

SALADS & WRAPS

Get any salad in a wrap, add .50
Dressings: Bleu Cheese, Ranch,
Oil & Vinegar, Caesar or Spiced Tahini

HOUSE SALAD - Mixed Greens, Red Onion, Tomato, Cucumber & Shredded Carrots (WF) Sm 3.75 Lg 4.95

CHICK'N CAESAR SALAD - Grilled Mock Chicken, Romaine Lettuce, Tomato, Cucumber, Black Olives & Croutons Served w/ Caesar Dressing (WF) 6.95

BUFFALO CHICK'N SALAD - Grilled Mock Buffalo Chicken, Romaine Lettuce, Tomato, Cucumber & Shredded Carrots Served w/ Bleu Cheese Dressing (WF) 6.95

CHICK'N BACON RANCH SALAD - Grilled or Fried Mock Chicken, Soy Bacon, Romaine Lettuce, Tomato & Cucumber Served w/ Ranch Dressing 7.25

TACO SALAD - Homemade Corn Tortilla Chips, Black Bean Chili, Lettuce, Tomato Salsa, Sour Cream and **Daiya** Cheese. 7.25

TEMPEH SALAD - Grilled Tempeh, Baby Mixed Greens, Red Onion, Shredded Carrots, Tomato & Foodswings Dijonaise 7.25

GOOD RANDOM SHITE!

HOMEMADE CHILI CON SEITAN - Ground Seitan w/ Kidney Beans, Peppers, Onions, Tomato & Spices 4.50
Add Chipotle Cheese Sauce or **Daiya** Cheese \$1 Extra

CLASSIC NACHOS - Homemade Corn Tortilla Chips Served w/ Chili or Black Beans, Tomato Salsa, Cheddar Soy Cheese & Tofu Sour Cream 8
Add Chick'n \$2 Extra

FISH-N-CHIPS - Five Classic or "English Style" "Fish" Sticks Fried to Perfection, Served w/ Foodswings Tartar Sauce 6.50
Add Fries \$1

PERSONAL PIZZA - Panini Bread Layered w/ Homemade Pizza Sauce and Italian **Daiya** Cheese 6

Add any topping 1 each: Soy Pepperoni, Soy Bacon, Homemade Seitan Sausage, Peppers, Mushrooms, or Onions

CHICK'N NUGGETS - Homemade Golden Fried Mock Chicken Nuggets Served w/ Choice of BBQ Sauce or Sweet Mustard Sauce
Eight Pieces 5.75 / Twelve Pieces 8

FOODSWINGS PU PU PLATTER - Two Mock Nuggets, Two Sea Styx & One of Each Foodswings' Drumstick, Includes All Sauces that Come with Each Drumstick 9.25

4SKINS - Four Potato Skins w/ Bacon Bits, Cheddar Soy Cheese & Tofu Sour Cream Oi! 5.25

FOODSWINGS' DRUMSTICKS

(Please note: "bones" are not edible & may present a choking hazard to small children, the elderly & the intoxicated)

ALL drumsticks are now \$2 ea (try one of each!)

BUFFALO STYLE - Breaded, Fried & Then Smothered in Buffalo Sauce Served w/ Foodswings' Bleu Cheese

BBQ - Drenched in BBQ Sauce & Fired Up On The Grill (WF)

SOUTHERN FRIED - Battered & Fried

SWEET SOUTHERN FRIED BBQ - Battered, Fried & Then Drenched in a Sweet BBQ Sauce

COMBO PLATE - Three Drumsticks w/ Choice of Side Salad, Mac n Cheese, Fries, Plantains or Mashed Potatoes 8.75

HOT/COLD SANDWICHES

CHICK'N PARMIGIANA - Breaded Mock Chicken Cutlets w/ **Daiya** Mozzarella Cheese, Covered in Tomato Sauce, on Italian Bread 8.25

CHICK'N CAESAR CLUB - Grilled Mock Chicken, Romaine Lettuce, Tomato & Black Olives Served w/ Caesar Dressing on Italian Bread 8.25

TEMPEH RUBEN - Marinated Tempeh, Soy Swiss Cheese & Warm Sauerkraut on Toasted Rye Bread w/Foodswings Secret Sauce 7.50

GRILLED CHEESE - A Mix of Cheddar and Mozzarella **Daiya** Cheese on White 5

CHICK'N CUTLET - Breaded & Fried Mock Cutlet w/Lettuce, Tomato, Onion & Soy Mayo on a Roll 6.50

CHICK'N CORDON BLEU - Breaded & Fried Mock Cutlet, Soy Ham & **Daiya** Cheese w/ Lettuce, Tomato, Onion & Foodswings Dijonaise on a Roll 7.25

CHICK'N CUTLET BACON RANCH - Breaded & Fried Mock Cutlet, Soy Bacon w/ Romaine Lettuce, Tomato, Onion & Foodswings Ranch Dressing on a Roll 7.25

ITALIAN HERO - Soy Salami, Ham, Pepperoni, Roasted Red Peppers, Black Olives, Romaine Lettuce, Tomato, Onion, Oil, Vinegar & Oregano w/ Mayo or Mustard 7.25

FILET OF SOUL - Breaded & Fried Mock Fish Sticks, Soy Cheese & Tartar Sauce w/ Lettuce & Tomato, Onion on a Roll 7.25

PHILLY CHEESE STEAK - Marinated Mock Steak w/ Onions, Mushrooms & Your Choice of American, Mozzarella **Daiya** Cheese or "The Wiz" Served on Italian Bread 8.25
Add Peppers \$1 Extra

EGGIE & CHEESE - Fried Tofu "egg style" with Sliced Soy Cheese on Toast 5.25
Add Soy Bacon, Soy Ham or Soy Breakfast Sausage for .50 Extra Each

HAM & CHEESE MELT - Griddled Mock Ham & Melted **Daiya** Cheese on Toast 5.75
Make it Cuban Style (Pickles, Mustard & Soy Mayo) .75

GYRO - Seasoned Homemade Seitan w/ Lettuce, Tomato, Red Onion & Vegan Tzatziki Sauce
Wrapped in Flatbread 7.50

SAUSAGE & PEPPERS HERO - Homemade Vegan Italian Sausage w/ Peppers & Onions on Italian Bread 7.25
Make It Parmigianino w/ **Daiya** Cheese \$1 Extra

ADDITIONS & EXTRAS

Additional Salad Dressing, Sauces or Soy Mayo .50

Side of Caesar, Bleu Cheese, Tahini or Ranch Dressing .50

Extra Cutlet In Sandwich or Salad, 2

Add Small Fries to Any Sandwich, Burger or Dog 1

Add Bacon to Anything .50

BURGERS & DOGS

Soy Mayo .50	Sautéed Onions .75
Sautéed Mushrooms .75	Pickles .50
BBQ Sauce .25	Chili \$1.50
Foodswings' Secret Sauce .50	Cheese \$1

KICKIN' VEGGIE SLIDERS - A Spicy Veggie Slider on a Mini-Roll w/ Soy Cheese Tomato, Pickles & Chipotle Sauce 3

THE FOODSWING - Soy Burger w/ Lettuce, Tomato & Red Onion 6

THE FOODSWING WITH CHEESE - Soy Burger w/ Soy Cheese, Lettuce, Tomato & Red Onion 6.75

THE BUFFALO BURGER - Soy Burger w/ Buffalo Sauce, Bleu Cheese, Lettuce, Tomato & Red Onion 7.25

THE COWBOY - Soy Burger w/ Soy Bacon, Homemade Onion Ring, Lettuce, Tomato, Red Onion & BBQ Sauce 7.25

THE PIZZABURGER - Soy Burger w/ Tangy Tomato Sauce & **Daiya** Cheese 7.25

THE GYRO BURGER - Soy Burger w/ Soy Mozzarella, Lettuce, Tomato, Cucumber, Black Olives & Foodswings Tzatziki Sauce 7.25

THE POWER UP - Soy Burger w/ Soy Mozzarella, Sautéed Mushrooms, Lettuce, Tomato & Red Onion 7.25

THE VEGAN HEART ATTACK - Soy Burger w/ Soy Bacon, Soy Cheese, Lettuce, Tomato, Red Onion & Vegan Mayo 7.25

THE ZAPATA - Soy Burger w/ Homemade Chili Con Seitan & **Daiya** Cheese 7.25

THE A-DIGGITY DOG - Two Soy Hot Dogs Served on Buns w/ Choice of Fixins (Relish and/or Sauerkraut) 5.25
Add Cheese \$1 Extra

THE CHILI DOG - Two Soy Hot Dogs Drowning in Homemade Chili Con Seitan 6.75
Add Cheese \$1 Extra

CORN DOG - Classic Carney Corn Dog Done Vegan One Dog 3 / Two Dogs 5.75

SIDES

Fries 2.50 (WF)

Cheese Fries 3.50

Chipotle Cheese Fries 3.75

Mashed Potatoes 3

Gravy 1.50

Homemade Fried Plantains 3 (WF)

Original Mac n Cheese 4

Creamy Mac n Cheese 4

DRINKS

Can Soda 1.50

Bottled Soda 1.75

Bottled Water 16 oz 1.50

Bottled Water 24 oz 1.75

Soy Milk 1.95

Orange Juice 1.75

Coffee 12 oz 1.25

DESSERTS

We Have Many Cakes,
Pies & Other Baked Goodies
Please Ask What's In

All Items are 100% Vegan!

Having a Party?
Ask to See Our Catering Menu
Or Call us at
1.888.481.1644

Prices do not include tax

Prices subject to change without notice

MILKSHAKES

THE BASIC SHAKE - Pistachio,
Chocolate, Vanilla, Mint Chip, Coffee or
Strawberry
Regular 4 / Large 6

THE TANK - Chocolate Ice Cream,
Peanut Butter & Cookies
Regular 4.50 / Large 6.50

THE BELLAVEGAN - Vanilla Ice Cream,
Peanut Butter & Cookies
Regular 4.50 / Large 6.50

CRUNCHBERRIES - Strawberry Ice Cream
& Cookies
Regular 4.25 / Large 6.25

COOKIES & CREAM - Vanilla or Chocolate
Ice Cream & Cookies
Regular 4.25 / Large 6.25

LATTE - Coffee Ice Cream & Vanilla
Soy milk
Regular 4 / Large 6

MOCHA - Coffee Ice Cream & Chocolate
Soy milk
Regular 4 / Large 6

FIRESTORM - Vanilla Ice Cream & Carob
Powder
Regular 4.25 / Large 6.25

CREMESICLE - Vanilla Ice Cream &
Orange Juice
Regular 4.25 / Large 6.25

VEGAN HURRICANE - Mint Ice Cream &
Cookies
Regular 4.25 / Large 6.25

BUTTERFINGER - Chocolate Ice Cream &
Chik O' Stiks
Regular 4.50 / Large 6.50

THE SEYMOUR - Pistachio Ice Cream,
Cookies & Peanut Butter
Regular 4.50 / Large 6.50

MY LITTLE PONY - Strawberry Ice Cream &
Orange Juice
Regular 4.25 / Large 6.25

JAILBAIT - Cherry Vanilla Ice Cream
Regular 4 / Large 6

TRAINWRECK - Strawberry Ice Cream,
Peanut Butter & Cookies
Regular 4.50 / Large 6.50

COOKIE DOUGH - Vanilla Ice Cream &
Chocolate Chip Cookie Dough
Regular 4.75 / Large 6.75

BLACK & WHITE - Vanilla & Chocolate Ice
Cream
Regular 4 / Large 6

FLOATS* 2.75 (WF)

ROOTBEER - Root Beer Soda & Vanilla or
Chocolate Ice Cream

LITTLE MISS SUNSHINE - Orange Soda &
Vanilla Ice Cream

DARK & STORMY - Ginger Ale Soda &
Chocolate Ice Cream

JAVA JOLT - Vanilla Cola Soda & Coffee Ice
Cream

*Floats Are Served In-House Only

Not Available for Delivery

Check Out the Midnite Munchies Menu
Every Friday & Saturday From 11pm-Close!

Exclusive Food!



Vegan Fast Food Joint

295 Grand St

Brooklyn, NY

718.388.1919

www.foodswings.net

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Tu-Th 11:30am-12am

Fri 11:30am-2 am

Sat 11:30am-2am

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Free Delivery 5-11pm

(Within Zone, 10.00 Min)

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ate & it's not even chicken"

-Sam Champion
Eyewitness News

CASH ONLY