

FOOD

»→ APPETIZERS ←«

Soup of the day-gf – Bowl of our homemade soup served with our house made cornbread. \$7

Warm Spinach & Artichoke dip – Creamy spinach and artichoke dip served with warm pita wedges. Great for sharing! \$9

Chorizo Tacos-gf – Organic tofu chorizo, fresh lettuce, tomato, onion, homemade salsa & sour cream, corn tortillas (3) \$10

Dragon Fries-gf – Seasoned roasted potatoes, dragon sauce, banana peppers, green onion, sesame seeds. \$8

Nachos-gf – Organic corn tortilla chips, avocado, tomato, red onion, jalapeno, peppers, salsa, served with nacho cheese sauce. *gf *sfo \$12

»→ SALADS ←«

Caesar Salad – Romaine, kale, coconut bacon, croutons, creamy house made Caesar dressing, cashew Parmesan. \$10.75

+ add organic tofu or tempeh \$2

Kale Satay Salad-gf – Kale, red pepper, green onion, carrot, broccoli, Sriracha roasted cashews, grilled tempeh with a coconut satay sauce \$14

Warm Quinoa & Spinach Salad-gf – Organic quinoa, baby spinach, cranberries, orange segments, toasted almonds, red onion, maple dijon dressing. \$13

»→ SANDWICHES & BURGERS ←«

Choice of potato wedges or house salad /sub Caesar salad or cup of soup \$2

Classic Cheese Burger – House made veggie patty, cheese slice, ketchup, mustard, red onion, pickles, lettuce, tomatoes. Served with roasted potatoes or house salad \$15

Bagel BLAT – Toasted sesame bagel, seitan bacon, mayo, avocado, lettuce, and tomato \$13

Tempeh Ruben – Grilled tempeh, kraut, pickles, sautéed mushrooms and onions, thousand island dressing, on french bread. Served with roasted potatoes or house salad \$15

Donair Wrap – House made seitan, onion, lettuce, tomato, donair sauce, served in pita. Served with roasted potatoes or house salad. \$14

»→ MAINS ←«

Peanut & Lime Noodles-gf – Rice noodles with seasonal vegetables in a peanut lime sauce, crispy tofu, fresh basil and crushed peanuts \$15

Wild Bowl-gf – Organic seasoned tofu, brown rice, steamed kale and broccoli, shredded carrots, cabbage, beets, toasted sesame seeds and dragon sauce. *gf \$14.95

+ sub tempeh \$2/ organic quinoa \$2

Thai Green Coconut Curry (gf) – Flavourful green curry with coconut milk, sweet potato, bell pepper, eggplant and chickpeas. Served with brown rice and fresh cilantro. \$16

Mac & Cheese – Creamy cheese sauce, sautéed red onions, toasted bread crumbs and fresh parsley. \$14