

THE GREEN OWL CAFE

EVERYTHING ON OUR MENU CAN BE MADE VEGAN UPON REQUEST

APPETIZERS

- CRABBY CAKES 7.00
TWO TOFU AND MUSHROOM PATTIES SERVED WITH VEGAN CHIPOLTE REMOLADE.
- DEVIL WINGS 7.00
SIX VEGGIE NUGGETS BAKED IN BUFFALO SAUCE SERVED WITH RANCH AND CELERY.
- DELUXE NACHOS 13.00
CASHW CHEESE SAUCE, BEANS, OLIVES, PICO, TOMATILLO SALSA, AVOCADO, JALAPENOS, WITH CHOICE OF WALNUT CHORIZO OR JACKFRUIT CARNITAS. (ADD VEGAN OR DAIRY SOURCREAM .75)
- ROMAINE TACOS 7.00
ROMAINE LETTUCE SHELLS, CHOICE OF WALNUT CHORIZO OR JACKFRUIT, AVOCADO, PICO DE GALLO & CREAMY TOMATILLO SALSA.
- MIDDLE EASTERN PLATTER 11.00
HUMMUS, TABOULI, MUHAMMARA, BABA GANOUSH, OLIVES, PICKLED AND FRESH VEGETABLES, & PITA
- AVOCADO TOAST 7.00
SLICED AVOCADO SERVED ON MADISON SOURDOUGH WHOLE WHEAT BREAD, SEASAME SEEDS, LEMON JUICE, SCALLION.
- CHIPS AND SALSA 4.00
CORN TORTILLA CHIPS WITH PICO AND CREAMY TOMATILLO SALSA.

SANDWICHES

- SERVED WITH CHOICE OF SALAD, SOUP, CHILI, RED POTATOES, KALE CRISPS OR QUINOA SALAD.
- CRABBY CAKE PO'BOY 11.00
VEGAN CRAB CAKES, SERVED ON FRENCH ROLL WITH LETTUCE, TOMATO & CHIPOLTE REMOLAUDE
 - TLT WITH AVOCADO 11.00
SMOKY TEMPEH, LETTUCE, TOMATO, AVOCADO, ON MADISON SOURDOUGH WHEAT BREAD WITH AIOLI
 - BANH MI 11.00
GINGER-LEMONGRASS GRILLED TOFU, DAIKON CARROT SLAW, CUCUMBER, JALAPENOS & AIOLI *ASK FOR SRIRACHA IF YOU LIKE IT EXTRA SPICY!*
 - BUFFALO WRAP 11.00
VEGGIE NUGGETS IN BUFFALO SAUCE, LETTUCE, TOMATO & RANCH IN A FLOUR TORTILLA.
 - MADISON PHILLY 11.00
THINLY SLICED SEITAN ON TOASTED ROLL WITH SAUTEED PEPPERS AND ONION, GIARDINIERA WITH VEGAN CHEESE SAUCE OR PROVOLONE.
 - CAJUN TOFU WITH AVOCADO 11.00
LEMON-MARINATED BLACKENED TOFU, LETTUCE, TOMATO, AVOCADO, & CHIPOTLE REMOLAUDE.

BURGERS

- HOUSE MADE VEGGIE BURGER PATTIE + CHOICE OF SALAD, SOUP, CHILI, RED POTATOES, KALE CRISPS OR QUINOA SALAD.
- HOUSE BURGER 12
CASHW CHEESE SAUCE, SAUTEED ONION, JALAPENO, ARUGULA.
- CLASSIC BURGER 12
LETTUCE, TOMATO, ONION, CHEDDAR OR VEGAN CHEESE.
- MUSHROOM BURGER 12
SAUTEED ONIONS, MUSHROOM, AIOLI, & PROVOLONE OR VEGAN CHEESE
- BURGER OF THE WEEK XX
ASK YOUR SERVER FOR THE CURRENT SELECTION.

SALADS

- ATWOOD 11.00
KALE, CREAMY MUSTARD DRESSING, CAULIFLOWER, BROCCOLI, ROASTED SWEET POTATOES, SHREDDED CARROT AND CABBAGE, COCONUT QUINOA & SEED AND NUT CRUMBLE. (ADD FETA FOR 75¢ OR AVOCADO FOR 1.50)
- IZZY 10.50
ROMAINE LETTUCE, CUCUMBER, TOMATO, RED ONION, KALAMATA OLIVES, TABOULI LEMON-MINT DRESSING. SERVED WITH CHOICE OF GRILLED LEMON TOFU OR FETA.
- BRINED SHIITAKE CAESAR 11.00
ROMAINE LETTUCE, VEGAN CAESAR DRESSING, TOMATO, ONION, BRINED AND ROASTED SHIITAKE MUSHROOMS, CROUTONS, LEMON TOFU.

ENTREES

- PEANUT MACROBOWL 13.00
ROASTED SWEET POTATO, COCONUT QUINOA, STEAMED KALE, SHREDDED CARROT AND CABBAGE, GINGER PEANUT SAUCE, SCALLION, CILANTRO, BLACK AND WHITE SESAME. ADD TEMPEH OR LEMON TOFU 2.50
- PESTO ALFREDO 13.00
CAVATAPPI IN CREAMY PESTO SAUCE, WITH BROCCOLI, CAULIFLOWER, SAUTEED MUSHROOMS. SERVED WITH GARLIC BREAD. (ADD GRILLED LEMON TOFU 2.50)
- GROUNDNUT STEW 13.00
PEANUT AND TOMATO BASED STEW WITH SWEET POTATOES, CABBAGE, & CILANTRO, SERVED WITH RICE AND STEAMED KALE. (ADD TEMPEH 2.50)
- JACKFRUIT QUESADILLA 10.00
CHOICE OF CHEDDAR OR VEGAN CASHW CHEESE WITH PEPPERS AND ONIONS, SALSA AND SOUR-CREAM. ADD RICE AND BEANS 2.50

SIDES

ROASTED POTATOES.....	4.00	SOUP/CHILI OF THE DAY.....	CUP 4.75
KALE CRISPS	4.00		BOWL 5.75
QUINOA SALAD	4.00	ADD ONS FOR SOUP AND CHILI.....	75¢
SEASONAL SALAD.....	5.00	VEGAN DAIYA, CHEDDAR, VEGAN SOUR CREAM,	
HUMMUS WITH PITA	5.50	DAIRY SOUR CREAM, SCALLIONS, CILANTRO.	
TABOULI WITH PITA	5.50	VEGAN CORN BREAD.....	2.50
BABA GANOUSH WITH PITA	5.50		
MUHAMMARA WITH PITA.....	5.50		

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GREEN OWL CAFE BRUNCH

BEVERAGES

HOUSE MADE KOMBUCHA	3
FRENCH PRESS COFFEE	2.75
ORANGE BLOSSOM LEMONADE	3
LEMON BLACK ICED TEA.....	3
ARNOLD PALMER	3
FRESH SQUEEZED OJ	3 SM/4 LG
GINGER BEER.....	2.50
APPLE JUICE	2.50
CRANBERRY JUICE	2.50
GUAYAKI YERBA MATE ICED TEA	3.50
MIXED BERRY, GRAPEFRUIT GINGER, CRANBERRY POMEGRANATE	
SODA	2.50
ZEVIA DIET COLA, BLUE SKY COLA, LEMON LIME	
COCONUT WATER	2.50
CHA CHA HOT TEA.....	2.50
CHAI, BREAKFAST BLACK, EARL GREY, JASMINE GREEN, PEPPERMINT ROOIBOS, GINSENG SPICE	

ASK FOR OUR CRAFT COCKTAIL MENU

PASTRIES + DESSERTS

ALL ARE MADE VEGAN

CINNAMON ROLL	4
SEASONAL PASTRY.....	4
COCONUT CREAM PIE.....	7
CHEESE CAKE.....	7
LAVA CAKE.....	7

SIDES

ROASTED POTATOES	4
TEMPEH BACON.....	3
SCRAMBLED EGGS (2).....	4
TOFU SCRAMBLE	4
TOAST.....	2
GLUTEN-FREE TOAST.....	3
PANCAKE (1)	3
KALE CRISPS.....	4
QUINOA SALAD.....	4

BREAKFAST

EVERYTHING CAN BE MADE VEGAN

BREKKIE SANDWICH.....9.50
TOFU PATTY, DAIYA VEGAN CHEESE, TEMPEH BACON,
AIOLI, RED ONION, AVOCADO SERVED WITH CHOICE OF PO-
TATOES OR FRUIT.

BREAKFAST BURGER.....12
HOUSE MADE BURGER PATTY, AIOLI, ARUGULA.
VEGAN: TOFU PATTIE AND CASHEW CHEESE SAUCE
VEGETARIAN: FRIED EGG AND CHEDDAR
SERVED WITH CHOICE OF POTATOES OR FRUIT.

AVOCADO TOAST8
SLICED AVOCADO SERVED ON MADISON SOURDOUGH CO'S WHOLE
WHEAT BREAD, SESAME SEEDS, LEMON JUICE, SCALLION.
SERVED WITH CHOICE OF POTATOES OR FRUIT.
ADD SCRAMBLED EGG OR TOFU PATTY: 2.00

CRABBY BENEDICT.....11
TOFU PATTIES, CRABBY CAKES, ON ENGLISH MUFFIN AND
TOPPED WITH VEGAN HOLLANDAISE. CHOICE OF POTATOES
OR FRUIT.

BREAKFAST BURRITO.....11
POTATOES, TEMPEH BACON, CHIPOTLE REMOLADE, FLOUR
TORTILLA. VEGAN: TOFU SCRAMBLE AND CASHEW CHEESE
SAUCE. VEGETARIAN: SCRAMBLEWD EGG AND CHEDDAR.
CHOICE OF POTATOES OR FRUIT.

NUEVOS RANCHEROS.....10.50
CORN TORTILLA, BLACK BEAN, CHORIZO, TOMATILLO
SALSA, SOURCREAM, SCALLIONS, PICO DE GALLO, AVO-
CADO. VEGAN: TOFU SCRAMBLE AND CASHEW CHEESE
SAUCE. VEGETARIAN: EGG AND CHEDDAR

SOUTHERN SKILLET.....10
SAUTEED BELL PEPPER, ONIONS, CORN, TOMATOES, AND
RED POTATOES. VEGAN: TOFU SCRAMBLE AND DAIYA. VEG-
ETARIAN: EGG AND CHEDDAR

OMELETTE (VEGETARIAN) OR SCRAMBLE (VEGAN)
SERVED WITH SIDE OF POTATOES OR FRUIT.....10
THE BAC-UN-ATOR: SMOKEY TEMPEH,
SPINACH, TOMATOES, AND AVOCADO.
GREEN OWL: SAUTEED BROCCOLI, CAUIFLOWER
AND CHEESE

PANCAKES9
4 VEGAN PANCAKES TOPPED WITH BLUEBERRY
COMPOTE, BLUEBERRY SYRUP, WHIPPED VEGAN
BUTTER.

LUNCH

DEVIL WINGS7
SIX VEGGIE NUGGETS BAKED IN BUFFALO SAUCE
SERVED WITH RANCH AND CELERY

TLT WITH AVOCADO.....11
SMOKY TEMPEH, LETTUCE, TOMATO, AVOCADO, ON MAD-
ISON SOURDOUGH CO'S WHEAT BREAD WITH AIOLI.
CHOICE OF POTATOES, KALE CRISPS, OR QUINOA
SALAD.

MIDDLE EASTERN PLATTER..... 11
HUMMUS, TABOULI, MUHAMMARA, BABA GANOUSH,
OLIVES, PICKLED AND FRESH VEGETABLES, & PITA.

IZZY SALAD11
ROMAINE LETTUCE, CUCUMBERS, TOMATO, RED ONION,
OLIVES, TABOULI, LEMON-MINT DRESSING. SERVED
WITH CHOICE OF GRILLED LEMON TOFU OR FETA.



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DRINKS

HOUSE COCKTAILS

- Madison Mule** 8
Yahara Bay vodka, beet juice, ginger beer, lime, rocks
- Passionfruit Mojito** 9
Cruzan White Rum, passionfruit juice, mint, lime, calamansi citrus, rocks
- Boozy 'Booch** 8
House-brewed kombucha with Aviation gin, lime, rocks
- Schenk's Corner Cocktail** 8
Evan Williams bourbon, raspberry balsamic, triple sec, shaken, served up
- Autumn Owl** 8
Mulling spice-infused brandy, apple cider, maple local maple syrup, lemon, rocks
- Drunken Earl** 8
Earl Grey tea-infused vodka, orange blossom lemonade, rocks
- Spicy Blackberry Margarita** 9
Blackberry tequila, cilantro, jalapeño syrup, grapefruit and other citrus, tajin rim
- Mimosa or Bellini** 7
Cava with fresh orange juice or choice of pear, raspberry or pomegranate liqueur
- Bloody Mary** 7
Green Owl secret recipe bloody mix, peppercorn infused vodka, pickled veggie garnish



DRINKS

BEER

- Ale Asylum** 4.50
Hopalicious American Pale Ale
- One Barrel** 4.50
Gentry's Rosé Hard Cider (GF)
Banjo Cat India Black Ale
Commuter Kölsch
Copper Stag German Amber

WINE

- Cline** 7/26
Farmhouse White Blend
- Natural Merchants** 7/26
Pizzolato Red Blend

NON ALCOHOLIC

- Guayaki Yerba Mate Tea**..... 3.50
Berry, Sparkling Grapefruit, and Sparkling Pomegranate Cranberry
- Orange Blossom Lemonade**.. 2.75
- French Press Coffee**2.75
- Lemon Black Iced Tea**2.75
- Arnold Palmer**2.75
- Fresh Squeezed Orange Juice** 3.00sm/4.00lg
- Ginger Beer**2.50
- Apple Juice** 2.50
- Coconut Water** 2.50
- Soda** 2.50
Zevia Diet Cola
Blue Sky Lemon-lime or Cola
Sprecher Root Beer
- Cold Brew Coffee** seasonal.....2.75
- Cha Cha Hot Tea** 2.50
Chai, Breakfast Black, Earl Grey, Jasmine Green, Ginseng Spice, Chamomile, Peppermint Rooibos
- Housemade Kombucha** 3.00
Ask about today's flavor!

important not to over-stock, to keep produce as fresh as possible. I was also simultaneously working as a Line-Cook for much of this time. It was my job to efficiently cook and plate food while also managing food prep and to communicate with front of house staff to ensure quality and fast service. Another role as kitchen manager was to schedule the kitchen staff. This required being highly organized in order to manage the staffs' requested time off and ensure they were satisfied with their hours and scheduling. It also required me to have a solid understanding of my staffs' skills to ensure a great team was working each shift. As Kitchen Manager I was in charge of designing daily specials. This required inventorying available produce and food products and creating delicious food from them. Effectively doing this reduced food waste and saved the restaurant money, but also provided customers with unique dining experiences while showcasing the skills of our chefs and it also provided variety to regular customers. In March of 2018 I was responsible for designing and implementing additions and revisions to the menu to improve service speed and quality of the menu items. Several of the most popular items were designed by me. Recipes had to be created, the staff had to be trained on how to consistently cook and plate the food, layout of the kitchen had to be updated to fit the new food items into the coolers and lines, and prep cooks need to be trained on how to properly prepare the food. Through a lot of work, the new menu was a success! For example, the Peanut macro-bowl one I introduced was the top selling entree in 2018.

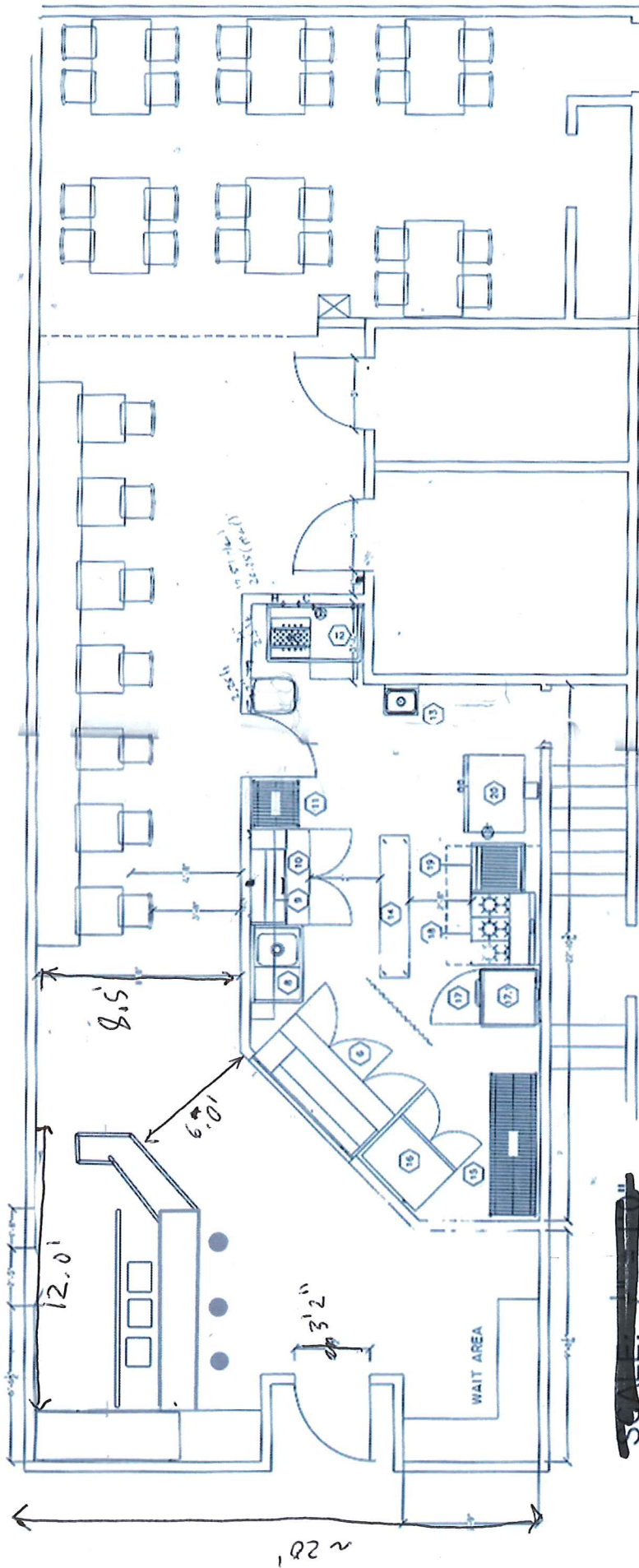
I also have experience in both preparing and serving catering events. I have been a part of numerous multiple-course ticketed dining events at Green Owl. We hosted several Madison Chefs who prepared for a 7-course dinner for Madison Chefs week, I've worked for 3 consecutive years at the Green Owl Thanksgiving event, serving a 5-course meal for between 40-70 guest, and have participated and helped design menus for Valentines, New Year's Eve, a beer pairing dinner with a local brewery and multiple other special events while at Green Owl.

In addition to my experiences working at Green Owl, I have worked at a handful of other restaurants around Madison. I've learned how to make pizza at Roman Candle. At Surya Cafe, I created healthy vegan and gluten-free dishes entirely from scratch. At Stalzy's deli I've learned how to smoke, cure, and pickle food and enhance flavors. Besides learning these new techniques, I have observed many different ways kitchens can be operated. I will utilized these experiences as owner of The Green Owl. I believe the sum of these long-term experience gives me a strong understanding of not only how to maintain The Green Owl, but how to improvement it.

III. Business Concept

Though other restaurants in Madison offer vegetarian and vegan options, Green Owl is the only one that has exclusively designed its entire menu as vegan and vegetarian. There are a variety of reasons why individuals opt for a meat-free lifestyle, or occasional meat-free dining. Customarily, this is based upon environmental/ethical, religious, or heath/diet decision-making. Green Owl provides a full array of meat-free food choices for it's clientele. Unlike other restaurants, everything on the menu is something they can try and enjoy. Green Owl also offers options for other alternative diets. It provides gluten free options, raw options and many healthy alternatives to satisfy many different diets.

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1970 ATWOOD AVE



APPROX: 2,000 SQ. FT.