



720 UNIVERSITY AVE, SYRACUSE, NY 13210

315-478-5500

www.strongheartsoth.com  
info@strongheartsoth.com

facebook and Instagram - @strongheartsonthehill  
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<b>Sweet and Sassy Tofu</b>	tofu marinated in a smokey chipotle marinade, grilled red onions, lettuce, tomato, avocado, and chipotle mayo. salad comes on spring mix.	sandwich – 9 wrap – 8.50 salad – 9.50 (gf)
<b>Vegan Chicken</b>	battered and fried tofu, ranch dressing, lettuce and tomato. salad comes on romaine.	sandwich – 8 wrap – 7.50 salad – 9
<b>Caesar</b>	battered and fried tofu, caesar dressing, lettuce, tomato, and croutons. salad comes on romaine.	wrap – 7.75 salad – 9.50
<b>Buffalo Kale</b>	battered and fried tofu, buffalo ranch dressing, kale, tomatoes, avocado, and croutons.	wrap – 8.25 salad – 9
<b>BLT</b>	fried tempeh bacon. sandwich and wrap come with mayo, lettuce, tomato, and sprouts. salad comes on romaine with avocado, croutons, tomatoes and ranch.	sandwich – 9 wrap – 8.50 salad – 10
<b>Cajun Seitan</b>	house made cajun seitan, cajun spice, chipotle mayo, lettuce, tomato, cucumber, and melted vegan cheddar. salad comes on spring mix.	sandwich – 9 wrap – 8.25 salad – 10
<b>Ironman</b>	your choice of protein, kale, spinach, pumpkin seeds, sunflower seeds, roasted beets, diced red onion, and your choice of dressing.	wrap – 8.25 salad – 9 (gf)
<b>Grilled Portobello</b>	marinated and grilled portobello mushroom, spring mix, tomato, avocado, sprouts, and balsamic vinaigrette.	wrap – 9 salad – 10.50 (gf)
<b>Mexican Quinoa</b>	mexican style quinoa, black beans, corn, pico de gallo, avocado, lettuce, and chipotle mayo. salad comes on romaine.	wrap – 7.50 salad – 9 (gf)
<b>Philly Cheesesteak</b>	house made cajun seitan, grilled peppers and onions, melted vegan mozzarella, mayo.	sandwich – 9
<b>Buffalo Philly Cheesesteak</b>	house made cajun seitan, grilled peppers and onions, banana peppers, melted vegan mozzarella, buffalo wing sauce, ranch dressing.	sandwich – 9.75
<b>Cheddar Bacon Chicken Ranch</b>	battered and fried tofu, fried tempeh bacon, melted vegan cheddar, ranch dressing, and lettuce.	sandwich – 10

all sandwiches and wraps come with a side of chips. upgrade to a small side salad for \$1.

**Add on Proteins:** sweet and sassy tofu, vegan chicken, plain tofu, tempeh bacon, seitan, portobello mushrooms, mexican quinoa **\$2 each**

**Add on Premiums:** avocado, mozzarella, cheddar, hummus, apple, bread **\$1 each**

**Add on Dressings + Sauces:** ranch, buffalo ranch, balsamic vinaigrette, chipotle mayo, mayo, caesar **\$1 each**

**Add on Veggies:** kale, red onion, beets, sprouts, romaine, spinach, spring mix, tomato slices, grape tomatoes, lettuce, pumpkin seeds, sunflower seeds, croutons **50¢ each**



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### Milkshakes 7.50

all milkshakes are dairy free. we use soy ice cream and almond milk.

Earth Crisis – chocolate peanut butter

West Memphis III – chocolate mint

Nelson Mandela – chocolate

Fred Hampton – chocolate oreo

Malcolm X – chocolate cherry

Nat Turner – chocolate banana

Ken Saro-Wiwa – chocolate peanut butter banana

Roberto Clemente – peanut butter oreo

Ernie Davis – butterfinger

Farm Sanctuary – caramel cookie dough

Bobby Sands – mint chocolate chip

John Lennon – vanilla

John Brown – cookies n cream

Geronimo – peanut butter

Jill Phipps – peanut butter banana

White Rose – banana

Harriet Tubman – maple vanilla oreo

Barry Horne - cherry

Ronnie Lee – cherry coconut

Haudenosaunee – pumpkin (seasonal)

Steve Biko – pumpkin oreo (seasonal)

Edward Abbey – pineapple (seasonal)

Leonard Peltier – pineapple orange (seasonal)

### Vegan Chicken Wings 11

Buffalo

BBQ

Sweet and Sassy

vegan chicken wings are made from soy protein. they are hearty and come complete with a wooden dowel in the center. each order comes with 4 wings, celery sticks and dipping sauce on the side.

### Smoothies 5.79

Strawberry Banana with Peanut Butter – strawberries, banana, almond milk, peanut butter, agave nectar

Vegan Protein – pea protein, cinnamon, pumpkin seeds, chocolate, banana, peanut butter, almond milk

Tropical Green – mango, coconut oil, lemon, banana, spinach, almond milk

Green Machine – avocado, banana, spinach, almond milk, agave nectar

Immunity – kale, apple, lemon, banana, orange juice

Peachy Keen – peaches, chia seeds lemon, banana, orange juice

Strawberry Lemonade – lemons, strawberries, banana, orange juice, agave nectar

Add ons: banana, protein powder, kale, spinach, chia seeds, agave nectar, cocoa powder, strawberries, mango, peaches, cherries **50¢ each**

### Sides

Soup of the Day – cup **3.50** / bowl **5.50**

Chipotle Peanut Noodles – chipotle peanut sauce, crushed peanuts, carrots, sassy tofu, grilled onions, sesame seeds, noodles **4**

Smokey Bacon Cous Cous – israeli cous cous, creamy dressing, tempeh bacon, onions **3.25**

Coconut Chia Pudding – coconut milk, chia seeds, cinnamon, coconut flakes **5**