

TURF

EAT

V = VEGAN
VO = VEGAN OPTION
VE = VEGETARIAN
GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION

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.

PLEASE NOTE THAT WE KINDLY DECLINE ANY MODIFICATIONS

SWEET

inspired by nature's candy.

OAT OF CONTROL BOWL V GF

warm oats supercharged with beetroot powder and topped with house-made compote, TurF granola, almond butter and berries. it's seriously oat of control good

add vegan protein \$2

PROTEIN PANCAKE V GF

blueberry buckwheat pancake with vegan protein, layered with berry compote, Yoggu! yogurt, house made granola, fresh berries and a maple syrup drizzle

TOAST PARTY

sourdough or sweet potato, choose your topping and join the party.

PB + JAM V GFO

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

sub almond butter \$1

AVOCADO V GFO

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

add an egg \$3

MUSHROOM RICOTTA V GFO

wild mushrooms and herbs on top of cashew cream "ricotta"

add an egg \$3

SAVOURY

eat more plants, in every form.

VEGGIE SAUSAGE HASH VO GF

a nourishing yam and potato hash with charred corn, kale, peppers and onions topped with jalapeno dressing, pickled onions and seeds

make it your own with a choice of "just egg" or scrambled egg AND vegan or pork sausage

WINTER GREENS BOWL V GF

a warming bowl packed with spinach, edamame, bok choy + wild mushrooms on brown rice topped with a miso ginger dressing, green onion, sauerkraut and sesame seeds

add a protein

KALE CAESAR V GFO

a mix of kale and romaine tossed in a creamy garlic dressing topped with marinated chickpeas, seeds and croutons

add a protein

STEW-PER BOWL V GF

it's a winner. chickpea, tomato, carrot, yam + onion stew on brown rice and kale, topped with a lemon tahini dressing, pickled onion and roasted pumpkin seeds

DAILY SOUP V

ask us what we're dishing up. served with sourdough or sweet potato toast

OUR FOOD PHILOSOPHY

we care about eating mostly plants and whole foods. our innovative menu is a blend of core fan-favourites and plant-forward items that are seasonally inspired. TurF food is full of flavour, nutrition + tastes just as comforting as our community feels.

**HANGOUT OR ORDER TAKEOUT + CATERING
OURTURF.COM**

BETWEEN BUNS

because everything is better between buns. served with a side of potatoes.

SALMON BURGER GFO

an OG TurF fave. wild BC sockeye salmon, house made tartar sauce, lettuce, tomato and a pickle

sub potatoes for a side kale caesar \$2

BRUNCH BURGER VO GFO

your brunch between buns with your choice of vegan "just egg" or scrambled egg, vegan "bacon," cashew ricotta, tomato, pickled onion and pea shoots

sub potatoes for a side kale caesar \$2

ADD-ONS & PROTEINS

SAUERKRAUT V GF

AVOCADO HALF V GF

VEGAN BACON V GF

2 EGGS VE GF

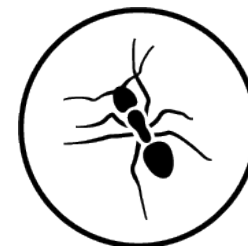
VEGAN "JUST EGG" V GF

VEGAN SAUSAGE LINKS V GF

SPICY BAKED TOFU V GF

WILD SOCKEYE SALMON GF

PORK SAUSAGE GF



TURF DRINK

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SMOOTHIES

fearless realness.

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

GREEN POWER V GF
kale, spinach, apple, pineapple, ginger, spirulina, aloe, coconut water

PURE PROTEIN V GF
banana, peanut butter, vegan protein powder, gf oat, hemp seed, berry compote, almond milk

GREEN ENERGY V GF
banana, almond butter, spinach, kale, water, hemp seed, cinnamon

GOLDEN IMMUNITY V GF
pineapple, mango, ginger, turmeric, beet, coconut water

BOOSTERS

add superpowers to any smoothie or coffee.

ASHWAGANDHA V

BEE POLLEN VE

FLAX SEED V

MACA V

REISHI V

SPIRULINA V

SPROUTED PROTEIN V

RAINBO 11:11 SHROOMS V

BEER & WINE

ask us what's pouring.

RED, WHITE, BUBBLES + BEER

COFFEE

beans by local roaster, Moja Coffee.

DRIP

ESPRESSO

AMERICANO

MACCHIATO

CORTADO

CAPPUCCINO

FLAT WHITE

LATTE

MOCHA

BARISTA ADD-ON

level up your bevvie.

EXTRA SHOT

HOUSE-MADE ALMOND MILK

OAT MILK

RAINBO 11:11 SHROOMS

HOUSE CHOCOLATE SAUCE

SYRUPS + SWEETNERS

LARGE COFFEE CUP

TEA

steeped and good for the soul.

BLACK

LEMON & GINGER

RED ROOIBOS MAPLE

MOROCCAN MINT

TURMERIC GINGER

HOT & STEAMY

love in a cup. steamed with your milk of choice.
house made almond milk or oat milk \$1
add espresso \$1.25

HOT CHOCOLATE

house-made vegan chocolate sauce for comfort

VANCOUVER FOG

adaptogenic blend for warmth + balance: maca, cinnamon, maple

LONDON FOG

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

MERMAID LATTE

adaptogenic blend for energy: spirulina, maca, maple

BRAIN TRAIN

house-made adaptogenic blend for focus: mesquite, lucuma, reishi, ashwagandha, coconut oil, maple

CHAI LATTE

house-made chai mix: cinnamon, cloves, cardamom, black pepper, nutmeg, masala, fresh ginger juice, silk road black tea, maple

GOLDEN LATTE

house-made turmeric latte for immunity:
fresh turmeric, ginger, spices, maple

MATCHA LATTE

jitter-free caffeine. organic stone-ground matcha from silk road whisked with maple for sweetness

BE WELL

sip, slurp, gulp, and repeat.

HOT LEMON

IMMUNITY SHOT

worth a shot: house-made with green apple, lemon, ginger, turmeric, garlic + cayenne

KOMBUCHA ON TAP

made in small batches on salt spring island with yerba mate + mountain spring water, 100% organic