



# 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 — 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 feta, kalamata olives, tomato, and red onion. Drizzled with zesty lemon vinaigrette, served with house-made creamy tzatziki, and fresh parsley.

### AGF Mushroom Flatbread — 22

Roasted mushroom medley, asparagus, and roasted garlic with herbed goat cheese, finished with a white truffle aioli.  
Gluten-free +2

### AGF Baked Halloumi Flatbread — 21

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.*

GF Gluten-free      AGF Available Gluten-free

### AGF Shiitake Escargot — 14

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™ mince. Served with a side of curried pineapple chutney.

## 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.

### AGF Falafel Bowl — 22

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

### 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.

## Mains

### AGF Mac & Cheese — 15

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

## Heirloom Tomato Tart — 19

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.

## AGF Vegetable Curry — 23

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.*

## 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 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

## AGF The Reuben — 21

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

## Turkee BLT — 21

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

## AGF Harvest Stack Burger — 24

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

## AGF Everything Italian — 22

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 — 19

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

## Falafel Wrap — 21

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.

