MARTY’S MENU WEEK 1
SEPT. 23-27   OCT. 21-25   NOV. 18-22

ENTREES • $9.29

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

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

Three Cheese Pizza (MWG)
10” pizza with cream cheese, cheddar, and mozzarella.

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

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.

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
ENTREES • $9.29

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

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

Falafel Wrap (V*)
Falafel, vegan tzatziki sauce, shredded lettuce, feta, and tomato wrapped in a flour tortilla.

Vegan Mac (V)
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.

General Tso Cauli (V)
Crispy cauliflower tossed with General Tso sauce. Served with brown rice.

PICK 3
Your choice of 3 sides.

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(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 3
OCT. 7-8 CLOSED Oct. 9 OCT. 10-11 NOV. 4-8 DEC. 2-6

ENTREES • $9.29

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

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

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

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.

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

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 4
OCT. 16-18  NOV. 11-15  DEC. 9-11

**ENTREES • $9.29**

- **Black Bean Tacos** *(V*) *(MWG)*
  Tacos with seasoned black beans, cheddar cheese, sour cream, and salsa.

- **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.

- **Spinach and Artichoke Pizza** *(MWG)*
  10” pizza with a spinach and artichoke cream cheese spread. Topped with fresh tomatoes, red onion, and fresh basil.

- **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: 11am-3pm