



## STARTERS

### Grazing Boards\*#

SELECTION OF CHEESES,  
PICKLED GRAPES, JAM, MIXED  
NUTS, ASSORTED CRACKER & BAGUETTE,  
CORNICHONS, SEITAN SALAMI  
SMALL BOARD (2 CHEESES) 25  
LARGE (4 CHEESES) 45

### Big Can Nachos# 17

ELOTE Y CARNITAS, PICKLED RED  
ONION & JALAPENOS, HATCH GREEN  
CHILE QUESO (gf)

### Crispy Brussels Sprouts# 12

TAHINI DAN DAN SAUCE, ROASTED  
CASHEWS, FRESNO PEPPERS (gf)

### Crab Fries 15

SHREDDED HEARTS OF PALM & JACKFRUIT,  
OLD BAY, GARLIC BUTTER,  
PARSLEY, SHREDDED PARMESAN,  
KEWPIE AIOLI (gf)

### Buffalo Tempeh 15

WITH CELERY, CARROTS,  
CHOICE OF RANCH/BLEU CHEESE (gf)

### Tofu Fries 15

NAKED OR CHOICE OF TOSSED  
BUFFALO, CAROLINA BBQ  
OR THAI CHILI (gf)

### Southern Sriracha Crab Cakes 12

JACKFRUIT AND HEARTS OF PALM CRAB  
CAKES, SRIRACHA PIMENTO, THAI CHILI  
GLAZE, SWEET PICKLED FRESNO PEPPERS, SEITAN  
BACON, SCALLION, SESAME SEED

### Whipped Ricotta# 14

LEMON WHIP, PISTACHIO PESTO,  
SZECHUAN CHILE AGAVE

(gf) gluten friendly

\*gluten-friendly option available

+gluten-friendly upcharge available

#contains nuts

There will be a 20% autogratiuity added to parties of 6 or more

## SMALL & LOCAL

CACTUS HAT MUSHROOMS  
ST. PETE FERMENTS  
CATALYST CREAMERY  
GULF COAST SOURDOUGH  
SAMI'S GF BAKERY  
AFTERNOON ROASTING  
THE TEMPEH SHOP

## BEVERAGES

### Sodas 3

COKE, DIET COKE, COKE ZERO,  
SPRITE, GINGER ALE, ROOTBEER

Americano, hot or iced 5

Latte, hot or iced 6

Cappucino 6

Mocha 6

Not Soda

LIQUID DEATH 3

LIQUID DEATH SPARKLING 3

ST. PETE FERMENTS KOMBUCHA 6

LEMONADE 3

TEA: SWEET/UNSWEET OR HOT 3

## SIDES

SEASONED FRIES (gf) 5

WAFFLED SWEET POTATO FRIES 6

POTATO SALAD (gf) 4

SIDE SALAD (gf) 6



# Good Intentions



## SALADS & HANDHELDS

### Tarpon Style Greek Salad\* 16

TOSSED AND DRESSED ROMAINE,  
FETA, RED PEPPER, THINLY  
SLICED RED ONION, PURPLE POTATO  
SALAD, ROASTED & PICKLED BEETS,  
BABY HEIRLOOM TOMATO,  
FRIED HALLOUMI  
+add tofu or tempeh (\$6)  
+lion's mane (\$10)

### Caesar\* 14

KALE, BRUSSELS SPROUTS, PURPLE CAB-  
BAGE, HOUSE MADE CAESAR DRESSING,  
PARMESAN CROUTONS, TOASTED PEPITAS,  
DRIED CRANBERRIES, SEITAN BACON  
CRUMBLES, SHREDDED PARMESAN  
+add tofu or tempeh (\$6)  
+lion's mane (\$10)

### Wedge Salad\* 13

CRUMBLED SEITAN BACON, CHOPPED  
TOMATO, PICKLED RED ONION, BLUE  
CHEESE CRUMBLES AND DRESSING  
+add tofu or tempeh (\$6)  
+lion's mane (\$10)

### Black and Bleu Burger 19

BLACKENED BEYOND SMASHBURGER, BLEU  
CHEESE, GRILLED MUSHROOMS AND  
ONIONS, SEITAN BACON, LETTUCE AND  
TOMATO - FRIES

### Skyway Melt Burger+ 17

SMASHED BEYOND BURGER,  
ST. PETE FERMENTS KIMCHI  
MAYO, CARAMELIZED ONION, WHITE  
CHEESE, TOASTED GARLIC  
SOURDOUGH - FRIES

### Hot Italian Beef 14

HOUSE-MADE SEITAN SLICED BEEF &  
GIARDINIERA, MAYO, JUS, TOASTED  
HOAGIE - FRIES

### Crispy Fried Tofu 17

COUNTRY FRIED TOFU, CARROWAY  
MUSTARD SLAW, MAYO, PICKLE, BRIOCHE  
BUN - FRIES



## MAINS

### Gnocchi 21

LEMON GARLIC BUTTER,  
SAUTÉED MUSHROOM, SUN-DRIED  
TOMATO, BLISTERED HEIRLOOM  
TOMATO, CHARRED CORN, CARAMELIZED  
ONION, GRATED PARMESAN,  
BASIL SZECHUAN OIL  
+add tofu or tempeh (\$6)  
+lion's mane (\$10)

### Kimchi Fried Rice\* 23

CRISPY FRIED JASMINE RICE,  
SCRAMBLED JUST EGG,  
KIMCHI, SWEET SOY  
REDUCTION, FRIED DEVILISH CRAB  
BALLS, KEWPIE AIOLI, SCALLION  
+add tofu or tempeh (\$6)  
+lion's mane (\$10)

### Chimichurri Tempeh 25

MARINATED TEMPEH, FRESH  
CHIMICHURRI, MOFONGO, BROCCOLINI,  
CURRY AIOLI (gf)  
+sub tofu or lion's mane (+\$10)

### Grits & Greens 24

CHOICE OF BLACKENED TEMPEH, TOFU  
OR LION'S MANE (+\$10), CREAMY GRITS,  
SAUSAGE ETOUFEE, KALE, SCALLIONS,  
CRYSTAL HOT SAUCE (gf)

### Bolognese 22

CRIMINI BOLOGNESE, TORCHED LEMON  
WHIPPED RICOTTA, PARMESAN, GARLIC  
TOAST POINT



Transparency is key in all aspects of life and business. Good Intentions pays employees a livable wage; in order to do that without elevated menu prices, we've added a 3.25% kitchen appreciation fee and 100% of that fee is divided up among kitchen staff to help bridge the pay gap between front and back of house. Thank you for understanding and supporting livable wages for our staff.