

126 & Flight *Vegan / Vegetarian Dinner Menu*

** Items cannot be made vegan*

starters

MARINATED OLIVES 6

Kalamata, green olives, herbs

POMMES FRITES 7

House-cut fries, aioli

VEGETABLE SAMOSAS 8

House-made, mint chutney

CHEESE PLATE* 10

3 cheeses, nuts, dried fruit, crostini

MUSHROOM TART* 10

Manchego, parmesan tuile

MEDITERRANEAN SPREAD* 10

Goat cheese, tomato, flat-bread

HUMMUS 8

House-made hummus, flat-bread

MAC n' CHEESE* 12

Bechamel sauce, white and mild cheddar

salads

-all can be made vegan

MIXED GREENS 5 (9)

Cucumbers, tomatoes, local garuda greens, honey-balsamic vinaigrette

ROASTED BEET 7 (12)

Local garuda greens, bleu cheese, walnuts, pickled onion, honey-balsamic vinaigrette

ARTICHOKE 7(12)

Mixed greens, parmesan, crispy chickpeas, lemon-champagne vinaigrette

VEGAN ASIAN SALAD 7(12)

Mixed greens, julienned marinated vegetables, ginger soy dressing

GRILLED VEGETABLE 14

Mixed greens, seasonal grilled vegetables, goat cheese, pine nuts, balsamic

sandwiches, tacos

Served on house-made bread, buns, or tortillas.

VEGGIE BURGER 11.5

House-made patty, pickled jalapenos, guacamole, fries

VEGGIE GUADALAJARAN* 12.5

House-made patty, pickled jalapenos, pepper jack, guacamole, fries

GRILLED VEGETABLE SANDWICH 14

Assorted grilled vegetables, mozzarella, served on baguette, house salad

MEDITERRANEAN TACOS 12

House-made tortillas and hummus, grilled vegetables, pine nuts, house salad

VEGAN CAULIFLOWER TACOS 12.5

House-made tortillas, roasted cauliflower, spicy romesco sauce, pickled cabbage, house-salad

KOREAN BBQ TACOS 12.5

House-made tortillas, bbq mushrooms, pickled onions, house-salad

entrees

MUSHROOM LINGUINE* 17

Herbed tomato, shiitake mushrooms, spinach and organic cream

VEGAN RICE PILAF & NAVARATAN CURRY 16

cauliflower, carrots, mushrooms, red pepper, coconut cream

BUTTERNUT SQUASH IN FILO* 19

Mascarpone, kale, garlic cream, kale

THAI GRILLED VEG 16

Thai fried rice, mushrooms, curried coconut cream

GNOCCHI WITH MUSHROOMS* 19

Herb tomato broth, organic cream, spinach, house-made gnocchi

VEGAN STEAK FRITES 19

Organic cauliflower steak, snow peas, bordelaise sauce, pommes frites

house-made desserts

CHOCOLATE TORTE* 6

POPPY SEED CAKE* 7

CRÈME BRULEE* 7

VANILLA ICE CREAM* 6

VEGAN BAKLAVA 5

BERRY SORBET 6

MENU



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OUT - call us at
319-887-1909 or
order online:
onetwentsix.net**

**Cooked to order. Consuming raw or undercooked meats, seafood, or eggs may increase your risk of food-borne illness*