



# cashew

PLANT BASED VEGAN CAFE

Chattanooga, Tennessee

**Nachos** (GF) (Soy) \$10  
 tortilla chips, chili, cashew cheese,  
 romaine lettuce, salsa, sour cream, guacamole,  
 black olives, jalapeños, cilantro & green onion

**Jackfruit Nachos** (GF) (Soy) \$12  
 tortilla chips, barbecue jackfruit,  
 cashew cheese, coleslaw, tomato, avocado,  
 dill ranch sauce & green onion

**Haystack** (GF) (Soy) \$10  
 brown rice, black beans, tortilla chips,  
 mixed greens, salsa, tomato, jalapeño,  
 sour cream & green onion  
 \*Add cashew cheese for \$1.50

**Thai Loaded Sweet Potato** (GF) (Soy) \$10  
**with soup or salad**  
 peanut sauce, shredded carrot,  
 Sriracha hot sauce, cilantro & green onion  
 on a whole sweet potato

**Meatball Bowl** (GF) \$12  
 meatballs made of walnuts, mushrooms & quinoa,  
 with marinara and cashew cheese  
 served on a bed of garlicky kale salad

**Buffalo Bowl** (GF) \$12  
 brown rice, pinto beans, baked spicy buffalo tofu,  
 shredded carrot, sautéed garlicky kale, avocado &  
 dill ranch sauce

**Cashew House Salad** (Soy) \$10  
 mixed greens, kidney beans, shredded carrot,  
 tomato, cucumber, peas, sprouts & croutons  
 \*Dressings: Dill Ranch, Lemony Vinaigrette,  
 Tahini Caesar, "Honey" Mustard

**Southwest Loaded Sweet Potato** (GF) (Soy) \$10  
**with soup or salad**  
 black beans, corn, cashew cheese,  
 sour cream, cilantro & green onion  
 on a whole sweet potato

## SANDWICHES

\*served with tortilla chips or substitute a side item for \$2.50  
 \*substitute a gluten free bun for \$1

**Beet Burger** (Soy) \$10  
 lentil, beet, & brown rice patty topped  
 with romaine lettuce, tomato, sprouts,  
 house pickles & spicy aioli  
 on a Niedlovs wheat bun

**Meatball Sub** (Soy) \$10  
 meatballs made of walnuts, mushrooms &  
 quinoa, marinara and cashew cheese  
 on a Niedlovs wheat hoagie

**Philly Cheesesteak** \$10  
 BeHive seitan marinated slices, cashew  
 cheese, sautéed peppers, onions &  
 mushrooms on a Niedlovs wheat hoagie

**Jackfruit Sandwich** (Soy) \$10  
**or Jackfruit Tacos** (GF) (Soy)  
 barbecue jackfruit, cashew cheese, coleslaw  
 & green onion on a Niedlovs wheat bun  
 or on two corn tortillas

**Grilled Chicken Salad Wrap** \$10  
 soy mock chicken salad, house pickles, agave  
 "honey" mustard, on a grilled wheat tortilla

**Beyond Burger** (Soy) \$11  
 Beyond burger patty, lettuce, tomato, onion,  
 pickles, mustard & mayo on a  
 Niedlovs wheat bun

**Impossible Burger** \$11  
 Impossible burger patty, lettuce, tomato,  
 onion, pickles, mustard & mayo on a  
 Niedlovs wheat bun

## SIDES

\$3.75 each

Mac n' Cheese (Soy)

Chili Mac (Soy)

Side Cashew Salad (Soy)

Garlicky Kale (GF)

Cup of Chili or Soup with chips (GF) (Soy)

Chips & Cashew Cheese (Soy)

1/2 Southwest Sweet Potato (GF) (Soy)

1/2 Thai Sweet Potato (GF) (Soy)

## Veggie Plate

choose 3 side items \$11

choose 4 side items \$13

## KIDS MENU

Mac n' Cheese with fruit or chips (Soy) \$5  
 1/2 Southwest Sweet Potato with fruit or chips (GF) (Soy) \$5  
 Chili Cheese Dog with fruit or chips \$6  
 Two Meatball Sliders with fruit or chips (Soy) \$6



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#### Gluten Free Revisions

- Cashew House Salad - no croutons
- Beet Burger - substitute a gluten free bun
- Meatball Sub - substitute a gluten free bun
- Jackfruit Sandwich - substitute a gluten free bun
- Beyond Burger - substitute a gluten free bun
- Side Cashew Salad - no croutons

**Every Friday 4pm-8pm is Pizza Night!**

#### Our Mission

We opened Cashew to provide a restaurant experience you can feel good about. Our mission is to serve you food that is fresh, delicious, and nutritionally sound.

We purchase the highest quality ingredients available, and make use of the great local produce our area has to offer when possible.

When preparing our dishes, we are thoughtful about every cooking technique, ingredient, and spice in order to provide simple meals with few ingredients and exceptional flavor.

Although there is absolutely no meat, eggs, or dairy in any dish or baked good we prepare, we believe that everyone, no matter their usual diet, can benefit greatly from incorporating vegan meals into their lifestyle.

#### Desserts

We bake fresh desserts every day so offerings change often. Be sure to check out what is available today at the counter & in the display case

#### Hours

Tuesday 11-3  
Wednesday 11-3  
Thursday 11-3  
Friday 11-8  
Saturday 11-4

#### To see our catering menu please visit:

[www.CashewChattanooga.com](http://www.CashewChattanooga.com)

#### To place an order please email:

[Orders@CashewChattanooga.com](mailto:Orders@CashewChattanooga.com)

**Cashew**  
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