

Early Offerings



E-Classic 13
Plant Based Breakfast Sausage, Just Egg, House Made Breakfast Sauce, Smoked Gouda Cheese on an English Muffin

wAUfuLLs (GF) Choose Between Sweet or Savory 19
Sweet Plantain, Coconut, Maple, Granola, Cocoa Nibs, Fresh Fruit
Add Mushroom + 6 Add egg +4 Add Sausage +5 Add Bacon +3

Savory Pumpkin, Coconut, Arugula, Sautéed Shitakes, Pepper Glaze
Add Mushroom + 6 Add egg +4 Add Bacon +3

Sweet Potato Oatmeal 12
Sweet Potato, Steel Cut Oats, Cinnamon, Maple Syrup, Almond & Coconut Milk

Ital Is Vital Breakfast Bowl 21
Saltfish, Green Banana, Lentils, Callaloo
Add Avocado + 4 Add Toast + 4
*CONTAINS COCONUT

Bowls/Salads



Inna Double Bowl 21
Curry Channa (chickpeas), Roasted Geera Sweet Potatoes, Coconut Infused Quinoa, Mango Chow, Cucumber Relish, Tamarind sauce

Mushroom Skewer Bowl 21
Grilled Oyster Mushrooms over Calypso Rice, Callaloo, Black Lentils, Greens, Jerk Hummus

All Green Everything 19
Roasted Brocolinni, Okra, Asparagus, Brussel Sprouts, topped with Homemade Pesto. Add Wild Rice +4

Lovely Day 22
Fonio, Kale, Geera Roasted Sweet Potato, Snap Peas, Cherry Tomato, Candied Almonds, Miso Basil Dressing. Add Mushroom + 6 Add Lobster Mix + 6

Cryin Ryan Bowl 23
Roasted Cauliflower in Spicy Peanut Sauce, Calypso Rice, Fresh Slaw, Peas, Roasted Mushrooms
*CONTAINS PEANUTS

Fruit of Heirloom Lasagna 19
Roasted Heirloom Tomatoes, Veggies, Mozzarella
Add Ground Meat + 5 Add Roasted Mushrooms + 6
*CONTAINS CASHEW



Sandwiches

The Guerrero 19
Molé Mushroom, Black Bean, Tomato, Mozzarella, Greens, Rosemary Butter, Toasted Ciabatta Roll

Lobster Roll 18
Hearts of Palm, Mayo, Fresh Dill, Toasted Pretzel Roll, Rosemary Butter

AU Burger 19
Plant Based Patty, Caramelized Onion, Spicy Mayo, Mustard BBQ, Greens, on a Pretzel Bun
Add Roasted Potatoes +4 Add Pickles + Add Trinichurri + Fresh Tomato

Smash Burger 21
Double Plant Based Patty, Smoked Gouda Cheese, Smash Sauce, Pickled Peppers, Bacon, Fresh Onion, Greens, Fresh Tomato and Mustard on a Pretzel Bun Add Roasted Potatoes +4

Jerk Jackfruit 19
Jerk Jackfruit, Rainbow Cabbage Slaw, Shado Beni Sauce, Elo Sauce, Toasted Ciabatta Roll

Tivoli Taco 17
Well Seasoned Plant Based Ground Meat, Pico De Gallo, Spicy Mayo, Greens, on 8" Tortilla

So Simple Chicken Samich 21
Roasted Mushrooms in Hot Maple Sauce, Smoked Gouda Cheese, Red Onion, Tomato, Pickled Peppers, Greens

Roasted Potatoes 7
Mac & Cheese *CONTAINS ALMOND NUTS 13
Cryin Ryan *CONTAINS PEANUTS 16/32
Loaded Potatoes 16
Soup 8

Sides

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Drinks

Ginger Cucumber Juice

Sorrel

Half et Half (Half Ginger Juice / Half Sorrel)

House Iced Tea

Saratoga Sparkling Water

Essentia Water



Cocktails

Sumptin'Nice

17

Mezcal, Passionfruit, Pimento, Lime

Ke-Lo-Ke

Tequila, Blood Orange, Sorrel, lemon, Lambrusco

sAUnds Good

Santori, Luxardo, Bitters, Lemon

Grass Roots

Gin or Tequila, Ginger Cucumber, Prosecco

Miss Juicy

Barbancourt, Campari, Pineapple, Lime

Soca Sangria

Chairmans Rum, Passion, Hibiscus, Red Wine

De'Ville

Mezcal, Pear, Lemon, Lambrusco



Beer

Save The Robots IPA

9

Veltins Pilsner

8

Makku Rice Beer

8

Ebbs Lager

8

Sapparo

9



Coffee

Agave + .75 Iced + .25 Syrups +1

Latte

5/6

Matcha

7/8

Chai

7

Espresso

3

Americano

4

Cappuccino

4.50

Cortado

4.25

Chagachino

7/8

Cold Brew

4.50

**All drinks are made with Almond Milk. Additional Plant Milk Options are Oat, Macadamia and Coconut for 1 dollar extra*

Tea

Selection of Brooklyn Tea

Cream of Earl Grey (anti anxiety)

4

Peppermint (refreshing)

4

Genmaicha (calming)

4

Lemongrass Ginger

4

Chili Chai

4

Green

4

Superfruit

4

Soda

5

Pomegranate

Blood Orange

Ginger Ale

Shirley Temple

Cane Cola

Orange

Lime Seltzer

Grape



Dessert

Pudding Cake

14

Corn Cake

14

*Aunts
&
Uncles*

As you eat this food please know it was lovingly prepared for your body: a body that needs nourishment, that needs love, that needs gentleness and care - for a body that's not for everybody.

We are grateful to make this meal for you as a way of making sure you eat today but also as a way of showing you love and helping you make time to love yourself with a flavorful plant-based meal.

Take your time eating, remembering that you are human and not a machine for producing, grinding, rushing, posting, emailing, zooming, etc. Watch your breathing. Still your mind. Chew your food. You are alive and you are necessary - for now you are hungry, so eat and enjoy.

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***Please be sure to share any allergies with servers*