY'S MENU WEEK 4
JAN. 27-31  FEB. 24-28  MARCH 30-APRIL 3

ENTREES • $9.29

Black Bean Tacos (V*) (MWG*)
Tacos with seasoned black beans, shredded lettuce, sour cream, and pico de gallo, and cheddar cheese.

Falafel Burger (V*)
Pressed Falafel burger topped with shredded lettuce, tomato, pickled red onion, feta cheese, and vegan tzatziki sauce.

Broccoli and Cheddar Baked Potato (V*) (MWG)
Baked potato with broccoli, cheddar cheese, and butter.

Sriracha Cauliflower (V)
Crispy cauliflower tossed with sriracha sauce. Served with celery and carrots.

Pesto and Red Pepper Pizza (MWG)
10" pizza spread with vegan basil pesto and topped with shredded mozzarella and sliced fresh red pepper.

Tortellini Marinara
Cheese tortellini tossed with marinara sauce. Served with garlic bread.

Pick 3
Your choice of 3 sides.

(V)=Vegan  (MWG)=Made without Gluten  (V*)=Make it Vegan  (MWG*)=Make it without Gluten

- Marty's Hours of Operation -
Monday-Thursday: 11am-8pm
Friday: 11 am-3pm