

DRINKS

TURF

V = VEGAN
VE = VEGETARIAN
GF = GLUTEN FREE

COFFEE

BEANS BY LOCAL ROASTER, MOJA COFFEE

drip
espresso
americano
cortado
cappuccino
flat white
latté
mocha

TEA

THE WARM UP

black
earl grey
lemon and ginger
red rooibos maple
moroccan mint
turmeric ginger

MILKS N' MYLKS

Turf Housemade almond milk
oat milk
dairy (whole milk or cream)

FINAL TOUCHES

extra shot of espresso
shot of vanilla
shot of chocolate
make it a large

HOT N' STEAMY

GO WILD. ADD ESPRESSO.

MATCHA LATTÉ

JITTER-FREE CAFFEINE
organic stone-ground matcha from silk
road whisked with maple for sweetness

CHAI LATTÉ

HOUSE-MADE CHAI BLEND
cinnamon, cloves, cardamom, black
pepper, nutmeg, masala, fresh ginger juice,
silk road black tea, maple

BRAIN TRAIN

FOCUS
mesquite, lucuma, reishi,
ashwagandha, coconut oil, maple

VANCOUVER FOG

WARMTH + BALANCE
maca, cinnamon, maple

MERMAID LATTE

ENERGY
spirulina, maca, maple

GOLDEN LATTE

IMMUNITY
fresh turmeric, ginger, spices,
coconut oil, maple

LONDON FOG

COMFORT
organic earl grey from silk road steamed
with vanilla and your milk of choice

HOT CHOCOLATE

SWEET TREAT
with house-made vegan chocolate sauce

THE FINAL TOUCH for the PERFECT SIP

+ GLOW

ashwaganda (V)
bee pollen (VE)
maca (V)

SMOOTHIES

THE VIBE, 24/7.

GREEN POWER V, GF

kale, spinach, apple, pineapple, ginger, spirulina, aloe,
coconut water

GREEN ENERGY V, GF

banana, almond butter, spinach, kale, water, hemp seed,
cinnamon, date

GOLDEN IMMUNITY V, GF

pineapple, mango, ginger, turmeric, beet swirl,
coconut water

CHOCOLATE MUSHROOM V, GF

banana, almond butter, cacao, reishi, cinnamon, almond
milk, maple, date

BLUEBERRY GLOW V, GF

blueberry, almond butter, goji berry, flax, cinnamon,
almond milk, maple, date

PURE PROTEIN V, GF

banana, peanut butter, vegan protein powder, gf oat,
hemp seed, berry compote swirl, almond milk

BIG FIGGY V, GF

banana, fig, cardamom, almond butter, almond milk,
cinnamon maple swirl

SMOOTHIE BOWLS

THE TURF BERRY V, GF

mixed berry, banana, maple, flax, almond milk.
Topped with homemade granola, hemp, blueberries

THE MERMAID V, GF

banana, spinach, kale, almond butter, date,
cinnamon, spirulina
Topped with homemade granola, hemp, blueberries

+ GROW

Sprouted protein (V)
Optimi plant protein +
Mushrooms (V)

+ BOOST

reishi (V)
11:11 adaptogens (V)
flax seed (V)
spirulina (V)

WE KINDLY
DECLINE
MODIFICATIONS

OUR KITCHEN IS NUTS

We rely heavily on the use of nuts and other allergens—all menu items may contain traces of these things, even if not listed.

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BRUNCH' ISH

DESIGNED FOR THE MORNING BUT HERE ALL DAY LONG

PROTEIN PANCAKES V, GF

Blueberry buckwheat pancake with vegan protein, layered with berry compote, vegan yogurt, house made granola, fresh berries and pure maple syrup

VEGGIE SAUSAGE HASH VO, GF

Yam and potato hash with charred corn, kale, peppers and onions topped with jalapeno dressing, pickled onions and sesame seeds

With your choice of

Egg or scrambled tofu

AND Pork sausage or TurF breakfast patty

GREENS ALL DAY V, GF

Chili broccoli, sautéed greens, avocado, brown rice & lemon tahini dressing

+ Add your fave protein

BC Wild Sockeye Salmon
Spicy Baked Tofu
Pork Sausage

KALE CAESAR V, GFO

A mix of kale and romaine, tossed in our creamy house made cashew caesar dressing topped with marinated chickpeas, hemp seeds, pumpkin seeds and croutons

+ Add your fave protein

FEATURE SOUP V

ASK US!

House made soups that are always vegan and always made with nourishing ingredients

PAIRED WITH A SIDE OF TOAST

GFO Available

TOAST PARTY

JOIN THE PARTY

SOURDOUGH OR GF SWEET POTATO BASE

AVOCADO V

Avocado topped with chili oil, pea shoots, alfalfa, pumpkin seeds, chilies

+ Add an egg

MUSHROOM RICOTTA V

Sautéed garlic & herb mushrooms (crimini, blue & king oyster) on top of house made creamy cashew ricotta

+ Add an egg

PB + JAM V

Peanut butter and berry compote topped with hemp seeds, nuts and fresh berries

+ Sub almond butter

SIDIN'

FREESTYLE LIFE AND YOUR MEALS

CHILI BROCCOLI V, GF

SEASONAL SIDE SALAD V, GF

TATES V, GF

AVO HALF V, GF

SPICY BAKED TOFU V, GF

EGG GF

Scrambled or 60 degree

BC WILD SOCKEYE SALMON GF

PORK SAUSAGE GF

TURF BREAKFAST PATTY V, GF

a hit of protein from nature: black eyed peas, crimini mushrooms, smoked paprika and tons of goodness

BETWEEN BUNS

BETTER BETWEEN A BUN

SALMON BURGER

BC Wild Sockeye Salmon, house made tartar sauce, lettuce, tomato and a pickle, served on a vegan brioche bun

TURF CLASSIC BURGER V featuring the **TURF PATTY**

House made black bean patty, cashew cheddar "cheeze", burger sauce, spring mix, tomato, aioli and pickle, served on a vegan brioche bun

TURF FUNGHI BURGER V featuring the **TURF PATTY**

House made black bean patty, cashew ricotta, sautéed mushrooms, aioli and pickle, served on a vegan brioche bun

make it a meal

+ SIDE SALAD V, GF

+ TATES V, GF

YAM & YUKON

+ UPGRADE TO A GF BUN

the **TURF PATTY** V, GF

nothing but clean ingredients and ridiculous flavour.

Black beans, walnuts, pumpkin seeds, sunflower seeds, tahini, eggplant, flax, oats, red bell peppers, sun-dried tomatoes, garlic, cumin, ancho, onion, cilantro, salt & pepper.

EATS TURF