

# 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 5.79	"SOUP" Bowl 6.89
<p><b>Tamale Appetizer</b> Veggie w/crackers &amp; SALSA <b>7.65</b>  <i>*Please let your Server know you want SALSA instead of Cheese Dip</i></p> <p><b>Guacamole with chips</b> <b>Small 8.99</b>  <b>Large 10.99</b></p> <p><b>Salsa with chips (Chunky &amp; Fresh)</b> <b>Small 5.99</b>            Tomatoes, fresh cilantro &amp; spices <b>Large 7.65</b></p> <p><b>Greek Hummus w/ Grilled Flatbread</b> <b>11.49</b>            With Tomatoes, Cucumbers &amp; Kalamata Olives</p>		<p><b>Otli Black Bean Soup</b>            Low calorie &amp; and excellent source of protein, w/corn chips  <i>*Please ask your Server to leave off the sour cream*</i></p> <p><b>Mexican Vegetable (the base for our Tortilla Soup!)</b>            Served w/crackers</p>
<h2>"SALADS"</h2> <p><b>WE MAKE OUR OWN DRESSINGS:</b> Balsamic Honey (dietary only), House Vinaigrette, Izzabella, Greek , Sesame Ginger</p>		
<p><b>Seasonal Spinach Salad - Changes with the Seasons. Ask your waiter for details</b></p>		<p><b>\$ Seasonal</b></p>
<p><b>Chef Salad / Plain</b> <i>*Please ask your Server to leave off the cheese*</i> <b>Plain 9.69</b>            Mixed lettuce, tomato wedges, cucumbers, sunflower nuts, green peppers, purple onions. Served w/crackers</p>		
<p><b>Izzabella Salad (Voted Best Salad - A Healthy Choice)</b> <b>Plain 9.69</b>            Fresh mixed lettuce with a Izzabella Light Vinaigrette, sprinkled with almonds, sesame seeds &amp; mandarin oranges. Served with rolls &amp; garlic butter (<i>our butter is made with Soy but contains traces of Whey</i>)</p>		
<p><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 10.45</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 &amp; Honey dressing. Served w/crackers</p>		
<p><b>Greek Salad (with Lemon Citrus Greek Vinaigrette)</b> <i>*Please ask your Server to leave off the cheese*</i> <b>Plain 10.45</b>            Fresh mixed lettuce topped with cucumbers, purple onions, green peppers, kalamata olives, and tomato wedges. Served with a Lemon Citrus Greek Vinaigrette. Rolls &amp; garlic butter (<i>our butter is made with Soy but contains traces of Whey</i>)</p>		
<p><b>Sesame Ginger Asian Salad (It's the dressing that makes this salad!)</b> <b>Plain 10.45</b>            Our fresh made ginger and toasted sesame dressing top fresh mixed lettuce, mandarin oranges, cucumbers, almonds, tomato wedges, &amp; cilantro. Served w/crackers.</p>		
<p><b>Kale Quinoa Salad (Grown on Izzy's Farm when in season)</b> <b>Plain 9.69</b>            Fresh chopped kale, quinoa, dried cranberries and cherry tomatoes tossed in an our Orange Citrus Vinaigrette. Amazing!</p>		
<p><b>Small Side Greek, San Francisco Slug or Sesame Ginger Asian Salad</b> <b>Plain 7.99</b></p>		
<p><b>House Salad (With our famous House Vinaigrette)</b> <i>*Please ask your Server to leave off the cheese*</i> <b>7.25</b>            Fresh mixed lettuce, tomatoes, peppers &amp; onions.</p> <p><b>Fruit Salad (Fresh Fruits and Melons in Season)</b> <b>Large 10.25</b>            (A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes &amp; pineapple <b>Small 7.99</b>  <i>*Please ask your Server to leave off the poppyseed dressing*</i></p>		
<p><i>We make 'em To Go!</i></p>	<h2>"HOT TAMALES"</h2> <p>Our Tamales are hand made (our recipe) rolled in Corn Shucks - Since 1985 <b>Want a Veggie Tamale all by it's lonesome? 3.75</b></p> <p>Arkansas' only "VEGGIE" Tamale</p> <p><b>HOT TAMALES PLATTER (Voted Best) 2 Big Tamales! Platter 12.75</b>  <b>Veggie - all our best veggies, black beans &amp; pintos, lots of salsa on the side &amp; corn chips</b>  <i>***Please tell your Server you want SALSA only***</i></p>	
<p><b>Fiesta Potato (Twice baked)</b> <i>*Please ask your Server to leave off the cheese*</i> <b>6.75</b>            Mixed w/lotsa goodies, garlic butter on side, served w/crackers (<i>our butter is made with Soy but contains traces of Whey</i>)</p>		
<p><b>Fresh Steamed Veggies</b> <b>6.45</b>            Zucchini, squash, tomatoes, onions, green peppers &amp; parsley, prepared with fresh Garlic &amp; spices, served w/rolls and garlic butter (<i>our butter is made with Soy but contains traces of Whey</i>)</p>		

## “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: \$3.69, Bowl \$5.29**

**We've Got Fries!**  
Regular \$2.99  
SWEET Potato \$3.99  
with Sandwich  
\$3.99 & \$5.89 A La Carte

Cup of Fruit \$3.39

### **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\**

**10.15**

## “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**

**11.25**

**14.25**

**12.55**

**15.65**

## 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

**\$15.95**

## Build Your Own Pizza

**12” inch \$13.25**

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

Choose from any of the following:

Roma Tomatoes  
Black Beans

Mushrooms  
Green Peppers

Spinach  
Zucchini

Black Olives  
Green Olives

Pineapple  
Almonds

Red Onions  
Jalapeños



**\$1.68**

Artichoke Hearts **\$1.99**

\*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**

**3.25**

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

**2.99**

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

**2.95**

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

**4.25**