



Compassionate Café

Take out available. Phone orders accepted.
Catering Trays and Boxed Lunches, too! (Ask to
see our catering menu)
330-726-4766

CAFE HOURS

Mon-Sat: 10:00am – 9pm

In Creekside Place
1449 Boardman-Canfield Rd.
Boardman, OH 44512

www.flamingice.com

Receive email coupons and specials by joining our
email list at www.flamingice.com

The Flaming Ice Cube specializes in homemade vegan cuisine with a focus on quality. Our goal is to serve the best tasting food around - and it just happens to be vegan. From homemade soups to fresh salads to the most amazing vegan burgers on the planet, we're confident that you will enjoy your meal at The Flaming Ice Cube and maybe, just maybe, you'll want to try more vegan food – good for everyone!



Vegan Exceptions:

Chai contains honey. Whole wheat bread products may contain honey. We cannot guarantee source of L-cysteine in breads. For a discussion of the definition of “vegan”, please visit our website www.flamingice.com.

Appetizers & Snacks

Hummus Plate

Garlic parsley hummus served with flatbread & fresh veggies. \$6.95

Warm Artichoke Appetizer

Creamy artichoke dip served with flatbread. \$7.95

Hot Buffalo Appetizer

Spicy Buffalo dip served with celery sticks and flatbread. \$7.95

Asian Tempeh Lettuce Wraps

Organic tempeh sautéed with water chestnuts and mushrooms, served with lettuce leaves and our signature peanut and plum sauces. \$7.95

Side of Organic Soba Noodles

Organic soba noodles in a spicy plum vinaigrette with green pepper, cucumber and carrot. \$3.95

Add grilled tofu \$1.99

The Salad Trio

Choose from hummus, sides of the day, or small mixed green salad. \$7.95

Spicy Chick'n Quesadilla

Chick'n, veggies (including jalapeno pepper), hot sauce, and Daiya cheddar and Mozzarella in a garlic herb tortilla. \$7.95

Summer Rolls

Two summer rolls filled with fresh veggies and served with our signature peanut sauce. \$2.95

Muffin

Please ask your server for today's muffin selection. \$2.00

Fruit & Yogurt Parfait

Vanilla soy yogurt layered with blueberries, pineapple, seasonal fresh fruit and organic hemp seed granola. Delicious & healthy! \$3.95

Soups

All of our soups are made here from fresh ingredients. We offer two or three different soups each day, please check with your server for today's selections.

Cup or Bowl of Homemade Soup

\$2.95 / \$3.95

Take home a pint or quart of our homemade soup!

Pint - \$4.95 | Quart - \$8.95

Salads

Flaming Ice Cube House Salad

A delightful mix of romaine lettuce, tomato, cucumber, green onion, green pepper, peas, corn, carrots and toasted almonds served with ciabatta and house vinaigrette.

\$6.95

Add chickenless salad, hummus, grilled chick'n strips or grilled tofu
\$1.99

Sunshine Salad

Mixed greens topped with dried cranberries, mandarin orange segments, green onion, seasonal fresh fruit, and toasted almonds. Served w/pomegranate blueberry vinaigrette & lemon tahini dressing.

\$7.95

Buffalo Ranch Salad

Romaine lettuce, cucumber, tomato, green pepper and green onion tossed with ranch dressing and topped with spicy grilled chick'n strips

\$8.95

The Salad Trio

Choose from hummus, sides of the day, or small mixed green salad.

\$7.95

Organic Soba Noodle Salad

Organic soba noodles tossed in spicy plum vinaigrette atop a bed of romaine, carrot, cucumber, and green peppers. Served with grilled marinated tofu and peanuts.

\$9.49

Spinach Salad w/Organic Tofu & Dried Cranberries

Fresh Spinach topped with grilled organic tofu, dried cranberries, water chestnuts, bac'n bits and tossed with green onion vinaigrette.

\$9.49

Linda's Spinach Salad

A tempting blend of fresh spinach, water chestnuts, mandarin orange segments and toasted almonds tossed with a sweet and tangy homemade dressing and served with ciabatta.

\$7.95

Small Mixed Green Salad

\$3.95

Salad Dressings:

Lemon Tahini, House Vinaigrette, Plum vinaigrette, Onion Vinaigrette, Far East, Ranch, Fat-Free Italian, Fat-Free Pomiegranate Blueberry, Linda's (all homemade except fat-free)

Extra dressing is \$.45

Sauces and dressing are available to take home - \$6.00 per pint

Sandwiches 'n Such...

Served w/homemade side of the day & pickle, unless otherwise noted. Whole wheat ciabatta available by request.

Hummus Veggie Wrap

Home made garlic parsley hummus, cucumber, tomato, green pepper and romaine rolled in garlic herb flatbread.

Half - \$5.99, Whole - \$7.99

Salad Wrap

Mixed greens, fresh veggies, and garlic parsley hummus in a garlic herb wrap, served with lemon tahini dressing.

Half - \$6.49, Whole - \$8.49

Mediterranean Hummus Wrap

Hummus, roasted red peppers, kalamata olives, cucumber, green onion and spinach in garlic herb flatbread.

Half - \$6.49, Whole - \$8.49

Tempeh Chickenless Salad Sandwich

Served on toasted organic 7 sprouted grains bread with lettuce & tomato. \$6.95

Chickenless Salad & Bac'n Wrap

A generous portion of our chickenless salad, bacuns, romaine lettuce, tomato, cucumber and green onion in a garlic herb wrap. Served with a side of mustard.

Half - \$6.99, Whole - \$8.99

Asian Vegetable Wrap

A grilled garlic herb wrap filled with sautéed Asian vegetables and roasted peanuts. Served with a side of plum sauce. \$5.99

Want more protein? Add chick'n strips, grilled tofu, or marinated
NEW! organic tempeh/mushroom blend - \$1.99

Mediterranean Panini

Artichoke spread topped with roasted red peppers, kalamata olives, fresh spinach, red onion and tomato. \$6.95

Italian Panini

Vegan pepperoni, salami, Tofurky, tomato, mozzarella and Italian dressing pressed to perfection. \$7.45

Buffalo Panini

Spicy buffalo chick'n spread, fresh spinach, tomato, onion and mayo on pressed in ciabatta bread. \$7.45

Dijonaise Panini

Chunky Chick'n salad in creamy Dijon dressing with spinach, tomato, onion, and bac'n bits pressed in ciabatta bread. \$7.45

More Sandwiches 'n Such

Served w/homemade side of the day & pickle, unless otherwise noted. Whole wheat ciabatta available by request.

NEW! Grilled Chick'n Sandwich

Jean's Favorite! Served on toasted bun with lettuce, tomato & mayo. \$8.95

NEW!

Pesto Grilled Chick'n Sandwich

Just like our famous pesto burger, but with grilled chick'n instead of a burger! \$9.95

NEW! Grilled Chick'n Parm

Grilled chick'n topped with marinara and Daiya Mozzarella on a toasted bun. \$9.95

Spicy Chick'n Quesadilla

Chick'n, veggies (including jalapeno pepper), hot sauce, and Daiya cheddar and Mozzarella in a garlic herb tortilla. \$8.95

NEW!

Gluten-Free Friendly Spicy Quesadilla

Mushroom and other veggies (including jalapeno pepper), hot sauce, and Daiya cheddar and Mozzarella in a gluten-free tortilla. \$8.95

Pulled BBQ

Tender chick'n marinated in BBQ sauce and served on a Kaiser bun. \$6.95

Peanut Butter & Fruit Sandwich

A healthy child's delight! Peanut butter topped with fresh bananas on a Kaiser bun. Served with a piece of fresh fruit. \$3.95

Grilled Cheese on Flatbread

Half a wrap folded over Daiya cheddar and grilled. A small serving designed for the younger appetite. Served with a piece of fresh fruit. \$3.95

Add a cup of soup to any sandwich \$2.95
Soup instead of side \$1.89
Split Plate Charge \$1.50

Choose Two

½ Sandwich (chickenless salad, hummus wrap, salad wrap) * Side of the Day
Small mixed green salad * Cup of Soup
\$6.99

Handcrafted Burgers

Served w/homemade side of the day & pickle, unless otherwise noted.

Vegan Burger

Our homemade grilled vegan burger served with all the fixing's – lettuce, tomato, onion, mustard, ketchup and vegan mayo. \$6.99

Add Daiya mozzarella or cheddar for \$.89

Pesto Burger

Our vegan burger topped with homemade cilantro walnut pesto, mayo, onion, and lettuce. \$7.95

Mmmushroom Burger

Our vegan burger with fresh sautéed mushrooms, mozzarella, mayo and sautéed onions. \$8.45

Pizza Burger

Vegan pepperoni, marinara, and mozzarella atop our grilled vegan burger. \$7.95

Make it supreme with the addition of green peppers, onion and mushrooms. \$1.25

Hula Burger

Our vegan burger topped with grilled pineapple, peppers, and onions, lettuce, vegan mayo and cheddar. \$ 8.99

Linda's Burger

Fresh spinach, water chestnuts and Linda's dressing make this burger sensational! \$7.45

NEW! Western Burger

Giddy up! Our vegan burger topped with BBQ sauce, Daiya cheddar, lettuce and onion. \$ 7.9 5

Make any burger a double for \$1.99

Add a cup of soup to any sandwich \$2.95
Soup instead of side \$1.89
Split Plate Charge \$1.50

Desserts & Drinks

Please see table tent for our made from scratch desserts and drinks

Any of our delicious desserts can be ordered for your special occasion.
(Please give at least 3 days advance notice)

Rice Bowls

Asian Rice Bowl

Brown rice topped with our sautéed Asian vegetables, marinated organic tempeh, and our signature plum sauce. \$7.95

Chili Rice Bowl

Brown rice topped with our black bean chili, corn, green onions, and Daiya Cheddar. \$7.95

Pasta Tosses (after 4pm)

Served w/mixed green salad and ciabatta

NEW!

Chick'n and Pesto Penne

Whole wheat penne topped with our Signature pesto, sun-dried tomato, and chick'n. \$11.95

NEW!

Spinach and Artichoke Penne

Whole wheat penne with garlic, fresh spinach, artichoke hearts, and Daiya mozzarella. \$9.95

NEW!

Penne and Marinara

Whole wheat penne with marinara. \$7.95

Gift Certificates The Flaming Ice Cube gift certificates are always in good taste!

Take Home Our soups, sides, hummus, chickenless salad, muffins, decadent desserts, well, practically everything is available for your take home convenience. Treat yourself to a muffin for tomorrow's breakfast or a triple chocolate molten lava baby bundt cake for your midnight chocolate craving.

Boxed Lunches and Catering Trays Treat your meeting attendees or guests to fresh and delicious compassionate cuisine!

Busy? Short on time? Call ahead and we'll have your take out order ready when you arrive!

Trying to explain the meaning of The Flaming Ice Cube is like trying to explain the sound of one hand clapping. That being said :

The Flaming Ice Cube represents two extremes co-existing as one; the lion lying down with the lamb; the yin and the yang. It is about living in the moment – for it is everything – and nothing. Anything is possible. (That's the short answer!)

The mission of The Flaming Ice Cube is also simple, yet complex: Make the world a better place.

Michele started The Flaming Ice Cube in 1997 as an aromatherapy shoppe in Boardman, Ohio. In a few years the shoppe expanded and relocated about a mile down the road. Then in 2002, The Flaming Ice Cube moved again and opened the café. In July of 2010, The Flaming Ice Cube opened a second café location on Public Square in Cleveland.

Throughout the changes, The Flaming Ice Cube has always carried positive items. Whether it was a book to help with grieving, essential oils to relax and renew, a meaningful greeting card, compassionate cuisine, or knitting classes and supplies to soothe the soul and artistically express. All items are chosen for a peaceful purpose.

“Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.” - unknown

“I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again” – variously attributed

Our food is prepared here. We make our soups, sides, and desserts from scratch. While many restaurants merely re-heat their menu items, we prepare ours with care. It may take a bit longer, but we think it's worth the wait, and hope you do too. Most of our items are also available for you to take home.

Please feel good about eating here – you are helping:

- Local business
- Animals
- Your health
- World hunger
- The environment

Hey, you just furthered our mission! Thank you!

After dining we invite you to browse through the shoppe and meet some more people who are part of the mission

With great gratitude to all the guests, employees, and others who have made The Flaming Ice Cube what it is today,
“Peace & Deliciousness!”



Thank you for patronizing a local business and eating compassionately!

