



Lunch 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 cashew 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.

Baked Brie En Croûte _____ 19
Velvety brie encased in buttery puff pastry, elegantly paired with fig jam, walnuts, and toasted baguette.

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.

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 & 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 **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 **Chick'n Souvlaki Bowl** _____ 26
Crisp romaine topped with Greek-seasoned Chick'n, cucumber, red onion, Kalamata olives, tomato, diced peppers, seasoned chickpeas, feta, fresh parsley, and creamy tzatziki dressing. Served with baked pita.

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

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

*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 **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

Heirloom Tomato Tart 19

Flaky puff pastry layered with herbed cream cheese, roasted heirloom tomatoes, roasted garlic, and arugula, finished with lemon herb aioli and balsamic reduction. Served with your choice of garden salad, potato wedges, or daily soup.

Sub: Caesar salad + 1.25 • Greek wedges + 4

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 **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 **The Reuben** 21

Smoked Pastrami (marinated tofu) with smoked provolone, pickled sauerkraut, Thousand Island dressing, and pickles on toasted whole grain. Gluten-free +2

Buffalo Caesar Wrap 18

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

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.

Falafel Wrap 21

House-made falafel wrapped in a flour tortilla with arugula, roasted tomatoes with garlic and oregano, red onion, cucumber, tzatziki, and feta cheese.

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.

Chick'n Souvlaki Wrap 24

Souvlaki-spiced Chick'n in pita with lettuce, cucumber, tomato, red onion, black olives, parsley, olive oil, lemon vinaigrette, and tzatziki.

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

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