



# Vegan Menu (Dietary)



**\*\***(Our Garlic Butter is made with soy but contains traces of whey. Because of this, we consider our Vegan Menu Dietary Only. A notation is made on items that come with garlic butter)

"APPETIZERS"		Cup 4.85	"SOUP"	owl 5.8
<b>Tamale Appetizer</b>	Veggie w/crackers & SALSA <i>*Please let your Server know you want SALSA instead of Cheese Dip</i>	5.75	<b>Otli Black Bean Soup</b>	Low calorie & and excellent source of protein, w/corn chips <i>*Please ask your Server to leave off the sour cream*</i>
<b>Guacamole with chips</b>		Small 7.25 Large 8.99	<b>Mexican Vegetable (the base for our Tortilla Soup!)</b>	Served w/crackers
<b>Salsa with chips (Chunky &amp; Fresh)</b>	Tomatoes, fresh cilantro & spices	Small 4.35 Large 5.35		
<b>Greek Hummus w/ Grilled Flatbread</b>	With Tomatoes, Cucumbers & Kalamata Olives	8.75		

## "SALADS"

**WE MAKE OUR OWN DRESSINGS:** Balsamic Honey (dietary only), House Vinaigrette, Izzabella, Greek, Sesame Ginger

<b>Seasonal Spinach Salad - Changes with the Seasons. Ask your waiter for details</b>			<b>\$ Seasonal</b>
<b>Chef Salad / Plain</b>	<i>*Please ask your Server to leave off the cheese*</i>		<b>Plain 7.95</b>
Mixed lettuce, tomato wedges, cucumbers, sunflower nuts, green peppers, purple onions. Served w/crackers			
<b>Izzabella Salad (Voted Best Salad - A Healthy Choice)</b>			<b>Plain 7.95</b>
Fresh mixed lettuce with a Izzabella Light Vinaigrette, sprinkled with almonds, sesame seeds & mandarin oranges. Served with rolls & garlic butter (our butter is made with Soy but contains traces of Whey)			
<b>San Francisco "Slug" Salad (inspired by the San Francisco Fire Department)</b>	<i>*Please ask your Server to leave off the cheese*</i>		<b>Plain 8.45</b>
Fresh mixed lettuce topped with mandarin oranges (the oranges are the "slugs"), cucumbers, almonds, and tomato wedges. Served with a Balsamic Vinegar Olive Oil & Honey dressing. Served w/crackers			
<b>Greek Salad (with Lemon Citrus Greek Vinaigrette)</b>	<i>*Please ask your Server to leave off the cheese*</i>		<b>Plain 8.45</b>
Fresh mixed lettuce topped with cucumbers, purple onions, green peppers, kalamata olives, and tomato wedges. Served with a Lemon Citrus Greek Vinaigrette. Rolls & garlic butter (our butter is made with Soy but contains traces of Whey)			
<b>Sesame Ginger Asian Salad (It's the dressing that makes this salad!)</b>			<b>Plain 8.45</b>
Our fresh made ginger and toasted sesame dressing top fresh mixed lettuce, mandarin oranges, cucumbers, almonds, tomato wedges, & cilantro. Served w/crackers.			
<b>Small Side Greek, San Francisco Slug or Sesame Ginger Asian Salad</b>			<b>Plain 6.35</b>
<b>House Salad (With our famous House Vinaigrette)</b>	<i>*Please ask your Server to leave off the cheese*</i>		<b>5.25</b>
Fresh mixed lettuce, tomatoes, peppers & onions.			
<b>Fruit Salad (Fresh Fruits and Melons in Season)</b>			<b>Large 7.99 Small 5.99</b>
(A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes & pineapple <i>*Please ask your Server to leave off the poppyseed dressing*</i>			

## "HOT TAMALES"

We make 'em To Go!

Our Tamales are hand made (our recipe) rolled in Corn Shucks - Since 1985

Arkansas' only "VEGGIE" Tamale

**HOT TAMALES PLATTER (Voted Best) 2 Big Tamales! Platter 10.25**

**Veggie - all our best veggies, black beans & pintos, lots of salsa on the side & corn chips**

**\*\*\*Please tell your Server you want SALSA only\*\*\***

Want a Veggie Tamale all by it's lonesome?  
**2.59**

<b>Fiesta Potato (Twice baked)</b>	<i>*Please ask your Server to leave off the cheese*</i>	<b>5.25</b>
Mixed w/lotsa goodies, garlic butter on side, served w/crackers (our butter is made with Soy but contains traces of Whey)		
<b>Fresh Steamed Veggies</b>		<b>5.25</b>
Zucchini, squash, tomatoes, onions, green peppers & parsley, prepared with fresh Garlic & spices, served w/rolls and garlic butter (our butter is made with Soy but contains traces of Whey)		

## “SANDWICH PLATTER”

### Soup & Sandwich Platter (best of both worlds)

For a small up charge, add any of our famous vegan soups *instead of chips* to your sandwich

**Soups: Mexican Veggie or Black Bean**  
*(\*ask your waiter to leave off the sour cream)*

**Cup: \$2.69, Bowl \$3.99**

**We've Got Fries!**  
 Regular \$1.99  
**SWEET Potato \$2.39**  
 with Sandwich  
**\$2.39 & \$2.79 A La Carte**

Cup of Fruit \$2.39

**Veggie Melt (Grilled on garlic buttered toasted natural grain) w/chips** *(our butter is made with Soy but contains traces of Whey)*

Fresh spinach, sliced zucchini, mushrooms, fresh guacamole, sunflower nuts, and tomato

*\*Please ask your Server to leave off the cheese\**

**7.99**

## “PASTA”

(SERVED WITH OUR FRESH BREAD)

*We do it all with Linguini (THE PASTA OF CHOICE)*



### Marinara Sauce

Chopped tomatoes, with fresh garlic, onions, peppers, Italian herbs & spices ladled over steaming hot linguini.

**Marinara Le Garden** Smothered with steamed veggies.

**Lunch or Dinner**

**8.89      11.39**

**9.99      12.49**

## IZZY'S Famous California Style BRICK OVEN PIZZA

All of our pizzas are **hand tossed** and cooked in a brick oven at a very high temperature.

The ceramic hearth gives the pizza it's unique “**brick oven fired flavor**”

**Dominico (all veggie)** *\*Please ask your Server to leave off the cheese\**

Our home made tomato sauce, spinach, zucchini, red onions, green peppers, black olives, mushrooms, & topped with fresh parsley

**\$12.69**

## Build Your Own Pizza

**12” inch \$10.49**

**Your Choice of Fresh Tomato Sauce, BBQ Sauce, SALSA or Pesto as your base**

Choose from any of the following:

Roma Tomatoes	Mushrooms	Spinach	Black Olives	Pineapple	Red Onions	}	<b>\$1.25</b>
Black Beans	Green Peppers	Zucchini	Green Olives	Almonds	Jalapeños		

Artichoke Hearts **\$1.95**

*\*Parsley, Cilantro, & Red Peppers are No Charge*

***\*Please ask your Server to leave off the cheese\****



## BEVERAGES



*Free Refills*

**Pepsi, Dr. Pepper, Diet Coke, Diet Dr. Pepper, 7-up, Mountain Dew, Root Beer, Lemonade** **2.55**

**Iced Tea (Sweet or UnSweet) (Fresh brewed, w/real lemon)** **2.55**

**Coffee or Hot Tea (English Breakfast, Earl Grey or Herbal Mint)** **2.45**

**Fresh Imported Organic Tea (See Imported Tea Menu)** **3.75**