



Dinner Menu

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

Appetizers & Sharables

Soup of The Day — 9

Made Fresh Daily.

GF Spinach & Artichoke Dip — 16

Artichokes, Spinach and Roasted Garlic Folded into a Parmesan Queso, Served With Tortilla Chips.

GF Greek Wedges — 14

Seasoned Oven-Baked Potato Wedges Layered with Cashew Feta, Kalamata Olives, Tomato, and Red Onion. Drizzled with Zesty Lemon Vinaigrette, Served with House-Made Creamy Tzatziki and Fresh Parsley.

AGF Shiitake Escargot — 14

A Savoury Twist on the Classic Shiitake Mushrooms in Rich Garlic Butter, Topped with Mozzarella, Served with Crisp Toasts. (Available Gluten-Free)

Antojitos — 16

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.

GF Spicy Peanut Brocoli — 17

Tender Roasted Broccoli with Garlic, Drizzled in a Creamy Spicy Peanut Sauce and Topped with Fiery Chili Crisp.

AGF Mushroom Flatbread — 21

Roasted Mushroom Medley, Asparagus, and Roasted Garlic with Herbed Goat Cheese, Finished with a White Truffle Oil Drizzle. Gluten-free +2

Jamaican Patties — 16 (Two Pieces)

Flaky Golden Pastry Filled with Seasoned Impossible Mince, Served with a Side of Curried Pineapple Chutney.

Pistachio Brussels Sprouts — 16

Pistachio Crusted Charred Brussels Sprouts in a Creamy Béchamel, Topped with Seitan Pancetta, House-Made Parmesan, and Pistachio.

Baked Brie En Crouête — 19

Velvety Brie Encased in Buttery Puff Pastry, Elegantly Paired with Fig Jam, Crisp Apple, Walnuts, and Toasted Baguette.

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

Crispy Corn Tortillas Layered with Black Beans, Onions, and Buffalo-Marinaded Soy Curls. Topped with Chopped Lettuce, Tomato, Green Onion, and Drizzled with Our House-made Blue Cheese Ranch.

Signature Salads

Add: Smoked Tofu or Crispy Breaded Tofu +4

AGF Caesar Salad — 16

Romaine, Kale, Tempeh Bits, Parmesan, Garlic Croutons, Lemon Wedge, and Caesar Dressing.

GF Maple Crunch — 21

Pomegranate Arils, Massaged Kale, Red Cabbage and Arugula with Candied Maple Pecans, Goat Cheese, Granny Smith Apple, Sweet Potato and Watermelon Radish with Spiced Maple Dressing.

**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

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.

Falafel Bowl ————— 22

House-Made Falafel Served with Cucumber, Edamame, Pickled Turnip, Parsley Salad, Hummus, Red Cabbage, Romaine, Cherry Tomatoes, and Pickled Red Onion. Finished with Sumac-Seasoned Baked Pita, Creamy Tahini Dressing, and a side of Garlic Sauce. Add Feta +2.00

Signature Mains

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

AGF Harvest Stack ————— 24

A House-Baked Patty Made From Roasted Beet, Black Bean, Sweet Potato, Basil And Feta, Stacked With Cripky Roasted Sweet Potato, Cucumber Raita, Sage Aioli, Fresh Tomato. Romaine, Red Onion And Avocado On A Toasted Bun. Gluten-Free + 2

AGF Mushroom ————— 25
Parmesan Linguine

Linguine Tossed in an Umami-Rich White Sauce Made with Mushroom Duxelles and Fresh Thyme, Topped with Savoury Sausage Crumble and Finished with Shaved Parmesan.

Lion's Mane ————— 24
Masala Pot Pie

Lion's Mane Mushrooms & Peppers in Tikka Masala Sauce, Baked in Puff Pastry. With Mashed Potatoes and Seasonal Vegetables. Served with a Tikka Sauce Gravy.

Lasagna ————— 25

Layers of Impossible Ground, Cashew-Tofu Béchamel, Creamy Mozzarella & Fresh Basil. Served with Garlic Bread and Caesar Salad.

AGF Vegetable ————— 23
Curry

A Rich, Creamy Cashew-Based Curry with Cauliflower, Peas, Carrots, Onion, Soy Curls, and Potato. Served over Basmati Rice with Warm Garlic Naan and Cucumber Raita. Gluten-Free + 1.50.

Chick'N Pot Pie ————— 24

Marinated Soy Curls, Carrots, Peas, Corn & Celery in a Creamy Sauce, Wrapped in Flaky Puff Pastry. Served with Roasted Garlic Mashed Potatoes, Seasonal Vegetables & Savoury Chick'n -Style Gravy.

AGF Rigatoni Rosso ————— 25

Rigatoni Tossed in a Spicy, Smoky Red Pepper and Sun-Dried Tomato Pesto Made with Walnuts and Almonds. Finished with Marinated Soy Curls, Fresh Basil, Spinach, Sun-Dried Tomatoes, Chili Fakes and Shaved Parmesan. Served with Garlic Bread.

Enchilada ————— 22

Flour Tortillas Stuffed with Cauliflower, Mushroom and Walnut Mince, Smothered in Enchilada Sauce, Sour Cream and Queso. Garnished with Cilantro, Served with Basmati Rice.

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

