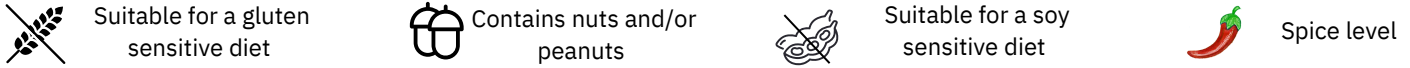


# LOLA ROSA

## Allergies

For your safety, we ask you to please make any food allergy or food sensitivity known to your server when placing your order. The following allergens are used in our kitchen and may come in contact with your dish: nuts, peanuts, soy, gluten, sesame..



## APPETIZERS

### Soup of the moment

6.5

with bread and sundried tomato spread : +3\$

### Tartare

12

Smoked carrots, shiitake mushrooms, sesame mayonnaise. Served with crostini

### Poutine

12

Black bean & mushroom gravy topped with homemade queso marinated button mushrooms & green onions

### Lola's nachos

S: 13

R: 20

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

with chili: + 3

with "chorizo": +5

### Fried oyster mushroom

14

with home made tartare sauce

### Starters board

20

Cretons, "charcuterie", muhammara marinated olives. Served with sundried tomato bread and crostini

### Chick pea fries

10

with homemade BBQ sauce

### Eggplant bharta

12

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

## BURGERS/SANDWICHES

served with fries & green salad

Substitute your fries or salad

Chick pea fries +\$3

Poutine +\$4

Caesar Salad+\$4

### Hempburger

19

Tofu, brown lentil & hemp seed patty, BBQ sauce, caramelized onions, queso, tomatoes mixed greens & marinated cucumbers

with poiscamole: +2\$

### Lola "Cheesesteak"

20

Homemade marinated "brisket", sauteed vegetables, caramelized onions and jalapeno cashew cream served on toasted ciabatta

### Cajun burger

20

Sweet potato fritter, topped with sautéed onions, bell pepper & garlic, fresh arugula, sweet relish, deep fried onion ring & spicy mayo

with poiscamole: +2\$

## MAINS

### House curry on rice with chickpea flatbread 19

Seasonal veggies: Sweet potatoes, carrots, green beans, turnip, tofu, coconut milk and homemade curry paste, coriander crema & toasted sesame seeds  
Served with rice.

### Chili 16

Ground seitan, mixed beans, tomatoes, onions, and peppers, garnished with queso, green onions, garlic sautéed corn mix, coriander and lime.  
Served with rice and corn chips.

### Braised tofu & sautéed veggies 20

Tofu braised in a maple-soy sauce, marinated with lime, coriander and ginger, sautéed with onions, bell peppers & bok choy. Served with rice.

**With coriander "crema": +2\$**

### Chorizo & queso burrito 18

Black beans, rice, romaine lettuce, sautéed onions and peppers, tomato salsa and coriander cream.  
Served with house salad.

### Quesadilla 18

Roasted vegetables, black beans, fresh spinach and queso.  
Served with "poiscamole", sour cream, rice and salad.

**With salsa: +2\$**

### Bolognese Lasagna 20

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

## SALADS

### Add a protein Braised tofu +\$5 Hemp +\$4

### Rosa 16

Mixed greens, chickpeas marinated with grilled cumin and lemon confit, tomatoes, bell peppers, green onions, carrots, red cabbage, marinated olives, cucumbers, banana peppers, "poiscamole" & maple balsamic vinaigrette

### Caesar S:8 R:15

Romaine lettuce, cashew parmesan, quinoa "bacon" capers, green onions, balsamic reduction & seasoned croutons

### Green salad 5.5

Spring mix salad, grated carrots, cabbage, radish and maple balsamic vinaigrette

## SIDES

Fries 5.5

Basmati rice 3.5

Tomato bread 3

Queso 2

Poiscamole 2

Sour cream 2

Salsa  2

BBQ sauce 2