

# Appetizers

## Spanakopita Pastry

Flakey phyllo layers filled with spinach & herbed feta cheese

## Red Lentil Patties

With herbed tahini sauce

## Beet Hummus & Chips

V GF SESAME

## Guacamole & Chips

V GF

## Coriander Chutney

A spicy green chutney with fresh coriander, coconut, and lemon

## Sourdough Bread

Made in-house with spelt flour

## Mushroom-Tofu Pâté

A spread of roasted mushrooms & tofu seasoned with Italian herbs

## Bruschetta

Fresh tomatoes with basil, olive oil & balsamic vinegar topped on our sourdough baguette \*seasonal

## Jerk Tempeh Skewers

Grilled tempeh skewers with in-house Jamaican Jerk spice blend

# Main Entrées

## Spinach Tofu Lasagna

Rich lasagna layered with mushroom, spinach & tofu, topped with cheese

## Seasonal Vegetable Curry

In a mild tomato-based sauce

## Vegetable Quiche

Fluffy egg quiche in our house-made pastry crust, topped with cheese

## Tofu Shahi Muttar

Oven-roasted tofu in a curried cashew sauce

## Broccoli Tofu Stirfry

In a tamari-garlic sauce

## Mashed Potatoes & Kale

Made with butter & cheese

## Spicy Cauliflower

In a spicy red pepper sauce

## Chickpea Curry

Coconut chickpea curry with spinach

## Rice Pilaf

Fluffy basmati rice pilaf with leeks

# Salad Greens

## Peanut Kale Salad

Green kale with roasted beets in a rich peanut dressing

## Mixed Greens Salad

Fresh greens with ume-marinated onion & mushroom dressing

## Caesar Salad

Crisp romaine lettuce with a creamy vegan Caesar dressing

## Raw Kale Salad

Shredded kale in a bright tamari ginger-garlic dressing

# Side Dishes

## Avocado Salad

Signature avocado salad in a tangy lemon-garlic vinaigrette

## Mung Bean Noodles

Glass noodles in a fragrant ginger tamari dressing

## Broccoli Slaw

Classic broccoli salad with vegan mayonnaise

## Green Bean Salad

Crisp green beans with dill

## Pesto Noodle Salad

Rotini pasta in house-made pesto

## Marinated Mushrooms

Button mushrooms in a savoury ume-oregano vinaigrette

## Creamy Potato Salad

With capers, ume onions, and vegan mayonnaise

## Aztec Salad

Quinoa and black beans, dressed with lime & cilantro

## Greek Salad

Peppers, cucumbers, tomatoes, onions, & olives, with feta cheese

## Marinated Beets

In savoury garlic-ume vinaigrette

## Tempeh Salad

In a mustard-ginger dressing

## Chickpea Salad

With tomatoes, in a spicy dressing

**Special Diet Key:** V Vegan GF Gluten-Free PEANUT Nut Allergen  
If you have any other allergen concerns, please let us know.