

Apps & Shares

Superfood Soup 10 🍷

ginger, turmeric, broccoli, cauliflower, carrots, sweet potato, mushroom, hemp, coconut, cashew cream, microgreens with sourdough

Avocado Toast 16 🍷 add scrambled tofu +3

sourdough or gluten-free seed and oat toast (+1.5)
pomegranate, cucumber, pickled onions, sprouts, dukkah

Tomato Verde Toast 16 🍷

house salsa verde, cherry tomatoes, sourdough, cashew cream cheese

Watermelon Ceviche 13

watermelon, avocado, boston lettuce, nori, red onion, sesame

Kimchi & Sweet Potato 12 🍷

scallions, nori, cashew cream, gochujang

Broccolini 11 🍷

sesame, miso-tahini

Eggplant & Pesto 13 🍷

olives, tomato, tofu ricotta, onion, za'atar, tamari almonds, sourdough

Cauliflower 12

tahini, chimichurri, pomegranate, sunflower crumble

Lettuce Taco 7 per taco 🍷

grilled palm hearts, portobello, coriander, avocado, gochujang, tamari almonds, pickled onions

Pulled Shiitake Taco 8 per taco 🍷🌿

corn tortilla, guacamole, pico de gallo, sprouts

Hello Fried Rice 12 🍷

tofu, kale, cabbage, mushroom, onion, garlic, nori, sesame, scallions

Messy Potatoes 11 🍷

cashew cream, smashed avocado, scallions, pickled onions, toasted coconut and sunflower

Big Nacho Party 18 🍷🍷

salsa, avocado, pickles, tofu ricotta, toasted coconut, lettuce, coriander, sunflower crumble, black beans, cashew cream

Hands

all burgers & sandwiches come with roasted potatoes and house salad

Hello Burger 19 🍷 add guacamole +2

house patty or impossible burger (+2.5), onion, tomato, lettuce, mayo, house sauce, pickles, on bun or gf bun (+2)

Cheezburger 20 🍷

house patty or impossible burger (+2.5), caramelized onions, tomato, lettuce, mustard, mayo, cheese, pickles, on bun or gf bun (+2)

Shiitake 'Pulled Pork' 22 🌿🍷

pulled shiitake, coleslaw, chipotle mayo, crispy onion on bun or gf bun (+2)

Toasty Tempeh Sandwich 18 🌿🍷

sourdough, arugula, mushroom, pesto, olives, sunflower hummus, zucchini, tomato sauce

Portobello Sandwich 18 🌿🍷

sourdough, portobello, avocado, tomato, arugula, pesto, mayo

Bowls & Salads

123 Caesar 15 🍷🍷 + protein options listed below
romaine, kale, spinach, pickled onions, parsley, sunflower crumble, pumpkin seeds, toasted coconut, tamari almonds, hemp, sprouts, seeds + oat crunch

Deep Greens & Kimchi 15 + protein options listed below
kale, spinach, arugula, sprouts, kimchi, palm hearts, coriander, parsley, mint, dill, cucumber, olives, pumpkin and hemp seeds, creamy sunflower & lemon dressing

Goddess Salad 15 + protein options listed below
steamed broccoli, greens, purple cabbage, radish, cucumber, red onion, creamy herb & hemp dressing

Green xxxxx 18

hemp and sunflower balls and/or seared tempeh, steamed kale and broccoli, cucumber, zucchini, smashed avo, pumpkin seeds, served with tahini and/or pumpkin pesto sauce, choice of base

Spicy Bap Bowl 18 🍷

house kimchi, grilled tofu, mushroom, kale, spinach, carrots, eggplant, zucchini, nori, gochujang, choice of base

Superfood Burrito Bowl 18

kale, guacamole, pico, black beans, hemp, tortilla chips, lime wedge, cashew cream, choice of base

Cauliflower Tahini 18 add hemp balls +4

sunflower hummus, roasted cauliflower, mint, greens, za'atar salsa, carrots, cabbage, beets, pomegranate, sesame, pickled onions, seed-oat crackers, lemon tahini, chimichurri, choice of base

Breakfast Bowl 18 🍷🍷

sautéed mushroom, kale & spinach, tofu scramble, smashed avocado, black beans, tomato and cucumber salsa, dukkah, choice of base

Add Protein

- seared tempeh 5 🍷
- hemp and sunflower balls 5
- grilled tofu 4 🍷
- pulled shiitake 8 🌿🍷
- tofu ricotta 5 🍷

Mains

Curry 20 🍷

roasted cremini, tofu, cauliflower, carrots, creamer potatoes, green onion, parsley

House Lasagna 23 🍷🌿

zucchini, portobello, cashew ricotta, basil, olives, bechamel and tomato sauce, made with hand-made 100% semolina pasta, served with caesar salad & garlic sourdough

Pesto Cavatelli 21 🌿 only available for dinner
Famiglia Baldassarre cavatelli, mushroom, zucchini, walnuts, parsley, sunflower parmesan, red and green onion

↑ Make it Gluten-Free: sub cavatelli for sweet potato noodles

Stir Fry Hello 21 🌿🍷 only available for dinner
sweet potato noodles or brown rice, shiitake chicken, carrots, zucchini, spinach, cabbage, mushroom, peppers, scallions, cilantro, sesame

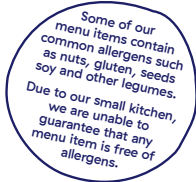
↑ Make it Gluten-Free: sub shiitake chicken for grilled tofu or tempeh

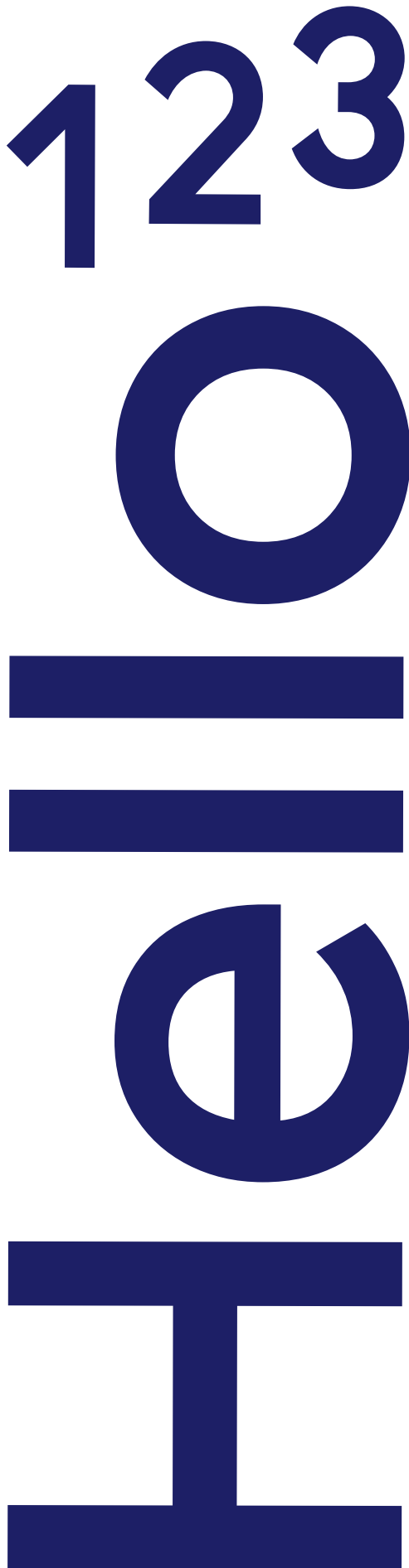
Dessert

Blueberry Cheesecake 11 🍷

Mocha Cheesecake 11 🍷

Avocado Chocolate Mousse 10





Brunch

available everyday until 4pm!

Almond Vanilla Cacao Smoothie Bowl 15 🍷

avocado, banana, dates, almond butter, hemp and sunflower seeds, oat milk topped with berries, chia, hemp seeds, house granola

Blue Smoothie Bowl 15 🍷

blueberries, avocado, cashew butter, lemon, dates, vanilla, flax, oat milk, topped with berries, chia, hemp seeds, house granola

Berrylicious Yogurt Parfait 12 🍷

house granola, almond yogurt, berries!

Avocado Toast 16 🍷 add scrambled tofu +3

sourdough or gluten-free seed and oat toast (+1.5)
pomegranate, cucumber, pickled onions, sprouts, dukkah

Verde Tomato Toast 16 🍷

house salsa verde, cherry tomatoes, sourdough, vegan cream cheese

Almond and Banana French Toast 18 🍷🌱

sourdough french toast topped with almond butter, banana, blueberries, hemp seeds

Waffle 17 🍷 add banana +1

gluten-free waffle topped with fruit, hemp seeds and coconut-cashew cream

Hello Pancakes 18 🍷 make into blueberry pancakes +3

gluten-free pancakes with banana, strawberries, walnuts, hemp seeds, chocolate sauce

Breakfast Bowl 18 🍷🌱

sautéed mushroom, kale & spinach, tofu scramble, smashed avocado, black beans, tomato and cucumber salsa, dukkah, brown rice

Breakfast Sandwich 18 🌱🌱

sourdough, chickpea & kale omelette, tomato, lettuce, vegan cheese, pickles, mayo, roasted potatoes & salad

123 Omelette 20

chickpea and kale omelette in ranchero sauce, salad, roasted potatoes, sourdough toast or gluten-free seed & oat toast (+1)

Benny Benny 20 🍷🌱🌱 GF option +2

tofu ricotta, smashed avo, tomato, house hollandaise, toasted coconut, scallions, on pressed bun, with roasted potatoes & salad

Irene's Massive Breakfast 22 🌱🍷

chickpea and kale omelette or tofu scramble, pancakes or blueberry pancakes (+2), seared tempeh, roasted potatoes, sourdough toast or gluten-free seed & oat toast (+1), salad

Brunch Cocktails

V. Caesar 13

all the taste, none of the clams.

Mimosa 12

tinuta civranetta prosecco, orange juice

Thanks so much for coming!
Let us know how your
experience was:
heli@hello123forever.com
PS: we host private events
and cater!