



SOURCING **LOCAL & ORGANIC** INGREDIENTS &
MAKING 95% OF OUR MENU ITEMS **IN-HOUSE**
SINCE 2010

Tuesday to Saturday • 11 AM to 9 PM

MUNCHIES

DEEP-FRIED OKRA GF \$6
Served with spicy chili sauce

**CHEESY JALAPEÑO
HUSH PUPPIES** \$8
Savory deep-fried cornmeal balls served with a spicy Cajun remoulade

FRIES OR CAJUN FRIES \$6
Served with Ranch dipping' sauce

BISCUITS & GRAVY
(NO FIXIN') \$8 FULL / \$6 HALF
Fluffy split and grilled biscuits topped with white sausage gravy

PIMENTO CHEESE GFA \$10
A traditional southern spread made with shredded cheddar, cream cheese, Veganaise and pimentos and served with garlic toast triangles

DELUXE FRIES GFA C \$10
Our version of 'Poutine', a large plate of fries topped with your choice of white gravy or country cashew gravy and unCheese sauce, or both

SOUP

Served with cornbread (GFA) or a biscuit

KATHERINE'S GUMBO \$7 / \$11

CHIK'N & DUMPLINS \$6 / \$10

SALAD

Served with cornbread (GFA) or a biscuit

CREOLE SALAD GF \$11

Baby spinach, green onions, tomatoes, seasoned tofu, sweet & spicy pecans, sunflower and pumpkin seeds with a red wine vinaigrette

HOUSE SALAD GFA \$9

DRESSINGS Balsamic Vinaigrette
Ranch • 1000 Island • Agave Dijon

PLATES & BOWLS

Served with cornbread (GFA) or biscuit

FIXINS: Mac unCheese (GFA) (C) • Mashed Taters & Gravy (GFA) • Cheesy Grits (GF)
Southern Style Kale (GF) • Side Salad (GFA) • French Fries or Cajun Fries
Macaroni Salad • Sassy Slaw (GF)

JAMBALAYA GF \$13

This spicy Louisiana-inspired dish is made with rice, a mix of grilled veggies, and seasoned soy curls

CHIK'N FRIED TEMPEH
GFA \$15

Breaded and deep-fried tempeh smothered in white gravy and served with mashed taters and your choice of one fixin'

**BARBECUE SEITAN
STEAKS** \$15

Served with mashed taters, white gravy, and your choice of one fixin'

MOODY PORTABELLA
GF \$15

A little bit jerk, a little bit sweet... mild Jerk-spiced and bed of portabella slices on a grill of southern kale and grilled onions, served with mashed taters & gravy and your choice of one fixin'

SHROOMS & GRITS GF \$13

Criminis, onion and tempeh sautéed in Earth Balance and served atop our cheesy grits

**ANDOUILLE
MAC & GREENS** C \$14

Mac unCheese with our creamy cashew-based sauce, andouille seitan sausage, and kale

**LOUISIANA RED
BEANS & RICE** GF \$11

Smoky Camellia kidney beans with celery, onion, green bell pepper, fresh green onion and a scoop on long grain white rice (add andouille sausage +\$2)

NEATLOAF \$15

Our version of traditional meatloaf, served with mashed taters & gravy and your choice of one fixin'

FIXINS \$4

MAC UNCHEESE GFA C

**MASHED TATERS &
GRAVY** GFA

CHEESY GRITS GF

**SOUTHERN STYLE
KALE** GF

SIDE SALAD GFA

**FRENCH FRIES OR
CAJUN FRIES**

MACARONI SALAD

SASSY SLAW GF

FIXINS SAMPLER \$13
Your choice of 4 fixins

DIPPIN' SAUCES

Ranch • Agave Dijon
Spicy Chili • Veganaise
Cajun Remoulade
\$.75 2 OZ / \$1.25 4 OZ

unCheese • Gravy GFA
\$1.25 2 OZ / \$2.25 4 OZ
\$4.25 8 OZ

BREAD

\$2.25

CORNBREAD GFA
BISCUIT
TEXAS TOAST

SAMMICHES

Served with your choice of fries or Cajun fries or slaw • Substitute a small salad or a Fixin' for \$2

FIXINS: Mac unCheese (GFA) (C) • Mashed Taters & Gravy (GFA) • Cheesy Grits (GF)
Southern Style Kale (GF) • Side Salad (GFA) • Macaroni Salad • Sassy Slaw (GF)

ADDITIONAL TOPPINGS: Cheese +\$1.50 • Mushrooms, Onions & Peppers +\$1 each • Lettuce +\$0.50

MUSHROOM PO' BOY \$13

Deep fried crimini mushrooms with a spicy Cajun remoulade on a grilled whole grain hoagie

SHREDDED BARBECUE GFA \$12

BBQ soy curls and sassy slaw on a grilled whole grain bun

GRILLED CHEESE GFA \$9

Served on your choice of sourdough, whole grain, or gluten-free bread

BIG O BURGER GFA \$12

Savory grilled oat patty with lettuce, tomato, onion, and dill pickles on a grilled whole grain bun

BACON RANCH BURGER GFA \$14

Savory oat patty, tempeh bacon, sautéed mushrooms, lettuce, tomato and ranch on a grilled whole grain bun

GRILLED PIMENTO CHEESE GFA \$11

DOWNTOWN SPRINGFIELD BROWN \$13

Inspired by the popular Louisville open-faced sandwich The Kentucky Hot Brown!

Seitan turkey slices, tempeh bacon, unCheese sauce, and grilled slices of tomato on grilled Texas toast

FRENCH DIP WITH "OH JO!" \$13

Grilled seitan slices on a grilled hoagie, served with our Oh Jo! (au jus) dipping sauce

REUBEN \$13

Sliced and grilled seitan, sauerkraut, onions and 1000 Island on grilled marble rye

C = CASHEWS • GF = GLUTEN FREE • GFA = GLUTEN FREE AVAILABLE

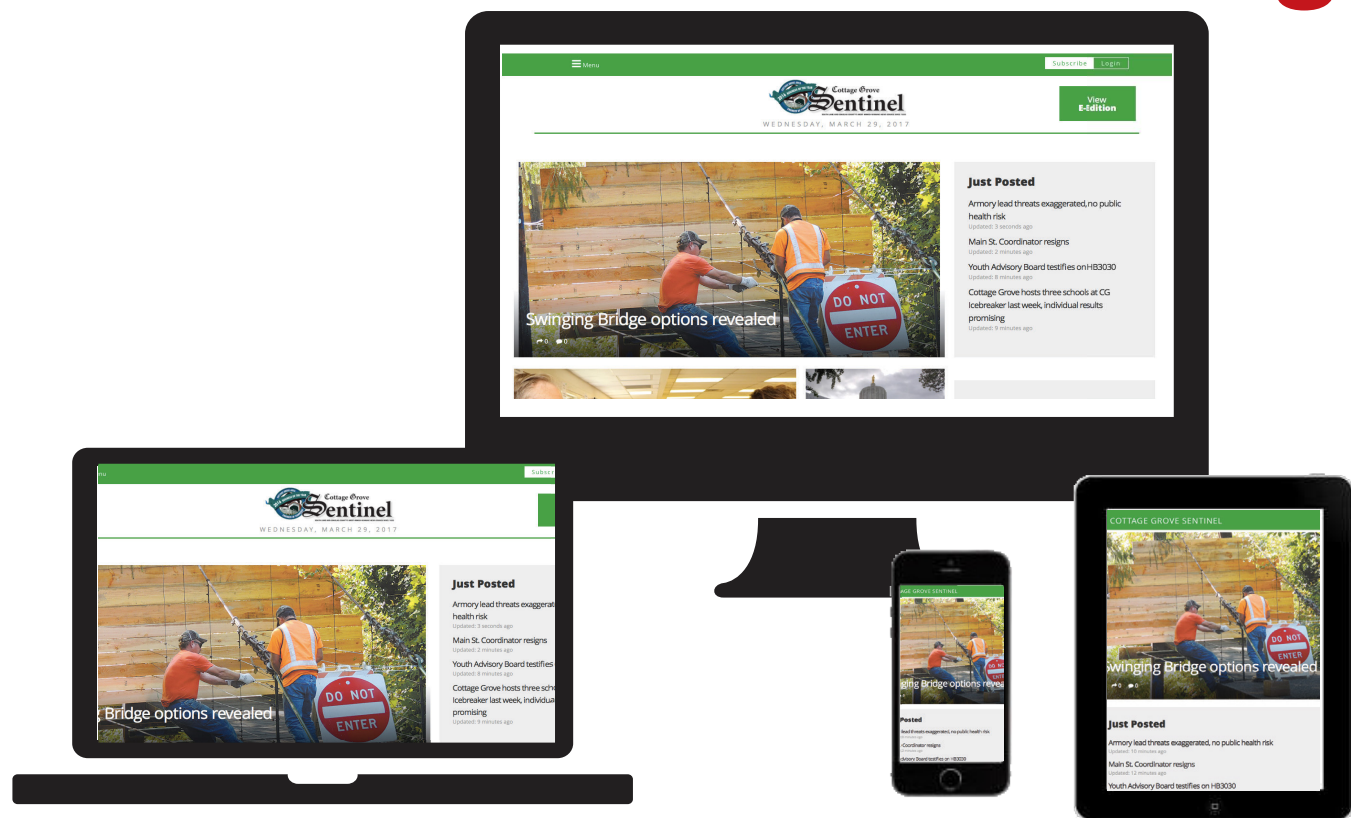
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Springsfield: 338 Main St. • 541-650-6672

Cottage Grove Sentinel Fall Menus

12 - SOUTH LANE COUNTY FALL MENUS - September 18, 2019

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