



Brunch Menu

We're a from-scratch kitchen rooted in sustainability, crafting comforting plant-based dishes from real, nourishing ingredients.

Appetizers & Sharables



GF Spinach & Artichoke Dip _____ 16

A creamy blend of spinach, artichokes, and roasted garlic folded into our house-made parmesan queso. Served warm with crisp tortilla chips.

GF Greek Wedges _____ 14

Seasoned oven-baked potato wedges layered with feta, kalamata olives, tomato, and red onion. Drizzled with zesty lemon vinaigrette, and served with house-made creamy tzatziki, and fresh parsley.

Jamaican Patties _____ 16 (2 pieces)

Flaky golden pastry filled with seasoned impossible mince, served with a side of curried pineapple chutney.

Antojitos _____ 16 (10 pieces)

Flour tortilla stuffed with chipotle cream cheese, green peppers, red onion, cheddar and mozzarella cheese, sliced, and baked until golden. Served with chipotle and sour cream dips.

AGF Buffalo Blue _____ 16 **Cheese Nachos** (1 - 2 people)

Crispy corn tortillas layered with black beans, onions, and buffalo-marinated soy curls. Topped with chopped lettuce, tomato, green onion, and drizzled with our house-made blue cheese ranch.

AGF Shiitake Escargot _____ 14

A savoury twist on the classic. Shiitake mushrooms in rich garlic butter. Topped with mozzarella, and served with crisp toast.

Signature Salads



Add: Smoked Tofu or Crispy Breaded Tofu +4

AGF Caesar Salad _____ 15

A fresh mix of romaine and kale topped with tempeh bits, parmesan, garlic croutons, and a lemon wedge. Finished with our house-made caesar dressing.

GF Cobb Salad _____ 23

Crisp romaine with smoked cheddar, Just Egg, tempeh bits, red cabbage, tomato, cucumber, green onion, avocado, corn salsa, and house-smoked tofu. Served with ranch dressing.

GF Maple Crunch _____ 21

A vibrant mix of massaged kale, red cabbage, and arugula topped with pomegranate arils, candied maple pecans, goat cheese, granny smith apple, sweet potato, and watermelon radish. Finished with a spiced maple vinaigrette.

Signature Brunch Items



AGF The Full English _____ 23

Tofu scramble, beyond sausage, seitan bacon, roasted tomato, button mushrooms, baked beans & potato wedges. Served with your choice of multigrain or rye toast. Gluten-free bread + 1.50

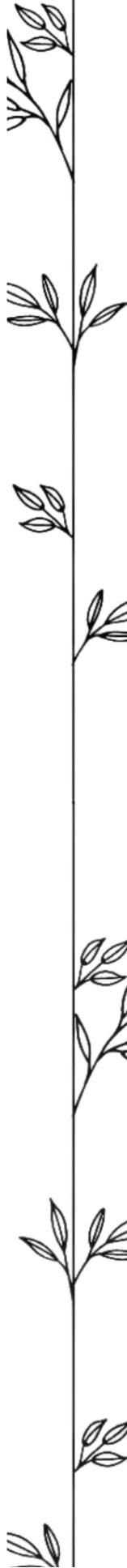
Heirloom _____ 19 **Tomato Tart**

Puff pastry tart topped with roasted heirloom tomatoes, roasted garlic, arugula, herbed cream cheese, lemon aioli and balsamic reduction. Served with your choice of garden salad, caesar salad or potato wedges.

Nuts are a key ingredient in many of our dishes, especially our cheeses. If you have food allergies, let your server know.

GF Gluten-free

AGF Available Gluten-free



Harrisa Farmers Wrap Burrito — 23

Scrambled tofu, savoury sausage, potato, fresh kale, and tomato, wrapped with chipotle aioli, and harissa hollandaise. Served with your choice of garden salad, caesar salad or potato wedges.

Belgian Waffles — 21

House-made waffles topped with marshmallows, oreo crumble, coconut whip, fresh berries, and a drizzle of chocolate ganache.

Bacun Eggs Benedict — 21

Scrambled tofu, and crispy seitan bacun stacked on a toasted English muffin, finished with rich hollandaise, and fresh chives. Served with your choice of garden salad,

Chorizo Eggs Benedict — 22

Spicy chorizo, and tofu scramble on a toasted English muffin with rich hollandaise, and fresh chives. Served with your choice of garden salad, caesar salad or potato wedges.

Sandwiches

Served with your choice of Caesar Salad, Garden Salad, or Potato Wedges.

AGF Brie & Apple Grilled Cheese — 22

Toasted marble rye layered with cashew brie, granny smith apple, fig jam, roasted garlic, and fresh arugula. Gluten-free + 1.50

AGF The Familiar — 24

A plant-based twist on a timeless favourite: Impossible™ patty, cheddar, pickles, onions, crisp lettuce, and our signature sauce on a sesame seed bun. Gluten-free + 2

AGF The Western — 21

Just Egg, green peppers, onions, fresh tomatoes, seitan ham, cheddar cheese, and 1000 island dressing on buttered toasted multigrain bread.

AGF The Reuben — 21

Marble rye stacked with marinated tofu, roasted sauerkraut, melted cheese, and house creamy russian dressing. Gluten-free + 1.50

AGF The Big Bello — 21

Roasted marinated portobello on toasted ciabatta, layered with fresh arugula, vine-ripened tomato, smoked red peppers, cilantro chimichurri, and creamy cashew burrata. Gluten-free + 1.50

Turkey BLT — 21

Sliced seitan turkey and bacun with cheddar, tomato, red onion, lettuce, and herb mayo on toasted ciabatta. A stacked deli-style favourite.

Buffalo Caesar Wrap — 19

Crispy breaded tofu, romaine, tempeh bits, parmesan, buffalo hot sauce, and caesar dressing in a flour tortilla.

