

# Lunch Menu

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

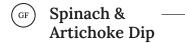
# **Appetizers & Sharables**



Soup of the Day

16

Made fresh daily.



Artichokes, spinach, and roasted garlic folded into a parmesan queso. Served with tortilla chips.

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

Roasted mushroom medley, asparagus, and roasted garlic with herbed goat cheese, finished with a white truffle aioli.

Gluten-free +2

# AGF Baked Halloumi — 21 Flatbread

Oven-baked halloumi, and spiced chorizo layered flatbread. Topped with lemon cream, roasted apples, and fresh arugula, finished with a pistachio-fig gremolata.

Gluten-free +2

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.

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





Available Gluten-free



# Shiitake Escargot —

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

## Jamaican Patties ————

-16

(Two pieces)

Flaky golden pastry filled with seasoned Impossible<sup>tm</sup> mince. Served with a side of curried pineapple chutney.

Signature Salads

Add: Smoked Tofu or Crispy Breaded Tofu +4

# (AGF) Caesar Salad —

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.

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House-made falafel served with cucumber, edamame, pickled turnip, parsley salad, hummus, red cabbage, romaine, cherry tomatoes, and pickled red onion. Topped with baked pita, sumac seasoning, creamy tahini dressing, and a side of garlic sauce.

Add Feta +2

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.

**Mains** 

(AGF) Mac & Cheese

Rich and creamy house-made cheese sauce with parmesan and green onions, tossed with tender noodles.



### Heirloom **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, potato wedges or daily soup.

#### 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.

### **Sandwiches**

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

### Brie & Apple **Grilled Cheese**

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

### The Familiar — 24

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

# AGF)

# The Big Bello \_\_\_\_\_\_ 21

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

- 21

# AGF)

#### The Reuben

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

#### Harvest Stack Burger ——— 24 AGF

Turkee BLT

favourite.

A house baked patty made from roasted beet, black bean, sweet potato, basil, and feta, stacked with crispy roasted sweet potato, cucumber raita, sage aioli, fresh tomato, romaine, red onion, and avocado on a toasted bun. Gluten-free + 2

Sliced seitan turkee and bacun with cheddar,

tomato, red onion, lettuce, and herb mayo

on toasted ciabatta. A stacked deli-style

21

- 22

19

21

# Everything

### Italian

Toasted focaccia stacked with everything bagel spiced tofu, roasted zucchini, red tapenade, herbed tomato ricotta, melted chao cheese, and fresh basil.

Gluten-free + 1.50



# **Buffalo** Caesar Wrap

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

# Falafel Wrap

House baked falafel wrapped in Greek pita with pickled turnip, kalamata olives tzatziki, garlic sauce, house-made hummus, red onion, diced tomato, cucumber, and fresh parsley.

