



Brunch Menu

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

APPETIZERS & SHAREABLES

Antojitos 16

(10 pieces)

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

GF Spinach & Artichoke Dip 17

Spinach, artichokes, and roasted garlic folded into a creamy mozzarella, cheddar, and parmesan queso, served with corn tortilla chips.

Jamaican Patties 16

(2 pieces)

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

AGF Hot Honey Brie & Bacun Flatbread 22

House-made brie layered over roasted squash, topped with seitan bacun, caramelized onions, fresh arugula, walnuts and a house-smoked honey drizzle. Gluten-free +2

SIGNATURE SALADS

Add: house-smoked tofu +4 · crispy tofu +4

AGF Caesar Salad 17

Romaine and kale tossed in our signature Caesar dressing with tempeh bits, fresh parmesan, garlic croutons, and fresh lemon.

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.

SIGNATURE BRUNCH ITEMS

AGF The Full English 23

Tofu scramble, Beyond sausage, seitan bacun, confit tomato, button mushrooms, baked beans, and potato wedges. Served with multigrain toast. Gluten-free bread +1.50

Heirloom Tomato Tart 19

A flaky puff pastry tart topped with roasted heirloom tomatoes, roasted garlic, arugula, herbed cream cheese, lemon herb aioli, and balsamic reduction. Served with your choice of garden salad or potato wedges. Sub: Caesar salad +1.25

GF Chorizo Tostada 22

Crisp tostada layered with tofu scramble, chorizo sausage, black refried beans, pickled red onions, charred corn salsa, and fresh cilantro on a corn tortilla.

Chick'n & Waffles 22

Crispy house Chick'n over scallion waffles, drizzled with maple syrup and smoky hot sauce, then topped with elote and green onion curls for the perfect mix of sweet heat and crunch.

Seasonal Berry Waffle 21

A fluffy waffle topped with whipped cream, fresh seasonal fruit and changing chef-selected ingredients.

*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

SANDWICHES, BURGERS & WRAPS

All sandwiches are served with your choice of garden salad or potato wedges.

Sub: Caesar salad + 1.25

AGF **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

AGF **Maple Western Sandwich** _____ 23

Maple sausage, Just Egg, green peppers, onions, fresh tomatoes, cheddar cheese, and Thousand Island dressing on buttered toasted multigrain bread. 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.

Gochujang Cauliflower Wrap _____ 21

Roasted gochujang-glazed cauliflower wrapped with shredded carrots, cabbage, pickled vegetables, cucumber, cilantro, green onions, and sesame mayo in a flour tortilla.

Southwest Chorizo Burrito _____ 22

A bold brunch burrito stuffed with chorizo sausage, tofu scramble, confit tomatoes, charred corn salsa, shredded cheese, chipotle mayo, and smoky tomato bravas.

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

ADDITIONAL SIDES

Side Caesar salad _____ 8.5

Side House salad _____ 7

Side potato wedges _____ 6

Side house-smoked tofu _____ 4

Side crispy tofu _____ 4

Side breakfast sausage _____ 6

Side multigrain toast _____ 2

Side jalapeños _____ 1

Side avocado _____ 4

Side aioli (chipotle / garlic / mayo / dill) _____ 1

