

VEG OUT



VEGAN RESTAURANT

APPETIZERS

Daily Soup . . . 5

A delicious soup every day! Served with bread. Gluten-free substitution available.

⊗ Tempeh Wings

Small . . . 5

Large . . . 8.75

Spicy or mild, these wings are a Veg Out favourite!

⊗ ♥ Fresh Collard Rolls . . . 7

Seasonal vegetables and a date walnut crumble wrapped in collard greens. Served with sweet chili sauce.

Crispy Cremini & the Shitake Splendour . . . 7

Lightly battered cremini and shitake mushroom strips. Served with sriracha aioli.

Zaatar Flatbread . . . 7

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

⊗ Chili Fries . . . 7

A mountain of fries topped with our homemade chili and sour cream.

SALADS

Small . . . 6.85

Large . . . 8.85

⊗ Avocado

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

⊗ Potato Salad

A summer classic loaded with onions, celery, pickles and radishes.

⊗ Caprese

Ripe tomatoes, basil, spinach and marinated tofu "mozzarella" with olive oil and a balsamic reduction.

⊗ Roasted Potato Spinach

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

Caesar

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

⊗ gluten-free ♥ raw

GLUTEN-FREE SUBSTITUTIONS:

Wild Rice . . . 1

Greens . . . 1

Bread (per slice) . . . 1.25

SANDWICHES **Add a soup or side for \$3.50**

Paté Sandwich . . . 8

Loaded with sunflower seed paté, avocado, pickles, tomatoes, hot peppers and sprouts on whole grain bread.

Featured Ciabatta . . . 8

Always different, always delicious!

Summer Bean Burger . . . 8

A medley of beans topped with salsa verde, aioli, tomato, caramelized onions, avocado and sprouts. Gluten-free substitution available.

ENTRÉES **\$12.75 (comes with your choice of side)**

World Famous “Fish” and Chips!

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

Summer Squash Chili

Hearty and colourful. With sour cream, green onions and bread. Contains cashews. Gluten-free substitution available.

Sesame Soba Bowl

Seared tofu and stir-fried vegetables on top of chilled soba noodles in light sesame dressing.

⊗ ♥ Raw Root Ravioli

Slices of marinated beet stuffed with a featured filling and topped with a tangy cilantro pesto.

⊗ Lemon Poppy Seed Grilled Tempeh

Tangy poppy seed-crusting tempeh served with wild rice and our daily vegetable.

Dinner Special

A new creation everyday!

SIDES **\$4.50**

⊗ ♥ Celery Root Coleslaw

⊗ ♥ Mixed Greens

Sweet Potato Corn Bread

⊗ Fresh-Cut Fries

⊗ Sweet Potato Wedges

Avocado Toast

⊗ gluten-free ♥ raw

GLUTEN-FREE SUBSTITUTIONS: Wild Rice . . . 1 Greens . . . 1 Bread (per slice) . . . 1.25

Conscientious food choices are important. Sometimes the items in our dishes may vary, as we use mostly organic, local and seasonal products. We also take pride in making food from scratch. If your order takes a little longer to prepare, keep this in mind. Please let our staff know if you are celiac or have any other allergies so we can make accommodations. Thank you!