



# VEG OUT

VEGAN RESTAURANT

*We always use organic, local, fair trade ingredients when possible.*

## APPETIZERS

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### **Daily Soup . . . 5**

*A delicious soup every day! Served with bread.*

### **Organic Coconut Tofu . . . 6**

*Fried in a light coconut batter, with a creamy peanut dipping sauce.*

### **Pâté plate . . . 7**

*Carrot caper pâté, walnut pâté and spinach avocado dip with crispy flax crackers.*

### **Tempeh Wings . . . 4.50 sm. 8.50 lg.**

*Spicy or Mild these amazing wings are a Veg Out favorite!*

### **Zaatar Flatbread . . . 6**

*Zaatar (thyme, lemon, olive oil, sesame seeds) with an assortment of vegetables and tahini sauce on a homemade flatbread.*

### **Oven Roasted Garlic . . . 5**

*An entire bulb of garlic, roasted in olive oil until sweet and tender. Served with a toasty baguette.*

## **SALADS** Small . . . 6.50 Large . . . 8.50

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### **Avocado**

*Avocado heaped with lentils, quinoa, dates, and vegetables on a bed of organic greens with a lemon and olive oil dressing.*

### **Caesar** (add soy chicken 1.50 ea.)


*Crisp romaine tossed with a creamy, tangy dressing and sprinkled with cashew parmesan and homemade croutons.*

### **Roasted Potato Spinach**

*Baby spinach, mushrooms, roasted potatoes, cherry tomatoes, sautéed walnuts and red onion with a balsamic vinaigrette.*

*Please tell your server if you have any allergies.*

*Wheat breads may be substituted with gluten free bread for a buck.*

 – raw

 – gluten free

## **SANDWICHES** Add soup or any side for \$3

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### **Pâté Sandwich . . . 8**

Loaded with sunflower-pumpkin seed pâté, avocado, pickles, tomatoes, hot peppers and sprouts, on fresh organic bread.

### **Chipotle Black Bean Burger . . . 9**

A homemade black bean patty with caramelized onions and sprouts on a fresh organic bun, slathered with guacamole and chipotle aioli (can be made gluten free!).

## **ENTRÉES** . . . 12.50 Each comes with your choice of side dish

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### **World Famous "Fish" and Chips!**

Beer battered soy fillets served with fresh cut fries, tartar sauce, ketchup and lemon.

### **Sesame Soba Bowl**

Seared organic tofu, stir fried broccoli, carrots, peppers and zucchini, on top of chilled soba noodles in a delicious light sesame dressing.

### **Pesto Zucchini Pasta** 🌿 ⚙️

Zucchini pasta with cherry tomatoes and marinated mushrooms in walnut spinach basil pesto

### **Thai Peanut Power Bowl** ⚙️

Chickpeas, sweet potatoes and fresh vegetables in a savory peanut sauce with the classic Thai flavours of coconut, lime and cilantro. Served on quinoa.

### **All-Day Breakfast Scramble**

A generous plate of seasoned organic tofu sautéed with spinach, onions and peppers. Comes with buttery toast.

### **Fettuccine Alfredo**

Roasted garlic, broccoli, carrots and other seasonal vegetables, in an exceptional creamy sauce.

### **Spanakopita**

Spinach, soy feta, green onions, dill and parsley layered in crispy phyllo pastry, with tzadziki sauce.

### **Tempeh Special**

A different Tempeh creation every day!

## **SIDES** . . . 4

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Fresh Cut Fries ⚙️ – Sweet Potato Wedges – Avocado Toast  
Sweet Potato Corn Bread – Celery Root Coleslaw 🌿 ⚙️ – Mixed Green Salad 🌿 ⚙️

🌿 – raw

⚙️ – gluten free