

LOLA ROSA

 100% Plant Based

Allergies

For safety reasons, we ask you to communicate any allergies to your server when ordering. The following allergens are used in our cooking and could come in contact with your dish: gluten, tree nuts, wheat, peanuts, soy.



Suitable for gluten sensitive diets



Contains nuts and / or peanuts



Spicy

APPETIZERS

Seasonal Soup 6

Served with toasted bread.

Eggplant Bharta 11

Flame-roasted eggplants, simmered tomatoes, Garam Masala spice blend. Served with toasted tortilla.

Smoked Carrot Tartare 11

Braised shiitake mushrooms, sesame, wakame seaweed. Served on toasted bread.

Lola's Nachos 19

Corn chips, black beans, salsa, homemade queso, bell peppers, tomatoes and green onions. Served with sour cream and "poiscamole".

Add the vegan 'chorizo' of Lola Rosa +5\$

SALADS

+braised tofu or hemp-lentil strips 6

Rosa 16

Mesclun, chickpeas marinated in lemon confit with grilled cumin, tomatoes, carrots, olives, cucumbers, "poiscamole" and maple balsamic vinaigrette.

Caesar

Cashew parmesan, "bacon", fried capers, green onions, balsamic reduction, croutons.

Side dish 7

Dish 14

BURGERS & SANDWICHES

Served with house salad or with a **Potato salad +\$1 or Sweet potato wedges +2\$**

"Hemp"burger 17

Lentil, tofu and hemp seed patty, BBQ sauce, caramelized onions, queso, tomatoes and pickled cucumbers served on brioche bread.

Lola's "Cheesesteak" 17

Our marinated house brisket, sautéed vegetables, caramelized onions and cashew jalapeño cream served on grilled ciabatta.



MAINS

Braised Tofu and Sautéed Vegetables 18

Soy and maple braised tofu, marinated with lime, cilantro and ginger.
Served on basmati rice with sautéed onions, peppers, bok choy and broccoli.
Add coriander "crema" +2\$

Seasonal Vegetable Curry 17

Seasonal veggies, tofu, coconut milk and homemade curry paste.
Served over basmati rice with toasted tortilla, mango and pineapple chutney, and coriander sauce.

Chili 16

Ground seitan, mixed beans, tomatoes, onions, and peppers, garnished with queso and green onions.
Served with rice and corn chips.
Substitute your rice with sweet potato wedges +2\$
Add poisca mole +2\$
Add sour cream +2\$

Chorizo and Queso Burrito 17

Black beans, rice, tomato salsa and coriander sauce.
Served with garden salad.
Substitute your salad with sweet potato wedges +2\$

Bolognese lasagna 20

Tomato sauce, mushrooms, sautéed onions, béchamel.
Served with a small Caesar salad.

SIDES

Basmati rice 3.5

Garden salad 6

Chickpea salad 5

Sweet Potato Wedges 6

Braised tofu 6

Potato salad 7

DESSERTS

Chocolate and Caramel Pie 8

Served with graham and chocolate sauce.

Brownie 8.5

Served with graham, peanut sauce, chocolate sauce and vanilla ice cream.

Ice cream & Sorbet 3.5

Ask your server for the flavors.

1 Scoops 3.5

2 Scoops 6

