
PARALLEL **basta**

HOUSE MOCKTAILS

GAZOS

**HOUSE FERMENTED SYRUPS WITH FRESH HERBS
& FRUIT TOPPED WITH SPARKLING WATER**

PINEAPPLE / PEACH / GRAPE

\$6

KING CRIMSON

STRAWBERRY SUMAC & BASIL SHRUB • ORANGE •
LEMON • SPARKLING WATER

\$6

FRESH MINT LEMONADE

MUDDLED MINT • LEMON • SIMPLE SYRUP •
SPARKLING WATER

\$6

COLD DRINKS

LOOP SPARKLING PROBIOTIC SODA

GINGER LEMON / CLEMENTINE

\$6

LAVENDER LIMONANA

\$6.50

SAN PELLEGRINO

\$6

HOT DRINKS

DRIP COFFEE

\$2.50

TURKISH COFFEE

BRAZIL BLEND WITH CARDAMOM

\$5

FRESH MINT TEA

\$2.75

SELECTION OF GENUINE TEAS

ASSAM BREAKFAST TEA • PEACH APRICOT • SENCHA KYOTO •
CHAMOMILE LEMONGRASS (D) • CRANBERRY APPLE (D)

\$4

PARALLEL **basta**

LUNCH

AVAILABLE WEDNESDAY & THURSDAY 10AM-4PM

*ALL DISHES ARE MADE WITHIN A FACILITY THAT CONTAINS NUTS AND SESAME

SALADS

PARALLEL

KALE • NAPA CABBAGE • SWEET POTATO •
SCALLIONS • BLACK LENTILS • WALNUTS •
MINT • GOAT CHEESE • BEET TAHINI •
LEMON & HONEY VINAIGRETTE
\$21 (GF, VG, N)

FATTOUSH

CUCUMBER • TOMATO • BELL PEPPER •
KALAMATA OLIVES • ZAATAR • CHICKPEAS •
RADISHES • PARSLEY • RED ONION • CRUSHED
ALMONDS • WHITE TAHINI
\$18 (V, GF, N)

ADD CROUTONS **\$2.50**

FALAFEL

2PC / 4PC / 6PC
FRESH HERBS • CHICKPEAS
\$8 / \$13 / \$18
(V, GF)

HUMMUS

*EACH HUMMUS IS SERVED WITH 2 PITAS

CLASSIC

CHICKPEAS • WHITE TAHINI •
PARSLEY • OLIVE OIL • SCHUG
\$18 (V)

SABICH

FRIED EGGPLANT • HARD BOILED EGG •
PRESERVED LEMON • RED ONION • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$21 (VG)

CHICKEN SHAWARMA HUMMUS

HOUSE SHAWARMA SPICED CHICKEN THIGH •
PICKLED RED ONIONS • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$23

HOT DISHES

CAULIFLOWER

FRIED CAULIFLOWER • FRESH HERBS • WALNUTS
• OLIVE OIL • LEMON • GRATED TOMATO •
SPICY GREEN TAHINI • BEET TAHINI
\$19 (GF, V, N)

ARAIS

3 PC CRISPY SPICED BEEF & PISTACHIO
FILLED PITA QUARTERS • WHITE TAHINI •
ROASTED YAM • SPICY TOMATO SALAD
\$25 (N)

CHICKEN THIGH PLATTER

POMEGRANATE MOLASSES & GOCHUJANG MARINADED
CHICKEN THIGH • SPICY BUTTER BEAN SALAD •
WHITE TAHINI • MATBUCHA • PITA
\$27

FALAFEL OR CHICKEN SHAWARMA SANDWICH

HOUSE BREAD • RED ONION • WHITE
CABBAGE • TOMATOES • CUCUMBER • WHITE
TAHINI • AMBA • PICKLES

FALAFEL **\$16 (V)** • CHICKEN SHAWARMA **\$19**

SIDES

*EACH SIDE IS SERVED WITH 2 PITAS

TAHINI

GRATED TOMATO • CONFIT GARLIC • OLIVE OIL •
PARSLEY • PAPRIKA • CUMIN
\$12 (V)

LABANEH

SHEEP AND COW YOGURT • OLIVE OIL •
ZA'ATAR • CONFIT GARLIC • GRATED TOMATO
\$17 (VG)

BABAGANOUSH

FIRE ROASTED EGGPLANT • LABANEH •
WHITE TAHINI • SCALLIONS •
PARSLEY • GARLIC
\$19 (VG)

EXTRAS

HOUSE FERMENTED
PICKLED VEGETABLES
\$4 (V)

SCHUG (SPICY)
\$2 (V)

TOFU

HOUSE TERIYAKI • SMOKY
CHIPOTLE TAHINI • DUKKAH •
SCALLIONS
\$8 (V, N)

SIDE OF
CARROTS & CUCUMBER
\$4 (V)

PITA
\$1.50 (V)

(V) VEGAN (VG) VEGETARIAN (GF) GLUTEN FREE (N) NUTS (HS) HOT SURFACE

PARALLEL **basta**

BRUNCH

AVAILABLE FRIDAY-SUNDAY 10AM-4PM

*ALL DISHES ARE MADE WITHIN A FACILITY THAT CONTAINS NUTS AND SESAME

FALAFEL

2PC / 4PC / 6PC
FRESH HERBS • CHICKPEAS
\$8 / \$13 / \$18
(V,GF)

FALAFEL OR CHICKEN SHAWARMA SANDWICH

HOUSE BREAD • RED ONION • WHITE
CABBAGE • TOMATOES • CUCUMBER • WHITE
TAHINI • AMBA • PICKLES

FALAFEL \$16 (V) • CHICKEN SHAWARMA \$19

SALADS

PARALLEL

KALE • NAPA CABBAGE • SWEET POTATO •
SCALLIONS • BLACK LENTILS • WALNUTS •
MINT • GOAT CHEESE • BEET TAHINI •
LEMON & HONEY VINAIGRETTE
\$21 (GF,VG,N)

FATTOUSH

CUCUMBER • TOMATO • BELL PEPPER •
KALAMATA OLIVES • ZATAR • CHICKPEAS •
RADISHES • PARSLEY • RED ONION • CRUSHED
ALMONDS • WHITE TAHINI
\$18 (V,GF,N)

ADD CROUTONS \$2.50

SALAD ADD ON

FETA CHEESE \$6 (VG)
FALAFEL \$3.5 (V)
HARD BOILED EGG \$3 (VG)

HUMMUS

*EACH HUMMUS IS SERVED WITH 2 PITAS

CLASSIC

CHICKPEAS • WHITE TAHINI •
PARSLEY • OLIVE OIL • SCHUG
\$18 (V)

SABICH

FRIED EGGPLANT • HARD BOILED EGG •
PRESERVED LEMON • RED ONION • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$21 (VG)

EXTRAS

HOUSE FERMENTED PICKLED VEGETABLES
\$4 (V)
SCHUG (SPICY)
\$2 (V)
HOUSE BREAD
\$8 (V)

HOT DISHES

FRITTATA

POTATO • CAULIFLOWER • SCALLIONS •
PARSLEY • CHICKPEAS • LABANEH • BEET
TAHINI • SIDE SALAD
\$26 (HS,VG)

SHAKSHUKA

2 POACHED EGGS COVERED WITH BREAD •
TOMATOES • BELL PEPPERS • ONIONS • GARLIC •
PAPRIKA • CHILI
\$19 (VG,HS)

SHAKSHUKA ADD ON

MERGUEZ SAUSAGE \$9
GOAT CHEESE \$4 (VG)
EXTRA EGG \$3 (VG)

BABAGANOUSH WITH EGG

ROASTED EGGPLANT • LABANEH •
WHITE TAHINI • RED ONION • PARSLEY •
MINT • SCALLIONS • HARD BOILED EGGS •
ARUGULA • HOUSE BREAD
\$21 (VG,HS)

EGGS & SALAD

3 EGG HERB OMELETTE OR
3 SUNNY-SIDE UP EGGS •
SIDE SALAD • HOUSE BREAD
\$19 (VG)

LAHMAJUN

BEEF • SCALLIONS • CARDAMOM •
SMOKEY TAHINI • ARUGULA •
PICKLED RED ONIONS • ON HOUSE BREAD
\$26 (HS,N)

CHEESY HOUSE BREAD

HOUSE BREAD • 3 CHEESES • RED WATERCRESS •
RED ONION • FRESH PEAR • WALNUTS • BLACK
PEPPER • MOROCCAN OLIVES
\$19 (VG,N)

BRUNCH COCKTAILS

FEATURE MIMOSA (30Z)

ROTATING SEASONAL JUICE OR HOUSE
FERMENTED SYRUP • CAVA
\$12

BASTA CAESAR (20Z)

TEQUILA • FERMENTED PINEAPPLE •
PICKLED JALAPENO • WORCESTERSHIRE •
CLAMATO • HOUSE PICKLES •
PERSIAN LIME & ZA'ATAR RIM
\$14

PARALLEL **basta**

DINNER

AVAILABLE WEDNESDAY-SUNDAY 5PM-11PM

*ALL DISHES ARE MADE WITHIN A FACILITY THAT CONTAINS NUTS AND SESAME

MEZE

\$8/EACH OR \$20/FOR FOUR

TAHINI

WHITE OR GREEN TAHINI • CASHEW DUKKAH • OLIVE OIL
(V,N)

LABANEH

SHEEP AND COW YOGURT • OLIVE OIL • ZA'ATAR • CONFIT
GARLIC • GRATED TOMATO
(VG)

BABAGANOUSH

FIRE ROASTED EGGPLANT • LABANEH • TAHINI •
SCALLIONS • PARSLEY • GARLIC
(VG)

HUMMUS

CHICKPEAS • TAHINI • PARSLEY • LEMON •
CHILI • GARLIC
(V)

WALNUT & LEMON PESTO

BASIL • WALNUTS • LEMON • PARSLEY • GARLIC
(V,N)

SUNDRIED TOMATO TAPENADE

OLIVES • CAPERS • GARLIC • ROSEMARY
(V)

FRIED EGGPLANT

WALNUTS • RED ONION • FERMENTED CHILI PASTE
(V,N)

SHAREABLES

CALAMARI ON LABANEH

POACHED SPICED CALAMARI • LABANEH • SCALLIONS •
ROASTED BELL PEPPER • ROASTED TOMATOES •
MINT • HOUSE FLUTE
\$27

CLASSIC HUMMUS

CHICKPEAS • WHITE TAHINI • PARSLEY • OLIVE OIL •
SCHUG
\$18 (V)

SABICH HUMMUS

FRIED EGGPLANT • HARD BOILED EGG •
PRESERVED LEMON • RED ONION • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$21 (VG)

CHEESY HOUSE BREAD

HOUSE BREAD • 3 CHEESES • RED WATERCRESS •
RED ONION • FRESH PEAR • WALNUTS • BLACK PEPPER •
MOROCCAN OLIVES
\$19 (VG,N)

TANGY CHICKEN LETTUCE WRAPS

FRIED CHICKEN THIGH • POMEGRANATE MOLASSES &
GOCHUJANG MARINADE • GLASS NOODLE SALAD • CILANTRO •
ALMONDS • BIBB LETTUCE • SCHUG AIOLI
\$21 (N)

SALADS

PARALLEL

KALE • NAPA CABBAGE • SWEET POTATO •
SCALLIONS • BLACK LENTILS • WALNUTS •
MINT • GOAT CHEESE • BEET TAHINI •
LEMON & HONEY VINAIGRETTE
\$21 (GF,VG,N)

FATTOUSH

CUCUMBER • TOMATO • BELL PEPPER •
KALAMATA OLIVES • ZAAATAR • CHICKPEAS •
RADISHES • PARSLEY • RED ONION • CRUSHED
ALMONDS • WHITE TAHINI
\$18 (V,GF,N)

ADD CROUTONS \$2.50

FALAFEL

2PC / 4PC / 6PC
FRESH HERBS • CHICKPEAS
\$8 / \$13 / \$18
(V,GF)

MAINS

BERBERE & BURDOCK BEER BRAISED SHORT-RIB

SHORT-RIB MARINATED IN BERBERE SPICES •
BURDOCK MILD • BUTTER BEAN & PARSNIP PUREE •
PICKLED RED ONION • SNOWPEAS
\$29

SQUASH GNOCCHI AND SHRIMPS

KABOCHA SQUASH • ROASTED SHRIMPS •
SAGE & LEMON CREAM • ROASTED BELL
PEPPER • ROASTED TOMATOES •
OLIVE OIL • TOASTED PUMPKIN SEED
\$28 (HS)

DEEP DISH DOLMA

RICE • DRIED BLACK CURRANTS • MINT •
WHITE ONION • DILL • CLOVE • TOMATOES •
WHITE TAHINI • PINE NUTS •
CUCUMBER SALSA • OLIVE OIL
\$19 (V,GF,N)

ARAI TACO

BEEF & PISTACHIO • WHITE ONION •
PARSLEY • CILANTRO • CARDAMOM •
SUMAC • TOMATOES • TANGY WHITE TAHINI •
AMBA • BUTTER BEAN FRIES
\$12 (N)

ADD TACO \$10

EXTRAS

HOUSE FERMENTED
PICKLED VEGETABLES
\$4 (V)

SCHUG (SPICY)
\$2 (V)

TOFU

HOUSE TERIYAKI • SMOKY
CHIPOTLE TAHINI • DUKKAH •
SCALLIONS
\$8 (V,N)

HOUSE BREAD

72 HOUR FERMENTED • WHITE
TAHINI • GRATED
TOMATO • OLIVE OIL
\$8 (V)

SIDE OF
CARROTS & CUCUMBER
\$4 (V)

PITA
\$1.50 (V)

(V) VEGAN (VG) VEGETARIAN (GF) GLUTEN FREE (N) NUTS (HS) HOT SURFACE

PARALLEL **basta**

HOUSE COCKTAILS

DREAMSICLE (20Z)

AGED RUM • LICOR 43 •
CINNAMON HALVA SYRUP • ORANGE
\$15

RUBINA MARGARITA (20Z)

TEQUILA • MEZCAL • COINTREAU •
STRAWBERRY SUMAC SHRUB • LIME • BASIL •
PERSIAN LIME & ZA'ATAR RIM
\$16

GRASSLANDS (2.50Z)

RHUBARB GIN • DRY VERMOUTH • SIMPLE
SYRUP • PRESERVED LEMON
\$16

CRIMSON EMBERS (20Z)

MEZCAL • AGED RUM • SUMAC • LEMON •
LIME • TOASTED ALMOND BITTERS • EGG WHITE
\$17

GRAPE MANHATTAN (30Z)

BOURBON • VSOP COGNAC • GRAPE • DRY
VERMOUTH • ANGOSTURA &
CARDAMOM BITTERS
\$18

ARAK COCKTAIL (1.50Z)

ARAK • MUDDLED MINT • SIMPLE
SYRUP • LEMON
\$14

BEER & CIDER

MUDDY YORK 'HABERDASHER' HEFEWEIZEN 5.2%	\$9 (473ML)
MUDDY YORK 'GASLIGHT HELLES' LAGER 5.4%	\$8.50 (473ML)
BURDOCK 'DUCKS' IPA 6.3%	\$9 (355ML)
BURDOCK 'VERMONT' BLONDE ALE 4.5%	\$8.50 (355ML)
RORSCHACH 'HEDONISM' DRY HOPPED SORBET SOUR 6.9%	\$9 (355ML)
RORSCHACH 'TRUTH SERUM' IPA	\$9 (355ML)
FAIRWEATHER 'SCUSI' ITALIAN PILSNER 4.6%	\$9 (473ML)
LEFT FIELD 'EEPHUS' OATMEAL BROWN ALE 5.5%	\$8 (355ML)
REVEL 'TIME & PLACE' FARMHOUSE CIDER 6.5%	\$9.50 (355ML)
WILDA BLUEBERRY & LAVENDER SELTZER 4%	\$9.50 (355ML)
BLOOD BROTHERS 'GREAT TASTE' IPA (NON-ALCH BEER)	\$8 (355ML)
BURDOCK LIME GOSE (NON-ALCH BEER)	\$8 (355ML)

WINE

50Z • 80Z • BTL

WHITE

PEARL MORISSETTE (ONTARIO) VA-ET-VIENT BLANC RIESLING 2018	\$17 • \$23 • \$75
SEMELI FEAST (GREECE) MOSCHOFILERO 2022	\$14 • \$20 • \$67
LATIDO DI SARA (SPAIN) BIDAIA TXAKOLINA 2022	\$15 • \$21 • \$70
MEINKLANG (AUSTRIA) GRÜNER-VELTLINER 2022	\$15 • \$21 • \$70

RED

PEARL MORISSETTE (ONTARIO) RACINE DU CIEL CABERNET FRANC 2021	\$17 • \$23 • \$75
VIGNETI REPETTO (ITALY) 'EQUILATEREO', PIEMONTE BARBERA 2020	\$15 • \$21 • \$70
PABLO CLARO (SPAIN) LA MANCHA CABERNET SAUVIGNON 2021	\$14 • \$20 • \$67
THERIANTHROPY (ONTARIO) LE MAILLOT CAB FRANC/CAB SAUV 2022 (CHILLED)	\$15 • \$21 • \$70

SPARKLING & SKIN CONTACT

AGUSTÍ TORELLÓ MATA (SPAIN) CAVA 2016	\$16 • \$22 • \$73
KHUSH (ONTARIO) PET NAT PINOT NOIR 2022	\$15 • \$21 • \$70
GONZÁLEZ BASTÍAS (CHILE) NARANJO SKIN CONTACT 2020	\$19 • \$25 • \$85
PARADISE GRAPEVINE (ONTARIO) THIRST TRAP PÉT-NAT 2022	\$12 (250ML CAN)

PARALLEL **basta**

TAKEOUT

AVAILABLE SUNDAY-SATURDAY 10AM-11PM

*ALL DISHES ARE MADE WITHIN A FACILITY THAT CONTAINS NUTS AND SESAME

SALADS

FATTOUSH

CUCUMBER • TOMATO • BELL PEPPER •
KALAMATA OLIVES • ZAAATAR • CHICKPEAS •
RADISHES • PARSLEY • RED ONION • CRUSHED
ALMONDS • WHITE TAHINI

\$20 (V,GF,N)

ADD CROUTONS \$2.50

PARALLEL

KALE • NAPA CABBAGE • SWEET POTATO •
SCALLIONS • BLACK LENTILS • WALNUTS • MINT •
GOAT CHEESE • BEET TAHINI •
LEMON & HONEY VINAIGRETTE

\$21 (GF,VG,N)

FALAFEL

4PC / 6PC / 9PC
FRESH HERBS • CHICKPEAS
\$13 / \$18 / \$22
(V,GF)

HUMMUS

*EACH HUMMUS IS SERVED WITH 2 PITAS

CLASSIC

CHICKPEAS • WHITE TAHINI •
PARSLEY • OLIVE OIL • SCHUG
\$18 (V)

SABICH

FRIED EGGPLANT • HARD BOILED EGG •
PRESERVED LEMON • RED ONION • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$21 (VG)

CHICKEN SHAWARMA HUMMUS

HOUSE SHAWARMA SPICED CHICKEN THIGH •
PICKLED RED ONIONS • CHICKPEAS •
WHITE TAHINI • PARSLEY • SCHUG
\$23

HOT DISHES

CAULIFLOWER

FRIED CAULIFLOWER • FRESH HERBS • WALNUTS •
OLIVE OIL • LEMON • GRATED TOMATO •
SPICY GREEN TAHINI • BEET TAHINI
\$19 (GF,V,N)

ARAIS

3 PC CRISPY SPICED BEEF & PISTACHIO
FILLED PITA QUARTERS • WHITE TAHINI •
ROASTED YAM • SPICY TOMATO SALAD
\$25 (N)

CHICKEN THIGH PLATTER

POMEGRANATE MOLASSES & GOCHUJANG MARINADED
CHICKEN THIGH • SPICY BUTTER BEAN SALAD •
WHITE TAHINI • MATBUCHA • PITA
\$27

FALAFEL OR CHICKEN SHAWARMA SANDWICH

HOUSE BREAD • RED ONION • WHITE
CABBAGE • TOMATOES • CUCUMBER • WHITE
TAHINI • AMBA • PICKLES

FALAFEL \$16 (V) • CHICKEN SHAWARMA \$19

****ONLY AVAILABLE WEDNESDAY-SUNDAY UNTIL 4PM**

SIDES

*EACH SIDE IS SERVED WITH 2 PITAS

TAHINI

GRATED TOMATO • CONFIT GARLIC • OLIVE OIL •
PARSLEY • PAPRIKA • CUMIN
\$12 (V)

LABANEH

SHEEP AND COW YOGURT • OLIVE OIL •
ZA'ATAR • CONFIT GARLIC • GRATED TOMATO
\$17 (VG)

BABAGANOUSH

FIRE ROASTED EGGPLANT • LABANEH •
WHITE TAHINI • SCALLIONS •
PARSLEY • GARLIC
\$19 (VG)

EXTRAS

HOUSE FERMENTED
PICKLED VEGETABLES
\$4 (V)

SCHUG (SPICY)
\$2 (V)

TOFU
HOUSE TERIYAKI • SMOKY
CHIPOTLE TAHINI • DUKKAH •
SCALLIONS
\$8 (V,N)

SIDE OF
CARROTS & CUCUMBER
\$4 (V)

PITA
\$1.50 (V)

(V) VEGAN (VG) VEGETARIAN (GF) GLUTEN FREE (N) NUTS (HS) HOT SURFACE