



# Urban Vegan

Vegetarian\*Vegan\*Gluten-Free Cafe

Located inside Captain Fishy's at Palmetto Bay Marina  
86 Helmsman Way, Hilton Head Island, SC 29928 Phone: (843) 671-3474

## FRESH ORGANIC SALADS

- Garden Party Salad Chef's Kitchen Sink fruit&nut Salad w/Sweet Cilantro Dressing
- Eggless Salad Salad All the flavor of Egg Salad, but NO eggs! Amazing!
- Green Goddess Salad Grilled Lima Bean Burger tops organic greens w/creamy garlic dressing
- Garden of Vegan Salad All the vegetables we can find in the pantry topped w/house dressing
- Caesar Salad Our spin on the classic, crisp, fresh and organic

## SIDES

- Pink Potato Salad
- Beet&Hiccoma Slaw
- Parmesan Quinoa
- Baked Beans
- Apricot Almond Cole Slaw
- Fried Spinach
- Lima Bean Humus
- Sweet Potato Fries

## URBAN VEGAN SPECIALTY DISHES

- Chef Robin's Famous Black Bean Burger ( 'nuff said! ) GF
- BET on GFB Imaginary Bacon and Egg with Real Tomato on Toasted Gluten-Free Bread
- Fab French Dippy Toasted Baguette piled high with imaginary beef, served Au Jus. NOT GF
- SeeFood Hoagie with imaginary Shrimp, avocado, celery and onion, toasted to perfection! GF
- Eggplant Extravaganza grilled veggie hoagie with imaginary cheeze topping on GF Bread
- Tofu Lettuce Wrap (House Special) grilled with crispy lettuce leaves and creamy Cilantro Sauce GF
- Eggless Salad Sandwich hearty tofu, celery and onion on GF Chia-Millet Bread. Yummy!
- Sloppy Jolo's old favorite, newly vegan, nice and sloppy on Gluten-Free Bun
- Roasted Veggie Sandwich (vegan or vegetarian) marinated eggplant, red pepper & onion slices GF
- Roasted Red Pepper Jerk Boats loaded with Jerk crumbles and topped w/creamy Cilantro Sauce GF
- Four Burger Bonanza Black Bean, White Bean, Lima Bean and Beet Burgers. Delicious! GF
- Mediterranean Pizza GF with Black Olives, Feta Cheese, Herbs and Tomato GF

## HEALING TEAS

- Hibiscus (high blood pressure)
- Milk Thistle (liver detox)
- Nettle Leaf (allergy relief)
- Banaba (blood sugar balance)
- Chamomile (calming)
- Gypsy Cold Care (cold & flu)
- Green Tea (steady energy)

## HEALTHY DRINKS

- GT Kombucha Gingerberry
- Coconut Water
- Almond Milk
- Chocolate Almond Milk
- Ganoderma Reishi Coffee
- pH Balancing Water
- Patie Palmer LemonAid

## DESSERTS

- Sweet Potato Crumble (warmed Spice Sweet Potato Puree topped w/oatmeal crumble and vegan whip) GF
- Carrot Nut Cake w/Creme Cheese Icing & warm Caramel Drizzle GF
- Pineapple Upside Down Cupcake w/caramelized bottom GF
- Vegan Creme Brulee GF
- Greek FroYo to Go GF

## BEER AND WINE

Check out our  
Organic, Sulfate-free  
Wines &  
Gluten-free Beers