



Vegan

LUNCH

SALADS & BOWLS

ANTIPASTI SALAD BAR 17.95

Selection of antipasti, variety of lettuce, prepared salads toppings, condiments, fruits and soups of the day

AVOCADO TARTARE 12.95

Avocado mango tartare on a bed of local mixed greens topped with microgreens, served with crispy turmeric wontons and creamy balsamic vinaigrette

BBQ CHICKPEA SALAD 12.95

Stuffed romaine lettuce hearts, fresh cilantro, sweet corn, avocado, tomatoes, red onion, and "cheesy" chickpea croutons tossed in creamy cilantro lime dressing finished with a BBQ sauce drizzle

QUINOA MACRO BOWL 12.95

Quinoa bowl with sesame kale salad and waffled tamari tofu topped with locally grown crispy pickled cucumbers, pickled red onions and creamy cilantro lime dressing

FROZEN FRUIT BOWL 12.50

Strawberries and frozen bananas, blended and topped with tropical fruits, toasted coconut flakes, and toasted almond slices

SANDWICHES & WRAPS

MI JIBARITO SANDWICH 13.95

Layers of grilled zucchini, eggplant, Portobello, lettuce and tomato between fried plantains with savory passion fruit mayo

BBQ TOFU WRAP 10.95

Tofu marinated in bbq sauce wrapped in a soft tortilla with romaine lettuce, tomato, avocado and red onion, served with creamy cilantro lime sauce

BAHN MI SANDWICH 10.95

Pan-seared tamari tofu, locally grown crispy pickled cucumbers, pickled red onions, local basil and peanut sauce on a baguette

SOUPS

PUMPKIN SOUP 6.95

Caribbean pumpkin carefully simmered in spices and served with coconut-potato gnocchi

SPECIALS

CASHEW CHEESE TACOS 10.95

Tacos with our house made smoked vegan cashew cheese served in a warm flour tortilla stuffed with sauteed red onions, green peppers and black beans, served with fresh tomato salsa and chunky guacamole

PEANUT TEMPEH SATAY 12.95

Skewered tempeh cubes grilled and coated in peanut sauce, served with coconut rice, grilled pineapple, pickled cucumbers & red onions topped with crushed peanuts and cilantro lime drizzle

MOROCCAN MEATBALLS 14.95

Black beans, red beets and garbanzo bean patties seasoned with Moroccan spices, served over quinoa with spiced tomato sauce, green asparagus, and toasted almond slices

SIDES

SEA SALT FRIES 6.00

Seasoned with Himalayan pink coarse sea salt

SWEET POTATO FRIES 8.50

Center cut sweet potatoes fried to perfection served with tomato ketchup and vegan mayo

HUMMUS & PITA 8.00

Hummus with toasted pita bread triangles

SIDE SALAD 8.00

Garden greens with tomatoes, cucumber, onions
Your choice of dressing:
creamy balsamic, lemon tahini, creamy cilantro lime oil & vinegar

DESSERT

CARROT CAKE 8.75

Moist cake served with ginger sherbet.

We are able to convert all regular menu items into gluten free dishes.

Please consult your server.