



EYETAL IS VITAL

MENU



100% Plant Based

100% Whole Foods

Prices Include Tax

We Use Minimal Ingredients

Prices Include Tax

SUN CHICKPEA BURGER 🌱

\$12.86

Hand Crafted Chickpea Burger Topped w/
Green Leaf Lettuce, Tomato, Onions, Mayo,
Ketchup, on Toasted Bun

ADD OR SUB SINGLE OR MULTIPLE TOPPINGS:

White Truffle Chips, Sweet Fried Plantain,
Sauteed Jerk Onions, Smoked Gouda,
Spicy Ketchup,

Roasted Red Pepper & Garlic Aioli

Served w/ White Truffle Chips & Fresh
Cut Cucumber

BBQ-JERK JACKFRUIT SLIDERS 🌶️🌶️

\$12.86

Pulled Jackfruit with smokey, spicy,
sweet & tangy Jerk-BBQ sauce,
topped w/ Red Cabbage Slaw,

Served w/ Green Plantain Wedges or
Sweet Potato Fries

CHICK'N FRIED CAULIFLOWER

\$8.58

Spelt battered Cauliflower, fried crispy
topped with Red Cabbage Slaw.

Served w/ plain or with one of our
delectable sauces:

Sweet Chili or Pimento-Buffalo

GREEN PLANTAIN WEDGES 🌶️🌶️

\$5.36

Cut Green Plantain Wedges seasoned with
Chile-Lime seasoning

Served w/ Spicy Habenero Salsa

CHICK'N SAMMIE

\$12.86

Double battered Maitake Mushrooms,
crispy fried on toasted Pretzel Bun,
topped w/ Lettuce, Tomato, Onions,
Roasted Garlic & Paprika Aioli, Mayo, Ketchup

Served w/ Sweet Potato Fries

🌱 Spice Level 🌱

🌶️🌶️ RASTA REUBEN

\$8.58

Pulled Jackfruit with smokey, spicy,
sweet & tangy BBQ-Jerk sauce
Flourless Bread, Smoked Gouda,
Mayo & Pickled Veggies

Served w/ Kosher Dill Pickle

🌱 PLANTAIN PANINI

\$8.58

Crispy Sweet Fried Plantain on
Flourless Bread, with spicy Mayo
Arugula, Tomato, Smoked Gouda

Served w/ Kosher Dill Pickle

BERBERE SWEET POTATO FRIES

\$5.36

Hand-cut Sweet Potato Fries
seasoned with ethiopian Berbere Spice

Served w/ Ketchup



🌶️🌶️ SPICY SHROOM WINGZ

\$12.86

Double battered Maitake Mushrooms,
crispy fried & tossed in our house-made
Jerk sauce, topped with Red Cabbage Slaw

Served w/ Green Plantain Wedges or
Sweet Potato Fries

SUN KALE & CUCUMBER SALAD

\$8.58

Massaged Kale, Cucumber, Plum Tomato,
Avocado

Served w/ House-made Dressing.
Your Option of topped w/
roasted Sun Flower Seeds

ENTREE SPECIAL

\$15.02

OUR ENTREES ROTATE.
SO ASK ABOUT
TODAY'S ENTREE

ITAL [Pronounced eye-tal] cuisine describes a collective & conscious revolution in
health & wellness that originated in the hills/mountains of 1930's Jamaica.

Ital also specifically refers to the minimal use of salt, & the focus on the balancing of
traditional herbs, spices & flavors are procured. Thyme, pimento, ginger, habanero pepper
& the coconut are prominent. Italist consciously use 100% plant based whole foods & whenever
possible organic ingredients. Noticeably one of the most important ingredient in Ital food is LOVE.

