

TURF

TAKE

We are a vegan menu with some protein and vegetarian exceptions.

Get it when you want it. Order takeout and delivery OURTURF.COM

V = VEGAN
VE = VEGETARIAN
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.

EARLY-ISH

Wake up whenever, they're here all day.

OAT OF CONTROL BOWL 2.0 ^{V GF}
super charged oat bowl topped with strawberry cinnamon compote, salted caramel date paste and house made granola

VEGGIE SAUSAGE HASH ^{V GF}
A hearty yam and potato hash with your choice of scrambled tofu or egg loaded with vegan sausage, charred corn, kale, peppers and onions topped with avocado lime dressing, pickled onions and seeds

PROTEIN PANCAKE ^{V GF}
blueberry buckwheat pancake powered by Vegano protein layered with strawberry cinnamon compote, lemon ricotta, house made granola and a maple syrup drizzle

TUUF SHAKSHUKA ^V
soft tofu poached in a hearty tomato sauce topped with "feta", avocado, pickled onions and cilantro served with toast for scoopin'

SIDES, ADD-ONS, & PROTEINS

Little bites.

GINGER-CHILI BROCCOLI ^{V GF}
sautéed broccoli in a spicy thai red chili and ginger tamari dressing, topped with sesame seeds

SWEET POTATO WEDGES ^{V GF}
thick sweet potato wedges served with a chipotle aioli sauce

LEMONY SAUTÉED GREENS ^{V GF}
kale, spinach and chard, with a savoury lemon twist

DAILY SOUP ^{V GF}

AVOCADO HALF ^{V GF}

TOAST PARTY

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

NUT + JAM ^V
your choice of peanut or almond butter with strawberry cinnamon compote topped with hemp seeds and served with fresh berries

AVOCADO ^V
avocado topped with chilli oil, pea shoots, alfalfa, pumpkin seeds, and chillies served with a house salad and herb vinaigrette

MUSHROOM RICOTTA ^V
wild mushrooms and herbs on top of cashew cream "ricotta" served with a house salad and herb vinaigrette

EDAMAME + KIMCHI ^V
a protein packed edamame hummus, house made kimchi, gochujang mayo topped with gomashio and pea shoots served with a house salad and herb vinaigrette herb vinaigrette

PORK SAUSAGE ^{GF}

VEGAN SAUSAGE LINKS ^{V GF}

SLOW-POACHED EGG ^{VE GF}

SPICY BAKED TOFU ^{V GF}

TEMPEH STEAK ^{V GF}

WILD SALMON ^{GF}

LATER-ISH

Eat more plants, anytime.

KALE CAESAR ^V
kale, romaine, brussels sprouts and creamy garlic dressing topped with roasted chickpeas and croutons

RAINBOW SALAD ^{V GF}
Mixed greens, bell peppers, tomatoes, snap peas, cucumbers and roasted carrots, topped with spicy pecans and watermelon radish, tossed in a basil herb dressing

GREENS ALL DAY BOWL ^{V GF}
lemony greens, roasted broccoli, avocado, ginger-lemongrass infused brown rice, topped with pea shoots and lemon tahini sauce.

Choose your protein: tofu, salmon, sausage, tempeh steak or two eggs

SALMON BURGER
seasoned sockeye salmon topped with avocado, house made tartar sauce and a pickle served with choice of sweet potato wedges or side kale caesar

TUUF BURGER ^V
house made black bean patty on a bun with cheddar cheeze, wild mushrooms, aioli and cabbage slaw served with choice of sweet potato wedges or side kale caesar

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.

TURF DRINK

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\$0.25 CUP FEE WILL APPLY TO TAKEOUT DRINK ORDERS

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SMOOTHIES

Fearless realness.

CHOCOLATE MUSHROOM TRIP V GF
reishi, cacao, banana, almond butter, hemp seeds, walnut, almond milk, maple syrup and sea salt

GLOW V GF
blueberries, avocado, almond butter, maca, lucuma, cinnamon, walnut, almond milk, maple syrup and sea salt

NEW GREEN PARTY V GF
kale, spinach, cucumber, avocado, pineapple, ginger, coconut meat, aloe and coconut water

TARPS OFF V GF
for strong muscles—protein powder, peanut butter, hemp seed, banana, lucuma, berry compote and sea salt

TURF ENERGY V GF
spinach, kale, parsley, banana, date, almond butter, hemp seed, cinnamon and coconut water

SMOOTHIE BOOSTERS

Add 'superpowers':

ASHWAGANDHA V

MACA V

SPIRULINA V

BEE POLLEN VE

REISHI V

SPROUTED PROTEIN V

COFFEE

Beans by local roaster, Moja Coffee.

DRIP

ESPRESSO

MACCHIATO

AMERICANO

CAPPUCCINO

FLAT WHITE

CAFÉ LATTE

MOCHA

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.

BRAIN TRAIN V GF reishi, ashwaganda, coconut oil

CHAI LATTE V GF black tea, 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

HOUSE CHOCOLATE SAUCE

ORGANIC VANILLA SHOT

BE WELL

Sip, slurp, gulp, and repeat.

IMMUNITY SHOT V GF

KOMBUCHA ON TAP V GF

BEER & WINE

Ask us what's pouring.

A U S E
C A R
S T I R