



# 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.

### Jamaican Patties — 16 (2 pieces)

Flaky golden pastry filled with seasoned Impossible™ mince. Served with a side of curried pineapple chutney.

### 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 Hot Honey Brie & Bacon Flatbread — 22

Oven-baked house brie layered with squash, seitan bacon, caramelized onions, fresh arugula, topped with a smoked hot-honey drizzle. 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 dipping sauce.

\*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

## 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 Fall Crunch — 21

A vibrant autumn-inspired mix of kale, arugula, and red cabbage with roasted squash, sliced apples, dried apricots, candied walnuts, and goat cheese. Finished with a spiced maple vinaigrette.

### AGF Roasted Beet & Goat Cheese Salad — 21

Roasted beets, goat cheese, arugula, kale, romaine, quinoa, tomato, red onion, blueberries, toasted pecans, balsamic, and spiced maple dressing.

### GF Cobb Salad — 23

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

### AGF Falafel Bowl — 22

House-made falafel served with cucumber, edamame, pickled turnip, eggplant 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, Gluten-free +2

## Simply Satisfying

Add: Smoked Tofu or Crispy Breaded Tofu +4

### AGF Truffled Mushroom Blue Cheese Rigatoni — 23

Rigatoni pasta in a blue cheese truffle cream sauce with sautéed mushrooms, spinach, and fresh parmesan. Served with garlic bread.

**Mac & Cheese** ————— 15

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

Make it chipotle +1

**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.

**Sandwiches, Burgers & Wraps**

*All sandwiches are served with your choice of Caesar Salad, Garden Salad, Potato Wedges or Daily Soup.*

**Brie & Apple Grilled Cheese** ————— 22

Toasted multigrain bread layered with cashew brie, Granny Smith apple, fig jam, roasted garlic, and fresh arugula.

Gluten-free +2

**Po'Boy** ————— 21

Mushrooms baked to perfection in a crispy cornmeal batter, topped with lettuce, tomato, shredded cucumber, pickled red onion, and zesty Creole sauce on a hoagie bun. Gluten-free + 2

**The Big Bello** ————— 22

Roasted marinated portobello on toasted baguette, with tomato sauce, fresh arugula, vine-ripened tomato, smoked red peppers, cilantro chimichurri, and cashew burrata. Gluten-free +2

**RubyStack** ————— 24

Our signature house-made beet patty with garlic mayo, lettuce, smoked cheddar, caramelized onions, and tempeh bacun bits on a toasted sesame bun. Gluten-free +2

**Buffalo Caesar Wrap** ————— 19

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

**Turkee BLT** ————— 21

Sliced seitan turkee and bacun with cheddar, tomato, red onion, lettuce, and herb mayo on toasted multigrain bread.

**Hot Honey Chick'n** ————— 22

Crispy chick'n tossed in house-smoked hot honey with creamy cabbage slaw, dill aioli, and crunchy dill pickles on a toasted hoagie bun.

**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 , Add additional patty +4

**Plant'd Gyro** ————— 21

House-marinated soy curls glazed in a demi, with lettuce, tomato, and red onion, wrapped in a warm garlic-buttered pita with mint tzatziki.

**Crispy Chick'n Bánh Mi** ————— 22

Crispy chick'n tossed in a sweet and savoury glaze with pickled daikon and carrots, crunchy cucumber, shredded lettuce, and spicy mayo on a toasted sub roll.

**Additional Sides**

Side soup ————— 6

Side Caesar/House salad ————— 7

Side potato wedges ————— 6

Side garlic bread (3 pieces) ————— 2

Side crispy/smoked tofu ————— 4

Side jalapeños ————— 1

Side avocado ————— 4

Extra Jamaican patty ————— 7

Extra dressing/sauce ————— 1