

TURF

EAT

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

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.

PLATES & BOWLS

eat more plants, in every form.

OATMEAL SUNDAE ^{V GF}
overnight oats infused with beetroot powder and topped with compote, granola, almond butter and berries, who says oatmeal can't be fun!?

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

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

O.M.G.G. BOWL ^{V GF}
Oh My Green Goodness! a hearty bowl packed with greens, broccoli, sprouts cucumber, radish, avocado and edamame hummus served on quinoa and drizzled with a golden turmeric dressing

add a protein

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

add a protein

QUINOA CRUNCH BOWL ^{V GF}
chopped cucumber, cabbage, carrot, peppers, green onion, edamame and romaine tossed with quinoa, cilantro, crunchy peanuts and a spicy, peanuty dressing
add a protein

TOAST PARTY

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

NUT + JAM ^V
your choice of peanut or almond butter with berry compote topped with hemp seeds, nuts and fresh berries

AVOCADO ^V
avocado topped with chili oil, pea shoots, alfalfa, pumpkin seeds, chilies
add an egg

MUSHROOM RICOTTA ^V
wild mushrooms and herbs on top of cashew cream "ricotta"
add an egg

EDAMAME HUMMUS ^V
protein packed edamame hummus topped with sesame seeds and seasonal radish
add an egg

DAILIES

check out our daily board for innovative vegan and whole food focused creations.

DAILY SOUP ^V
served with sourdough or sweet potato toast

ADD-ONS & PROTEINS

HOUSE MADE KIMCHI ^{V GF}

AVOCADO HALF ^{V GF}

2 EGGS ^{VE GF}

VEGAN "JUST EGG" ^{V GF}

VEGAN SAUSAGE LINKS ^{V GF}

SPICY BAKED TOFU ^{V GF}

WILD SALMON ^{GF}

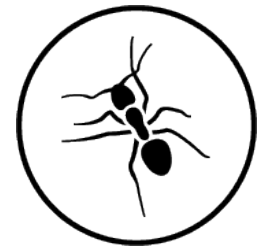
PORK SAUSAGE ^{GF}

OUR FOOD PHILOSOPHY

food keeps us alive but good food makes us feel alive. In our kitchen, 'good' means whole, humane and non-processed with no refined sugar. it means we always source from local farms first, and choose organic only when it makes sense. we believe in eating mostly plants and choosing cared-for animal proteins. we care a lot about our environment, our communities, and the impact our choices have on them.

take out or stay in. make sure it's good.

**GET IT WHEN YOU WANT IT.
ORDER TAKEOUT, DELIVERY + CATERING
OURTURF.COM**



TURF DRINK

SMOOTHIES

fearless realness.

CHOCOLATE MUSHROOM V GF
banana, almond butter, cacao, reishi,
cinnamon, almond milk, date

BLUEBERRY GLOW V GF
blueberry, almond butter, goji berry, flax,
cinnamon, almond milk, 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, hemp
seed, cinnamon

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

MAKE IT A BOWL!

choose any of our smoothies and turn it into a
bowl! topped with TurF granola, hemp seeds +
fresh berries

BOOSTERS

add superpowers to any smoothie or coffee

ASHWAGANDHA V

BEE POLLEN VE

FLAX SEED V

GOJI BERRY V

MACA V

REISHI V

SPIRULINA V

SPROUTED PROTEIN V

RAINBO 11:11 SHROOMS V

NUT BUTTER V

COFFEE

beans by local roaster, Moja Coffee.

DRIP \$3.25

ESPRESSO \$3.50

MACCHIATO \$3.75

CORTADO \$3.75

AMERICANO \$3.50

CAPPUCCINO \$4.50

FLAT WHITE \$4.50

CAFÉ LATTE \$5.00

MOCHA \$6.00

TEA

steeped and good for the soul.

BLACK

LEMON & GINGER

RED ROOIBOS MAPLE

PEPPERMINT

SPICED CHAI

TURMERIC GINGER

HOT & STEAMY

love in a cup. steamed with house made milk.
Add espresso.

BRAIN TRAIN V GF reishi, ashwaganda, coconut oil

CHAI LATTE V GF black tea, ginger, spices

HOT CHOCOLATE V GF house chocolate sauce

GOLDEN LATTE V GF turmeric, ginger, spices

MERMAID LATTE V GF spirulina, maca

VANCOUVER FOG V GF maca, cinnamon

MATCHA LATTE V GF

BARISTA ADD-ON

level up your bevvie.

EXTRA SHOT

HOUSE MADE ALMOND MILK

OAT MILK

RAINBO 11:11 SHROOMS

HOUSE CHOCOLATE SAUCE

ORGANIC VANILLA SYRUP

LARGE COFFEE CUP

BE WELL

sip, slurp, gulp, and repeat.

IMMUNITY SHOT V GF

KOMBUCHA ON TAP V GF

BEER & WINE

ask us what's pouring

RED, WHITE, BUBBLES + BEER

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AUSE
STIR