

# The Chicago Diner

meat free since '83



Artwork © Anastasia Mak (bio on back cover)



## APPETIZERS

### SPECIAL RECIPE WINGS

Breaded seitan strips, ranch, and celery. Available in BBQ or spicy Buffalo style. **\$10**

### THAI CHILI WINGS

Spicy chili-lime marinade, Sriracha-ranch, and sesame seeds. **\$10**

### CHIPS & GUACAMOLE

House-made salsa cruda, guacamole, and tortilla chips. **GF \$8**

### FRIES APPETIZER

Sweet potato or hand-cut fries. **\$3.5 small, \$6 large**  
Add cheese for \$1.

### SPINACH ARTICHOKE DIP

Everyone's favorite party food! Our creamy, spinach artichoke dip is served with toasted ciabatta crostini. **GF option avail. \$9**

### NACHOS

Seitan chorizo, black beans, tomato, onion, jalapeño, guacamole, vegan sour cream, Teese® nacho, chips, and salsa. **GF option avail. \$10**

### POUTINE

Hand-cut fries, Teese® creamy cheddar, gravy, and green onions. **\$10** Add bacon or vegan sour cream for \$1 each. Add jalapeño for \$.50.

## SOUPS

Add a cup of the Soup of the Day to any salad or entree for **\$2**

### SOUP OF THE DAY

Our vegan house-made soup of the day.  
Ask your server for details. **\$3 cup, \$5 bowl**

### QUINOA CHILI

Our chili is topped with one or two jalapeño corn fritters. **GF \$5 cup, \$10 bowl**

## BEVERAGES

Our sodas are sweetened with cane sugar or stevia plant extract.

### Cold Drinks

LEMONADE **\$3**

ICED RISHI CHAI® LATTE, *vegan* **\$4**

BLUE SKY® ORGANIC COLA **\$3.5**

BLUE SKY® ORGANIC ROOT BEER **\$3.5**

BLUE SKY® ORGANIC GINGER ALE **\$3.5**

ICED ORGANIC FAIR TRADE COFFEE **\$3.5**

ICED RISHI® PEACH BLACK TEA **\$3.5**

ZEVIA® DIET COLA **\$3.5**

LA CROIX® SPARKLING WATER **3**

ORANGE JUICE **\$3 small, \$4 large**

### Hot Drinks

COFFEE – COLUMBIA STREET ROASTERY **\$4**

RISHI CHAI® LATTE, *vegan* **\$4**

HOT CHOCOLATE, *vegan* **\$4**

TEA – COLUMBIA STREET ROASTERY **\$4**

Moroccan Mint, Green  
Sencha Chinese, Green  
English Breakfast  
Earl Grey

**Caffeine free:**  
Chamomile Citrus  
Old Hippie Blend

## AWARD-WINNING SHAKES

*Best Vegan Nosh Winner, Chicago Reader.*

All shakes are scooped by hand and blended to order. Thank you for your patience.

**\$7 regular, \$8.5 large**

COOKIE DOUGH PEANUT BUTTER  
CHOCOLATE CHIP COOKIE DOUGH  
CHOCOLATE PEANUT BUTTER **GF**  
MINT CHOCOLATE CHIP **GF**  
CARROT CAKE

VANILLA **GF**  
VANILLA CHAI **GF**  
STRAWBERRY **GF**  
MOCHA **GF**  
CHOCOLATE **GF**

### FOR SEPARATE CHECKS

Ask when ordering please. A 20% gratuity will be applied to checks split 3 or more ways and for parties of 5 or more. More than one payment may be applied to a single check.

### MODIFICATIONS

Modifications during peak hours may add significant cook time to your order, thank you for understanding.

### GLUTEN FREE & ALLERGENS

A Gluten Free menu is available for your convenience. **GF** options are also noted herein.

**Highly sensitive guests, please note:** Our kitchen uses shared equipment, utensils, and fryer oil. Despite precautions, total allergen isolation cannot be guaranteed.

## SALADS

Salad mix includes: mesclun, baby spinach, arugula, red cabbage, and carrots, except where noted.

Our vegan house dressings include balsamic vinaigrette, ranch, Caesar, Thousand Island, and Southwest spice.

### GARDEN SALAD

Salad mix, tomato, sprouts, beets, cucumber, and choice of dressing. Add a small garden salad to your entree or sandwich \$2. **GF \$6.5**

### CAESAR SALAD

Caesar tossed romaine, grilled artichoke, sundried tomato, and croutons, with choice of spicy chicken, crispy chicken, or grilled tempeh. **GF option avail. \$11**

### CHICKEN RANCH SALAD

BBQ or Buffalo style seitan, ranch tossed salad mix, tomato, onion, bell pepper, and cucumber. **GF option avail. \$11**

### TACO SALAD

Southwest dressed salad mix, tomato, onion, corn, black beans, cheese, jalapeño, seitan chorizo, tortilla chips, avocado, and vegan sour cream. **GF option avail. \$11**

## ENTREES

### TRUFFLE MUSHROOM LENTIL LOAF

A soul-warming blend of mushroom and lentil casserole topped with a white truffle mushroom sauce. Served with sautéed vegetables and roasted potatoes. **GF \$14**

### COUNTRY FRIED STEAK

Battered seitan filet, country gravy, mashed potato, and sautéed veggies. **\$14**

### PIEROGI QUESADILLA

Sauerkraut, mashed potato, green onion, Daiya® cheddar, mushroom, tomato basil tortilla, and dill sour cream. **\$11**

### BOWL OF QUINOA CHILI

Served with jalapeño corn fritters. **GF \$10**  
Add onion and tomato, sour cream, cheese, or avocado for \$1 ea. Add jalapeño for \$.50.

### THAI BASIL STIR FRY

Tofu or tempeh, brown rice, veggie mix, in a **spicy** Thai garlic sauce with fresh basil (can be made mild by request). **GF \$13**

### AVOCADO TOSTADAS

Black beans, quinoa, onion, bell pepper, lettuce, tomato, and avocado on a corn tortilla. Served with chimichurri. **GF \$13.5** Add seitan chorizo for \$1. **Not GF.**

### THE SOUL BOWL

Grilled tempeh strips or blackened or scrambled tofu, quinoa, flashed greens, mashed sweet potato, black beans, chimichurri. **GF \$13**

**Add avocado for \$1.**

### SCRAMBLED TOFU DELUXE

Veggie sauté with kale and quinoa. **GF \$10**

## SANDWICHES

Sandwiches come with your choice of 1 regular side.

### THE RADICAL REUBEN™

Corned beef seitan, onions, peppers, sauerkraut, vegan or dairy cheese, Thousand Island, on marbled rye. **\$13**

### CAJUN BLACK BEAN BURGER

Black bean patty, sautéed onion, mushroom, spinach, tomato, fried jalapeño, Teese® cheddar, and Creole mustard. **\$12**

**Add avocado for \$1.**

### PORTABELLA TRUFFLE MELT

Marinated mushrooms, arugula, tomato, onion, white truffle aioli, and Teese® mozzarella, on ciabatta. **GF option avail. \$13**

### S.U.V. (Straight Up Veggie)

Toasted whole grain bread with melted vegan or dairy cheese, avocado, sprouts, tomato, onion, lettuce, and Creole mustard. **GF option avail. \$11**

### THE TITANIC BLT BURGER

Our house seitan patty, seitan bacon, french fried onions, lettuce, tomato, and Chipotle Fire™ sauce. **\$12**

### SPICY CRISPY CHICKEN

Spicy breaded chicken seitan, ranch, lettuce, tomato, cucumber, onion, on a wheat bun. **\$12**

### BUDDHA'S KARMA BURGER

Curried sweet potato-tofu patty, grilled pineapple, sprouts, onion, and chimichurri sauce. **GF option avail. \$12**

**Add avocado for \$1.**

### CUBAN SANDWICH

Grilled marinated seitan, fried yucca root chips, peperoncini, melted cheese, mayo, and mustard on crunchy ciabatta bread. **\$12**

### GYRO

Pita bread, sliced seitan, onion, tomato, lettuce, and tzatziki. **\$12**

## Cheeses

### TEESE® or DAIYA®

Vegan cheese, non-GMO. **\$1**

### MONTEREY JACK or SWISS

Locally sourced, rBGH-free dairy cheese. **\$1**

## Sides

### REGULAR, included

Sweet Potato Fries  
Hand-cut Fries  
Yucca Chips  
Mac and Teese®

Soup of the Day  
Salad  
Mashed Potatoes

### PREMIUM, +1 ea.

Flashed Greens  
Sautéed Vegetables  
Steamed Vegetables

Balsamic Brussels Sprouts  
Chili Cup  
Cheesy Hand-cut Fries

**All sides are available a la carte, \$3 to \$5 each.**

## BRUNCH

Featuring smoked paprika potato hash, house-made seitan sausage and bacon, real maple syrup-agave nectar blend, and trans-fat free buttery spread as listed below. We only serve good eggs from local farms.

Served daily until 3:00 pm.

### VEGAN CINNAMON ROLL (1 OR 2)

Our cinnamon rolls are served a la carte. House-made frosted cinnamon swirl. Get one and share, better yet, get two and don't. **\$4/\$6**

### BISCUIT & SAUSAGE GRAVY

Herb biscuit and seitan sausage gravy. **\$7**

### CINNAMON ROLL FRENCH TOAST

French toasted cinnamon roll, strawberry coulis, hash, and seitan sausage patty. **\$11**

### COUNTRY BENEDICT

Fried tofu or eggs, herb biscuit, sautéed spinach, mushrooms, tomato, onion (no substitutions), and seitan sausage gravy. **\$13**

Add jalapeño for \$.50.

### SCRAMBLED TOFU DELUXE

Veggie sauté with kale and quinoa. **GF \$10**

### BREAKFAST BOWL

Scrambled tofu or eggs, hash, herb biscuit, and seitan sausage gravy. **\$12**

### BREAKFAST COMBO

Scrambled tofu or eggs, hash, bacon, sausage, and your choice of French toast, pancake, English muffin, or toast. **\$13**

### POTATO TEMPEH HASH

Crumbled tempeh, sliced potato, roasted red peppers, and onions seasoned with crushed red pepper and fennel seed. Served with biscuit and gravy and choice of scrambled tofu or eggs. **\$13**

### MEXICANA BOWL

Scrambled tofu or eggs, tomato, onion, jalapeño, guacamole, cilantro, vegan or dairy cheese, Mexican rice, black beans, and salsa. **GF \$11**

Add corn tortillas for \$1.

### CHILAQUILES

Spicy tomatillo salsa tossed with tortilla chips and scrambled tofu or egg. Topped with melted cheese, lettuce, tomato, and green onion. **GF \$11**

Add avocado or sour cream for \$1 ea.

### MICKEY MUFFIN

Fried tofu or egg, whole grain English muffin, seitan sausage, Creole mustard, and hash. **\$9**

Add cheese or seitan bacon for +\$1 ea.

### TALL STACK PANCAKES (3)

Add chocolate chips and whipped topping for +\$1. **\$7**

### MONTE CRISTO

French toast sandwich, vegan or dairy cheese, fried tofu or egg, seitan slices, Creole mustard, and hash. **\$12**

### STEAK & EGGS

Country-fried seitan steak, gravy, scrambled tofu or egg, and hash. **\$14**

### CAGE-FREE OMELET

Served with hash and toast. Choose 3 ingredients: tomato, onions, bell pepper, spinach, mushroom, seitan bacon or chorizo, Swiss, Monterey Jack, or Daiya® vegan cheese. **GF option avail. \$11**

Extras +\$.50 ea. Egg white only or avocado +\$1 ea.

## BUILD-A-BRUNCH

SCRAMBLED TOFU \$4

1 PANCAKE \$3

HASH \$3.5

2 FRENCH TOAST WEDGES \$4

SEITAN SAUSAGE PATTY \$2

2 CAGE-FREE ORGANIC EGGS \$4

4 STRIPS SEITAN BACON \$2

TOAST \$1/GLUTEN FREE TOAST \$3

TEMPEH HASH \$5

TEMPEH STRIPS \$4

COUNTRY GRAVY \$2

SEASONAL FRUIT \$3/\$5

*"meat free since '83"*

**And they said it wouldn't last.**



Thirty-plus years ago, vegetarians, vegans, and even those who simply wanted to eat more healthfully were somewhat of a rarity. And yet Mickey and Jo forged ahead with their vision of bringing vegetarian diner food (read, **comfort food**) to the Midwest.

Using the highest quality and locally sourced meat-free ingredients, The Chicago Diner has surpassed our clientele's expectations. Not only have we opened a second, thriving location in Logan Square, we've also adopted vegan versions of **all** our menu items in recognition of the fact that animal-free is continually gaining ground. Read more at [www.veggiediner.com](http://www.veggiediner.com), and help us continue to make compassion the norm.



### About the Artist

Born in the Ukraine, Anastasia Mak moved to the United States on her own at the age of 14. Mak has lived in St. Louis, Atlanta, Paderno del Grappa/Venice, and Chicago. Her diverse international travels, old architecture, and natural curiosity inform her expressionistic explorations. Anastasia's biggest indirect influence is international music and jazz.



### Sustainability

We use local, seasonal ingredients and produce. All cleaning products are eco-friendly and our to-go containers are bio-degradable. We also use only FSC and Rainforest Alliance certified office paper. We practice bio-diesel conversion of our waste oil.