



VERTICAL DINER[®]

Great Food Great People



**CHECK
OUT OUR
RETAIL FRIDGE
AND FREEZER
!!!!!!**

SHAREABLES

CROSTINIS AND SPREAD

your choice of beet hummus, macadamia carrot butter or cashew truffle chevre 8

ELEVATED PLATTER

beet hummus, carrot butter, seitan ham and pepperoni, cashew truffle chevre, crudites, grapes, berries pepperonchis, peppers, olives and crostinis 17

HAND CUT FRIES 7

Make it Spicy +1

Add Cheese Sauce +2

Get'm Loaded +4

(add chili and cheese)

MAC N CHEESE BITES

fried, breaded mac and cheese bites served with dipping sauce 13

LETTUCE WRAPS

tempeh, seasonal vegetables, sweet soy sauce 14

FRIED BRUSSELS SPROUTS 11

CHIPS AND SALSA 7

CHIPS AND GUACAMOLE 10

BREAKFAST ALL DAY!

TOFU BENEDICT

tofu filets, ham, and tomato on a toasted english muffin topped with a creamy hollandaise and served with country potatoes 18

sub biscuit +3

AMERICAN STEAK AND SCRAMBLE

grilled seitan steak, tofu scramble, country potatoes, grilled tomatoes, and cilantro verde 17

LA MESA

country potatoes topped with soyrizo, tofu scramble, black beans and rice, red sauce, peppers and onions, cheese sauce, sour cream, salsa, and guacamole 16

DAYBREAKER TACOS

three soft corn tortilla stuffed with soyrizo, tofu scramble, seasonal vegetables, salsa fresca, sour cream and guacamole and served with country potatoes 16

CHICKEN AND BISCUIT BREKKIE

breaded chicken patty, agave mustard, tofu filet on a biscuit and served with country potatoes 16

BREAKFAST PROTEIN BOWL

seasonal vegetables, tofu scramble, spinach, brown rice, red cabbage, artisan kraut, chipotle aioli, cilantro verde and avocado 15

★ TENDER TIGERS

seitan chicken tenders made from wheat protein served with ranch dressing 13

DRY OR PICK A SAUCE +1

Buffalo 

Barbecue

Orange Sesame

Mango Habenero 

NACHO MAMAS

tortilla chips smothered in cheese sauce, red sauce, salsa, sour cream and topped with rice and beans, and guacamole 13

add jackfruit, seitan steak OR soyrizo +3

T'N'T BASKET

basket of tender tigers and hand cut fries served with ranch and vertical sauce 13

TOFU RANCHEROS

soyrizo, tofu scramble, ranchero sauce, rice and beans, seasonal vegetables, sour cream, cilantro, avocado on corn tortillas served with country potatoes 18

SWEET BREAKFAST



SWEET STACK

your choice of three slices of french toast or three pancakes, topped with berries, powdered sugar and coco whip 13

CARROT BUTTER FRENCH TOAST

pieces of french toast stuffed with carrot butter and topped with powdered sugar 13



CINNAMON ROLL PANCAKES

three pancakes with a sweet cinnamon swirl and coco whip 13



PINA COLADA PANCAKES

three pancakes with caramelized pineapple with coco whip 13



GRANOLA PANCAKES

three pancakes with granola, fresh fruit and coco whip 13

LIGHT BREKKIE



BLUE PLATE BREAKFAST

tofu scramble, country potatoes, slice of toast and jam 9.99



BISCUITS AND GRAVY 8



AVOCADO TOAST

seared firm tofu, sauerkraut, sliced avocado and tomato 8

CLASSIC BREAKFAST

items below come with one choice of:

sausage, tempeh bacon, mushrooms, soyrizo, seitan steak strips, or seitan ham



THE AVALANCHE

side of two pancakes, country potatoes, tofu scramble, protein choice 16

add blueberry, chocolate chips, or banana +.50



THE MOUNTAIN

country potatoes, tofu scramble, peppers and onions, cheese sauce, protein choice, and guacamole 16



SUNRISE BURRITO

tortilla stuffed with tofu scramble, rice and beans, protein choice, peppers and onions, smothered in cheese sauce, red sauce, and sour cream, topped with fresh salsa and guacamole, served with country potatoes 16

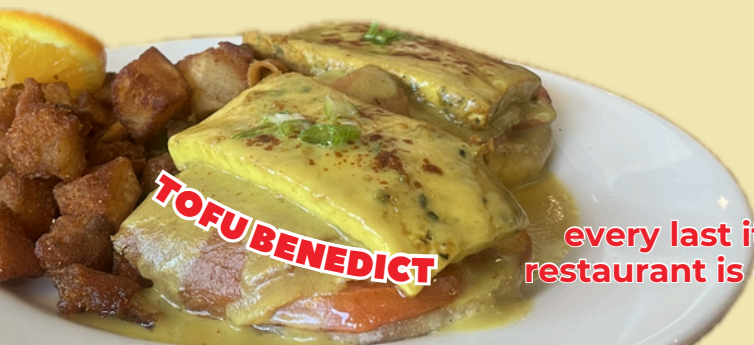


EARLY BIRD SANDWICH

biscuit loaded with tofu filet, sliced cheese, protein choice and side of country potatoes 16

BOMBTASTIC BISCUITS AND GRAVY

classic bowl of biscuits and gravy, served with country potatoes, tofu scramble, and protein choice 16



TOFU BENEDICT



THE MOUNTAIN

every last item served in this restaurant is entirely plant-based

GRAIN BOWLS

All bowls served over brown rice and shredded romaine

-  **ASIAN SESAME BOWL**
asian sesame dressing, fried tofu, seasonal vegetables, red cabbage and crispy noodles 14
-  **SOUTHWEST BOWL**
soyrizo, black beans and rice, peppers and onions, roasted corn, red cabbage, salsa fresca, chipotle aioli and guacamole 14
- BARBECUE BOWL**
tender tigers, red cabbage, seasonal vegetables, roasted corn, barbecue sauce and ranch 14
- MEDITERRANEAN BOWL**
grilled seitan chicken, cucumber, tomato, red onion, red cabbage, kalamata olives, pepperonchini, avocado, lemon tahini and beet hummus 14

MAC BOWLS!

All bowls are topped with almond parmesan

- OG MAC BOWL** 9
- SOUTHERN CHILI MAC** 11
-  **BUFFALO TIGER MAC** 12
- PHILLY MAC** 14
- BACON AND BROCCOLI MAC** 14



EAT YOUR GREENS

All salads come with mixed greens, tomato, onion, cucumbers, cabbage, carrots and beets

- CHICKEN CAESAR SALAD**
caesar dressing, croutons, tender tigers and avocado 16
-  **FIESTA SALAD**
cilantro lime dressing, soyrizo, tortilla chips, black beans and rice, corn, salsa fresca, sour cream and guacamole 16
-  **THAI BASIL SALAD**
thai basil dressing, artisan kimchi, lime wedges and avocado 16
add tempeh bacon +2
-  **MILE HIGH COBB SALAD**
agave mustard, tempeh bacon, avocado and tofu scramble 16
add tender tigers +3
-  **LARGE HOUSE SALAD**
choice of dressing 12
add avocado +2
add protein +3



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BURGERS, BURRITOS, & SANDWICHES

All items below served with a side of Potato Salad or:

**Hand Cut Fries +2 Mac and Cheese +3 Mashed Potatoes & Gravy +3
Side Salad +3 Vegetable Chili +3**

Substitute FAUX meat burger for +2

Substitute Chicken patty for +1

Substitute Gluten Free Bun +1

IAN MACKAYE

lentil veggie burger topped
with mac and cheese,
vertical sauce and LTO 15

JOAQUIN PHOENIX

lentil veggie burger topped with
smokey tempeh bacon, dill pickles,
barbecue sauce, ranch
and LTO 15

MOBY

lentil veggie burger topped with
pickled jalapenos, sliced cheese,
guacamole, vertical sauce
and LTO 15

TRAVIS BARKER

lentil veggie burger topped with
grilled mushrooms, sliced cheese,
vertical sauce and LTO 15

VERTICAL BURGER

lentil veggie burger with
sliced cheese, vertical sauce
and LTO 13

TBLAT

smokey tempeh bacon, avocado,
lettuce, tomato and ranch on
grilled french bread 15

SLC CHEESESTEAK

grilled seitan steak, mushrooms,
peppers and onions smothered in
cheese sauce 15

Pizza Style +1

★ BREADED CHICKEN SANDWICH

crispy breaded chicken patty
pickles, ranch and LTO 15

Buffalo Style +1

Barbeque Style +1

VERTICAL REUBEN

seitan steak with artisan kraut,
sliced cheese and vertical sauce on
rye bread 15

🔥 THE BANDIT

seitan steak, peppers and onions,
pickled jalapenos, chipotle aioli
and melted cheese 15

★ CALIFORNIA BURRITO

flour tortilla stuffed with steak,
rice and beans, cabbage, french
fries, chipotle aioli, cilantro verde
and guacamole in a tortilla 15

🔥 GREEN BANDITO BURRITO

grilled broccoli, onions, jalapenos,
tofu scramble, brown rice,
chipotle aioli, cilantro verde,
salsa fresca, red cabbage and
spinach in a tortilla 15

add avocado +2

MEDITERRANEAN WRAP

grilled seitan chicken, lettuce, tomato,
onion, cucumbers, pepperonchinis,
kalamata olives, beet hummus and
lemon tahini dressing 15



CHEF SPECIAL

price varies

We are always keeping things fresh, new and exciting at the diner. Ask your server for the current Chef Special. Please notify your server of allergies.

Served from 5pm to close

ELEVATED PLATES

VERTICAL TACOS

three corn tortilla tacos with smokey jackfruit, seasonal vegetables, kimchi, red cabbage, chipotle aioli, and guacamole served with a side salad 17

THE "DUDE" CAKES

two pancakes stuffed with sausage, mushrooms, grilled peppers and onions, smothered in gravy and topped with fries 17

MUSHROOM STROGANOFF

penne pasta tossed with sour cream, red wine, button mushrooms, peppers, onions, served with garlic almond parmesan bread 17

MARRY ME CHICKEN PASTA

penne pasta tossed in a coconut cream, basil and sundried tomato sauce topped with a breaded chicken cutlet and served with garlic bread 18

MAGICAL WOK

fried tofu, seasonal vegetables, tossed in green coconut curry, tahini, ginger, chili, and garlic served with rice noodles and lime wedges 17

ORANGE TIGER NOODLES

orange tigers, seasonal vegetables, pineapple, rice noodles and lime wedges 16

★ FRIED CHICKEN DINNER

breaded chicken patty with mashed potatoes and gravy, fried broccoli and brussels sprouts 17

AMERICAN DINER

hand cut french fries topped with tender tigers and country gravy 13



MAGICAL WOK



MARRY ME CHICKEN PASTA



FRIED CHICKEN DINNER



VERTICAL TACOS

BUILD YOUR OWN BREAKFAST

5/EACH

- TOFU SCRAMBLE
- TEMPEH BACON
- GRILLED MUSHROOMS
- BREAKFAST SAUSAGE
- COUNTRY POTATOES
- GRILLED VEGGIES

- SOYRIZO
- FRUIT CUP
- STEAK STRIPS
- HAM
- BISCUIT AND JAM
- FRENCH TOAST SLICE

- PANCAKE A LA CARTE
banana, chocolate chip,
blueberry +.50

EXTRAS

- MAC AND CHEESE CUP
- MASHED POTATOES AND GRAVY
- BROCCOLI AND CHEESE
- CUP OF CHILI
- SIDE HOUSE SALAD

- | | | |
|---|-------------------------------|---|
| 6 | SMALL FRY SIDE | 5 |
| 6 | SIDE OF GRAVY OR CHEESE SAUCE | 3 |
| 6 | CARROT BUTTER | 2 |
| 6 | AVOCADO OR GUAC | 2 |
| 6 | ALL SAUCES | 1 |

SEASONAL SPECIALS (LIMITED TIME)

GET THEM WHILE THEY'RE HERE

CHILAQUILAS

tortilla chips, ranchero sauce,
tofu scramble, sour cream, onion
avocado and cilantro 13
add soyrizo +3

SUMMER BRUSCHETTA

three toasted pieces of french bread
topped with fresh watermelon,
cherry tomato, tofu feta, fresh mint
and balsamic reduction 13

WEDGE SALAD

romaine heart, cherry tomato,
red onion, tempeh bacon bits,
almond parm and ranch dressing 14
add avocado +2

FARM PASTA AL LIMONE

local farm vegetables, penne pasta
in a light garlic lemon sauce served
with garlic bread and a
side house salad 19

SANDIA SALAD

mixed greens, watermelon,
tofu feta, cherry tomato, onion,
red cabbage, carrots, beets with
watermelon vinaigrette and
fresh mint 16



every last item served in this
restaurant is entirely plant-based

COCKTAILS 9

ACCORDING TO UTAH LAW:
ALL GUESTS MUST HAVE ID
SERVING HOURS ARE:
MONDAY - FRIDAY 11:30AM - CLOSE
SATURDAY, SUNDAY, HOLIDAYS 10:30AM - CLOSE

BLOODY SUNDAY	VODKA, HOUSE BLOODY MIX
POM MIMOSA	SPARKLING WINE, OJ, POMEGRANTE
VERTICAL MULE	VODKA, GINGER BEER, LIME
NAUGHTY CHAI	RUM, HIGH ELIXER CHAI, OAT MYLK
WHISKEY SOUR	WHISKEY, HOUSE SOUR MIX
PINEAPPLE EXPRESS	TEQUILA, SOUR MIX, PINEAPPLE JUICE
GIN N JUICE	CIN, OJ, POMEGRANATE JUICE
MARGARITA	TEQUILA, SOUR MIX

CANNED BEER

RAINIER	3
EPIC ESCAPE IPA	6
ROHA NIGHT OUT STOUT	6
REDROCK ELEPHINO DOUBLE IPA	9

WE HAVE PLENTY OF CANNED BEERS!!
CHECK OUT OUR
LOCALS ROTATOR MENU
OR ASK YOUR SERVER

DRAFT BEER 6

WE HAVE A LOCAL IPA AND LIGHT BEER ON DRAFT

WINE

SPARKLING	9 glass/ 32 bottle
WHITE	8 glass/ 28 bottle
RED	9 glass/ 32 bottle

MILKSHAKES 9

CHOCOLATE
VANILLA
PEANUT BUTTER
BROWNIE
MOCHA
STRAWBERRY
BLUEBERRY
CHAI
MIX IT UP (2 FLAVORS) +1

 *gluten free*

 *gluten free option (can result in extra charge)*

★ *staff favorites*

We do use a separate grill and fryer for all gluten free items, but to be safe please let us know of any common allergies (soy, nuts, gluten) so we can take extra care. All ingredients are not listed in descriptions.

We also politely decline any alterations or substitutions. Thank you for dining with us.

We charge a 3% surcharge costs on all credit card transactions. This helps offset processing costs. This amount is not more than what we pay in fees.

Sales tax also applies

WE ALWAYS HAVE SOMETHING FUN AND NEW GOING ON.
MAKE SURE YOU FOLLOW US ON INSTAGRAM
@VERTICAL_DINER_SLC

SOFT DRINKS 4 TEAS 3

(no refills)

ORANGE JUICE	GUNPOWDER GREEN
APPLE JUICE	JASMINE GREEN
COKE PRODUCTS	EARL GREY
coca cola * diet coke * sprite	CHAMOMILE
barq's rootbeer * dr. pepper	PEPPERMINT
minute maid lemonade	ROOIBOS
gold peak unsweetened tea	YERBA MATE
	FRUITY BLEND
	IMMUNE BLEND
	AFTER DINNER

COFFEE/STEAMED

COFFEE (BOTTOMLESS)	4
AMERICANO	4
LATTE	6
MOCHA	6
ESPRESSO	3
HOT CHOCOLATE	6
CHAI LATTE	6

MOCKTAILS

(MAKE IT BOOZY +5)

BLACKBERRY GINGERADE blackberries, sour mix, ginger beer	7
DOCTOR COCONUT dr pepper, coconut mylk and lime	7
MANGO MARGARITA blended mango juice, sour mix, and lime juice	9
PINA CO-LA-DI-DA blended pineapple, coconut cream, maple syrup, and lime juice	9
ORANGE JULIA blended orange juice, vanilla ice cream, and lemon juice	9

DESSERTS 9

BROWNIE SUNDAE
TIRAMISU
CARROT CAKE
GLUTEN FREE BAR ALA MODE (GF)
ROOT BEER FLOAT (GF)
TRIPLE THREAT (GFO)
3 SMALL PANCAKES TOPPED WITH
BANANA, VANILLA ICE CREAM AND
DRIZZLED WITH CHOCOLATE SAUCE
AFFOGATO (GF) 7
SCOOP OF ICE CREAM (GF) 4

