

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 5.65	"SOUP"	Bowl 6.75
<p>Tamale Appetizer Veggie w/crackers & SALSA 7.49 <i>*Please let your Server know you want SALSA instead of Cheese Dip</i></p> <p>Guacamole with chips Small 8.85 Large 10.85</p> <p>Salsa with chips (Chunky & Fresh) Small 5.95 Tomatoes, fresh cilantro & spices Large 6.75</p> <p>Greek Hummus w/ Grilled Flatbread 10.99 With Tomatoes, Cucumbers & Kalamata Olives</p>		<p>Otli Black Bean Soup Low calorie & and excellent source of protein, w/corn chips <i>*Please ask your Server to leave off the sour cream*</i></p> <p>Mexican Vegetable (the base for our Tortilla Soup!) Served w/crackers</p>	
<h2>"SALADS"</h2> <p>WE MAKE OUR OWN DRESSINGS: Balsamic Honey (dietary only), House Vinaigrette, Izzabella, Greek , Sesame Ginger</p>			
<p>Seasonal Spinach Salad - Changes with the Seasons. Ask your waiter for details</p>			<p>\$ Seasonal</p>
<p>Chef Salad / Plain <i>*Please ask your Server to leave off the cheese*</i> Plain 9.49 Mixed lettuce, tomato wedges, cucumbers, sunflower nuts, green peppers, purple onions. Served w/crackers</p>			
<p>Izzabella Salad (Voted Best Salad - A Healthy Choice) Plain 9.49 Fresh mixed lettuce with a Izzabella Light Vinaigrette, sprinkled with almonds, sesame seeds & mandarin oranges. Served with rolls & garlic butter (<i>our butter is made with Soy but contains traces of Whey</i>)</p>			
<p>San Francisco "Slug" Salad (inspired by the San Francisco Fire Department) <i>*Please ask your Server to leave off the cheese*</i> Plain 10.25 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</p>			
<p>Greek Salad (with Lemon Citrus Greek Vinaigrette) <i>*Please ask your Server to leave off the cheese*</i> Plain 10.25 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 (<i>our butter is made with Soy but contains traces of Whey</i>)</p>			
<p>Sesame Ginger Asian Salad (It's the dressing that makes this salad!) Plain 10.25 Our fresh made ginger and toasted sesame dressing top fresh mixed lettuce, mandarin oranges, cucumbers, almonds, tomato wedges, & cilantro. Served w/crackers.</p>			
<p>Kale Quinoa Salad (Grown on Izzy's Farm when in season) Plain 9.49 Fresh chopped kale, quinoa, dried cranberries and cherry tomatoes tossed in an our Orange Citrus Vinaigrette. Amazing!</p>			
<p>Small Side Greek, San Francisco Slug or Sesame Ginger Asian Salad</p>			<p>Plain 7.99</p>
<p>House Salad (With our famous House Vinaigrette) <i>*Please ask your Server to leave off the cheese*</i> 6.95 Fresh mixed lettuce, tomatoes, peppers & onions.</p>			
<p>Fruit Salad (Fresh Fruits and Melons in Season) Large 9.95 (A Healthy Choice) Honey Dew, cantaloupe, green apples, grapes & pineapple Small 7.75 <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 Arkansas' only "VEGGIE" Tamale</p> <p>HOT TAMALES PLATTER (Voted Best) 2 Big Tamales! Platter 12.60 Veggie - all our best veggies, black beans & pintos, lots of salsa on the side & corn chips <i>***Please tell your Server you want SALSA only***</i></p>		<p>Want a Veggie Tamale all by it's lonesome? 3.70</p>
<p>Fiesta Potato (Twice baked) <i>*Please ask your Server to leave off the cheese*</i> 6.55 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>Fresh Steamed Veggies 6.25 Zucchini, squash, tomatoes, onions, green peppers & parsley, prepared with fresh Garlic & 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: \$3.55, Bowl \$5.15

We've Got Fries!
 Regular \$2.99
SWEET Potato \$3.99
 with Sandwich
\$3.95 & \$5.79 A La Carte

Cup of Fruit \$3.25

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 **9.95**

“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
Marinara Sauce	10.99	13.99
Marinara Le Garden	12.35	15.25

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

\$15.75

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	Mushrooms	Spinach	Black Olives	Pineapple	Red Onions	}	\$1.55
Black Beans	Green Peppers	Zucchini	Green Olives	Almonds	Jalapeños		

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	3.15
Iced Tea (Sweet or UnSweet) (Fresh brewed, w/real lemon)	2.99
Coffee or Hot Tea (English Breakfast, Earl Grey or Herbal Mint)	2.85
Fresh Imported Organic Tea (See Imported Tea Menu)	4.25