



# Dinner Menu

We create Vegan food with purpose. Real ingredients, bold flavours, local roots, and sustainability in every dish.

## APPETIZERS & SHAREABLES

**AGF** **Soup of the Day** \_\_\_\_\_ 9  
Made fresh daily.

**GF** **Spinach & Artichoke Dip** \_\_\_\_\_ 17  
Spinach, artichokes, and roasted garlic folded into a creamy mozzarella, cheddar, and parmesan queso, served with corn tortilla chips.

**Antojitos** \_\_\_\_\_ 16  
(10 pieces)

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

**Jamaican Patties** \_\_\_\_\_ 16  
(2 pieces)

Flaky golden pastry filled with seasoned Impossible™ mince, served with pineapple chutney.

**GF** **Smashed Greek Wedges** \_\_\_\_\_ 16  
Crispy smashed fingerling potatoes baked with Greek seasoning and lemon, topped with fresh parsley, tomato, red onion, feta, and Kalamata olives. Served with house-made tzatziki.

**GF** **Baked Cauliflower Chick'n Wings** \_\_\_\_\_ 18  
Oven-crisped cauliflower Chick'N wings tossed in smoky whiskey barbecue sauce, served with carrot sticks, celery sticks, blue cheese, and ranch for dipping.

**GF** **Buffalo Nachos** \_\_\_\_\_ 22  
Crispy corn tortilla chips layered with pickled black beans, mozzarella, onions, and buffalo-marinated soy curls, finished with chopped lettuce, tomato, green onion, and house-made blue cheese ranch.

**AGF** **Mushroom Flatbread** \_\_\_\_\_ 22  
A roasted mushroom medley with asparagus, roasted garlic with herbed goat cheese, finished with white truffle aioli on toasted flatbread. Gluten-free +2

**AGF** **Hot Honey Brie & Bacon Flatbread** \_\_\_\_\_ 22  
House-made brie layered over roasted squash, topped with seitan bacon, caramelized onions, fresh arugula, walnuts and a house-smoked honey drizzle. Gluten-free +2

## SIGNATURE SALADS

*Add: house-smoked tofu +4 · crispy tofu +4  
seasoned chick'n +8*

**AGF** **Caesar Salad** \_\_\_\_\_ 17  
Romaine and kale tossed in our signature Caesar dressing with tempeh bits, fresh parmesan, garlic croutons, and fresh lemon.

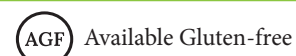
**GF** **Summer Orchard** \_\_\_\_\_ 21  
Mixed greens tossed in orange shallot vinaigrette with balsamic candied walnuts, crumbled house-made brie, red onion, dried cranberries, and apple.

**GF** **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

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



## SIGNATURE MAINS

**GF** **Chorizo Chick'n** \_\_\_\_\_ **25**

Chorizo Chick'n served over-loaded pepper, onion, and black bean rice with creamy brava sauce, charred corn tomato salsa, chipotle whipped cheese, and crispy tortilla chips.

**GF** **Maitake Mushroom Steak** \_\_\_\_\_ **25**

Seared maitake mushroom steak served over creamy garlic mashed potatoes, forest city butter, rich demi-glace and seasonal vegetables.

**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.

Add: crispy tofu +4 · house-smoked tofu +4 seasoned chick'n +8

**Impossible™ Lasagna** \_\_\_\_\_ **25**

Layers of Impossible™ ground, ricotta, bechamel, tomato bolognese, mozzarella, and fresh basil. Served with garlic bread and house salad.

Sub: Caesar salad + 1.25

**GF** **Chili Poblanos** \_\_\_\_\_ **24**

Poblano peppers stuffed with walnut and cauliflower chorizo mince, served over loaded pepper, onion, and black bean rice with creamy brava sauce and cheese sauce.

**Chick'n & Mushroom Pot Pie** \_\_\_\_\_ **24**

Shredded Lion's Mane and mixed mushrooms with carrots, peas, corn, and celery in a creamy Chick'n mushroom sauce, wrapped in flaky puff pastry. Served with roasted garlic mashed potatoes, seasonal vegetables, and savoury Chick'n-style gravy.

**AGF** **Cajun Mac & Cheese** \_\_\_\_\_ **18**

Macaroni noodles tossed in a smoky Cajun cheese sauce with house-smoked sausage, red peppers, and sautéed red onion, finished with parmesan and green onion. Add: garlic bread + 3.00

## SANDWICHES, BURGERS & WRAPS

All sandwiches are served with your choice of garden Salad, potato wedges or daily soup.

Sub: Caesar salad + 1.25 · Greek wedges + 4

**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 · Add additional patty +4

**AGF** **The Brie-troot Burger** \_\_\_\_\_ **24**

House-made beet patty topped with elote, house-made brie, lettuce, red onion, and tomato, wrapped in a flour tortilla. Gluten-free +2

**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.

## ADDITIONAL SIDES

Side soup \_\_\_\_\_ **5**

Side Caesar salad \_\_\_\_\_ **8.5**

Side House salad \_\_\_\_\_ **7**

Side potato wedges \_\_\_\_\_ **6**

Side garlic bread (2 pieces) \_\_\_\_\_ **3**

Side house-smoked tofu \_\_\_\_\_ **4**

Side crispy tofu \_\_\_\_\_ **4**

Side jalapeños \_\_\_\_\_ **1**

Side avocado \_\_\_\_\_ **4**

Side aioli (chipotle / garlic / mayo / dill) \_\_\_\_\_ **1**