

Mood

A plant-based bistro.

Allow us to transform your temporary state of mind and feeling through culinary bliss. The nourishment is provided by Earth's gardens and our mission is to use organic ingredients as much as possible.

Get In The Mood

Cauli Wings – cauliflower lightly fried, tossed in buffalo served with bleu, carrots, and celery 15 NF GF

More Brussels – brussels, sesame agave, sprinkled with toasted peanuts 14 GF

Macho Nachos – corn chips, guacamole, sour cream, salsa verde, pico de gallo, walnut taco meat, cheese 18 GF

The Sunchokes – crispy sunchokes, capers, and aioli 14 NF GF

Mood Rings – sliced white onion, lightly fried, served with chili mayo 10 NF GF

Cheese Board – housemade assorted cheese options with pickled vegetables, fig salame, and gluten free crackers 22

Southbeach Roll – cucumber, carrots, jicama, watercress, pepper, mango, avocado, kimchee mayo, cashew cream cheese 17 GF

Falafel Pancake – middle eastern flavored pancake with muhammara (roasted red pepper spread) 12 NF GF

Be Green

Iron Man – kale, spinach, carrots, cucumber, avocado, hemp seeds, red pepper, cherry tomatoes, tossed with a spirulina honey mustard dressing 18 NF GF

Santa Maria – mixed greens, herbs, hemp seeds, sprouts, avocado, pumpkin seed parmesan tossed with a lemon hemp oil dressing 18 NF GF

Forever Young – romaine, avocado, cucumber, beets, quinoa, carrots, and tahini sauce 18 NF GF

Kale Romaine Caesar – romaine, kale, Caesar dressing, gf croutons, and parmesan 18 GF

MOODwiches

Artisanal bread by Sullivan St Bakery

gf bread options are available

Served with hand-cut French fries or greens

Burgers – Old School – lettuce, tomato, onion, pickles, cheddar cheese, with a special sauce 18

The Yum – caramelized onions, mushrooms, smoked provolone, and mayo 18

The Southside – mushroom Philly cheese ‘steak’ with roasted garlic aioli on ciabatta 18 NF

Bomb Bahn Mi – marinated tofu, jalapeno, pickled vegetables, lettuce, cilantro, hoisin sauce, and sracha mayo on ciabatta 15 NF

Jack Loves BBQ – bbq jackfruit, coleslaw, pickled onion and pickles on burger bun 15 NF

Not Your Mama’s BLT – shiitake bacon, lettuce, tomato, avocado, and parsley pesto on toasted sourdough 15 NF

The Rabbi Reuben – ‘korn’ beef, sauerkraut, cheese, 1000 island on toasted sourdough 18 NF

Beetwich – thinly sliced roasted beets, shiitake bacon, pickled onion, with a spinach pesto on toasted sourdough 16 NF

Full Mood

Rockin’ Rigatoni – pumpkin seed pesto, zucchini, broccolini, cherry tomato, parmesan cheese, and hemp seeds 22 NF

Holy Shiitake Ramen – a umami flavor bomb layered with tamari, rice wine vinegar, ramen noodles and finished with sauteed organic kale, broccolini, shiitake mushrooms, poached baby bok choy, and local micro-greens with a splash of coconut milk, and a sprinkle of shichimi togarashi and homemade chili oil 24

Salve (All Hail) The General Stir Fry – broccoli, beet, shiitake mushroom, tofu, and zucchini in a sweet, savory sauce topped with sesame seed, cilantro, and microgreens 22 GF NF

Southwest Chili Bowl – organic quinoa, zucchini, peppers, black beans, guac, and sweet potato, finished with pickled red onion, shaved jalapenos, local microgreens 18

Kasmir – rice, broccoli, lentils, sweet potato, curry sauce, greens, toasted pistachios, and cilantro 20 GF

Big Burrito – rice, beans, red chili sauce, nacho cheese sauce, jackfruit, peppers, zucchini, sour cream, and guac 16

Some On The Side

Mac 'n Cheeze – roasted tomato, mushroom, shiitake bacon, parmesan and mozzarella cheeze 14

Bok + Greens – ginger-tamari sauteed bok choy, kale, and collard greens 8 NF GF

Hand-cut Truffle Fries 10 GF

Hand-cut French Fries 8 NF GF

Side Salad 8 NF GF

Not So Guilty Pleasure

Please ask your server for dessert options and details

NF – Nut Free

GF – Gluten Free

