# 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"

**Tamale Appetizer** — Veggie w/crackers & SALSA — 7.95
**Please let your Server know you want SALSA instead of Cheese Dip*

**Guacamole with chips** — Small 9.45 / Large 11.99

**Salsa with chips (Chunky & Fresh)** — Small 6.45 / Large 8.45
Tomatoes, fresh cilantro & spices

**Greek Hummus w/ Grilled Flatbread** — 11.99
With Tomatoes, Cucumbers & Kalamata Olives

## "SOUP"

Cup 6.25 — Bowl 7.99

**Otli Black Bean Soup**
Low calorie & and excellent source of protein, w/corn chips
***Please ask your Server to leave off the sour cream***

**Mexican Vegetable (the base for our Tortilla Soup!)**
Served w/crackers

## "SALADS"

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

**Seasonal Spinach Salad - Changes with the Seasons. Ask your waiter for details** — $ Seasonal

**Chef Salad / Plain** **Please ask your Server to leave off the cheese** — Plain 10.15
Mixed lettuce, tomato wedges, cucumbers, sunflower nuts, green peppers, purple onions. Served w/crackers

**Izzabella Salad (Voted Best Salad - A Healthy Choice)** — Plain 10.15
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)*

**San Francisco "Slug" Salad (inspired by the San Francisco Fire Department)** **Please ask your Server to leave off the cheese** — Plain 10.99
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

**Greek Salad (with Lemon Citrus Greek Vinaigrette)** **Please ask your Server to leave off the cheese** — Plain 10.99
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)*

**Sesame Ginger Asian Salad (It's the dressing that makes this salad!)** — Plain 10.99
Our fresh made ginger and toasted sesame dressing top fresh mixed lettuce, mandarin oranges, cucumbers, almonds, tomato wedges, & cilantro. Served w/crackers.

**Kale Quinoa Salad (Grown on Izzy's Farm when in season)** — Plain 10.15
Fresh chopped kale, quinoa, dried cranberries and cherry tomatoes tossed in an our Orange Citrus Vinaigrette. Amazing!

**Small Side Greek, San Francisco Slug or Sesame Ginger Asian Salad** — Plain 8.99

**House Salad (With our famous House Vinaigrette)** **Please ask your Server to leave off the cheese** — 7.69
Fresh mixed lettuce, tomatoes, peppers & onions.

**Fruit Salad (Fresh Fruits and Melons in Season)** — Large 11.25 / Small 8.75
(A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes & pineapple
**Please ask your Server to leave off the poppyseed dressing**

## "HOT TAMALES"

*We make 'em To Go!*

**Our Tamales are hand made (our recipe) rolled in Corn Shucks - Since 1985**
Arkansas' only **"VEGGIE"** Tamale

**Want a Veggie Tamale all by it's lonesome? 4.25**

**HOT TAMALE PLATTER (Voted Best) 2 Big Tamales! Platter 13.55**
**Veggie - all our best veggies, black beans & pintos, lots of salsa on the side & corn chips**
******Please tell your Server you want SALSA only******

**Fiesta Potato (Twice baked)** **Please ask your Server to leave off the cheese** — 7.15
Mixed w/lotsa goodies, garlic butter on side, served w/crackers *(our butter is made with Soy but contains traces of Whey)*

**Fresh Steamed Veggies** — 6.99
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: $4.10, Bowl $5.69***

**We've Got Fries!**
**Regular $3.39**
**SWEET Potato $4.69**
**with Sandwich**
***$4.99 & $6.89 A La Carte***

**Cup of Fruit $3.79**

**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 **11.89**
****Please ask your Server to leave off the cheese****

# "PASTA"

Also Available: **Whole Wheat Linguini** *A Healthy Choice!*

(SERVED WITH OUR FRESH BREAD)

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

| | Lunch | or Dinner |
|---|---|---|
| **Marinara Sauce** Chopped tomatoes, with fresh garlic, onions, peppers, Italian herbs & spices ladled over steaming hot linguini. | 11.79 | 14.79 |
| **Marinara Le Garden** Smothered with steamed veggies. | 12.99 | 15.99 |

## 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 **$16.50**

# Build Your Own Pizza

**12" inch $14.50**

**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 } **$1.99**

Artichoke Hearts **$2.35**

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

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

# BEVERAGES

| | Free Refills |
|---|---|
| **Izzy's Bottled Water From Mt Ida, AR** | 1.25 |
| **Coke, Diet Coke, Coke Zero, Dr. Pepper, Diet Dr. Pepper, Sprite,Lemonade, Fruit Punch** | 3.45 |
| **Iced Tea (Sweet or UnSweet) (Fresh brewed, w/real lemon)** | 3.35 |
| **Coffee or Hot Tea (English Breakfast, Earl Grey or Herbal Mint)** | 3.45 |
| **Fresh Imported Organic Tea (See Imported Tea Menu)** | 4.79 |