

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 16 NF GF

More Brussels – brussels, sesame agave, sprinkled with toasted sesame seeds 16 GF

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

Lightly Fried & Sassy – crispy sunchokes, capers, caper aioli 16 NF GF

Mood Rings – battered onions, lightly fried, served with chili ketchup 16 NF GF

Southbeach Roll – cucumber, carrots, watercress, pepper, mango, avocado, kimchee mayo, cashew cream cheese 18 GF

Kalamari – lightly fried hearts of palm with spicy marinara 15 NF GF

Be Green

Iron Man – kale, watercress, carrots, cucumber, avocado, hemp seeds, red pepper, cherry tomatoes, tossed with a spirulina agave mustard 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 – add avocado 2 - add buffalo cauliflower 5

MOODwiches

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 vegan mayo 18

The Southside – mushroom Philly cheeze ‘steak’ with roasted garlic aioli on baguette 18 NF

Bomb Bahn Mi – marinated tofu, jalapeno, pickled vegetables, lettuce, cilantro, hoisin sauce, and siracha mayo on ciabatta 16 NF

Jack Loves BBQ – bbq jackfruit, coleslaw, pickled onion and pickles on burger bun 16 NF

Not Your Mama’s BLT – shiitake bacon, lettuce, tomato, avocado, and parsley mayo on toasted sourdough 16 NF

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

Full Mood

Rockin’ Rigatoni – pumpkin seed pesto, zucchini, broccolini, cherry tomato, parmesan cheeze, and hemp seeds 22 GF upon request

Holy Shiitake Ramen – a umami flavor bomb layered with tamari, rice wine vinegar, coconut milk, ramen noodles and finished with sauteed organic kale, broccolini, shiitake mushrooms, poached baby Bok choy, with a splash of coconut milk, and a sprinkle of shichimi togarashi and homemade chili oil 24 NF GF upon request

Salve (All Hail) The General Stir Fry – broccoli, beet, shitake mushroom, tofu, zucchini, snow pea, kale, and baby Bok choy in a sweet, savory sauce topped with sesame seed & cilantro, served over cilantro coconut rice 22 GF NF

Big Burrito – coconut rice, black beans, zucchini, peppers, jackfruit, red chili sauce, nacho cheeze sauce, shredded lettuce, pico de gallo, salsa verde, sour cream, guacamole, jalapeno, cilantro 18 GF upon request

Some On The Side

Mac ‘n Cheeze creamy and baked to perfection with parmesan and mozzarella cheeze 15 GF upon request

Bok + Greens – Bok choy and Kale sauteed in ginger, garlic, and tamari 10 NF GF

Hand-cut Truffle Fries 10 NF GF

Hand-cut French Fries 8 NF GF

Side Salad 8 NF GF

NF – Nut Free

GF – Gluten Free

Specials

Margherita Flatbread 18 – Bread by Johnny pizza dough, tomato, mozzarella, herbed cashew ricotta, parmezan cheeze, olive oil, basil - 18

Smokehouse Cheddar & Bacon Flatbread – Bread by Johnny pizza dough, shredded mozzarella cheeze, macadamia nut smoke house cheddar cheeze, mushroom bacon, carmelized onion, watercress - 20

Pear & Bleu Salad – mixed greens, kale, sliced pear, bleu cheeze crumbles, candied walnuts, shaved red onion, coriander vinaigrette, micro greens - 18 GF

Buffalo Cauliflower Caesar Wrap – buffalo cauliflower, romaine, caesar dressing, parmezan cheeze, shredded carrot, celery, green onion – served with salad or fries - 18

Nashville Hot Chick'n Sandwich – fried oyster mushroom, vegan hot honey, vegan mayo, slaw, on a Bread by Johnnyy Banh Mi Burger Bun, served with fries, truffle fries or side salad - 20

Kung Pao Cauliflower – lightly fried cauliflower, red pepper, snow peas, over cilantro coconut rice - 22 NF GF

Chinese Take Out – udon noodles, broccoli, zucchini, peppers, snow peas, kale, bok choy, fried tofu in a garlic ginger tamari sauce - 22 NF GF upon request

Eggplant Parmesan – breaded & fried over durum spaghetti with a spicy roasted garlic tomato sauce, topped with cashew ricotta & basil - 24 GF upon request

DESSERTS

- Raw Carrot Cake GF \$12
- Almond Cake with strawberry sauce & whipped cream GF \$12
- Raw Cookie Dough Tarte \$12
- Blueberry Cobbler topped w/vanilla oat milk ice cream \$15

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Tues-Thurs 11:30-9

Friday-Saturday 11:30-10

