

VEG OUT



VEGAN RESTAURANT

519.850.8688 646 RICHMOND ST. LONDON, ON
www.vegoutrestaurant.com

APPETIZERS

Daily Soup . . . 6

A delicious soup every day! Served with bread. Wheat-free option available.

French Onion Soup . . . 6

Savoury French onion soup topped with bread and melty Daiya cheese.

⊗ Tempeh Wings

Small . . . 5.50

Large . . . 9

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

Crispy Cremini & the Shiitake Splendour . . 7

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

⊗ Chili Cheese Fries . . . 8

Topped with black bean chili, Daiya cheese, sour cream and green salsa.

⊗♥ Raw Zucchini Spring Rolls . . . 7

Zucchini wraps filled with cashew ricotta cheese, topped with avocado and served with basil oil.

SALADS

Small . . . 7

Large . . . 9

⊗ Roasted Potato Spinach

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

⊗ Beet Apple

Roasted beets and fresh apples with a dijon dressing and a tofu feta crumble.

Caesar

Crisp romaine tossed with a creamy, tangy dressing and sprinkled with a cashew "parmesan" and homemade croutons. Can be made gluten-free.

⊗ wheat-free ♥ raw

WHEAT-FREE OPTIONS: Greens . . . 1 Bread (per slice) . . . 1.25

SANDWICHES**\$8.00****Add a soup or side for \$3.75****Tempeh Chicken Caesar Burger**

Breaded tempeh patties, lettuce, tomatoes, onion and cucumber slathered in our homemade caesar dressing. Served on a fresh ciabatta.

Bacon Mushroom Melt

Sautéed crimini mushrooms, lettuce, tomatoes, caramelized onions and chipotle mayo with melty Daiya cheese and tempeh bacon.

Paté Sandwich

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

Featured Sandwich

Always different, always delicious!

ENTRÉES**\$14 .00****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.

⊗ **Jerk Tempeh**

Seared tempeh steaks served on beans and rice with a flavourful jerk sauce.

⊗ ♥ **Rawzagna**

A delicate vegetable stack topped with cashew cheese and raw tomato basil sauce on a bed of organic greens.

⊗ **Potato Apple Gratin**

Thin layers of potato, apple and caramelized onion topped with cashew cream and baked until golden brown.

Featured Quiche

Ask your server about our featured quiche.

Dinner Special

A new creation everyday!

SIDES**\$4.50**⊗ ♥ **Celery Root Coleslaw**⊗ ♥ **Mixed Greens****Sweet Potato Corn Bread**⊗ **Fresh-Cut Fries**⊗ **Sweet Potato Wedges**⊗ **wheat-free** ♥ **raw****WHEAT-FREE OPTIONS: Greens . . . 1 Bread (per slice) . . . 1.25**

IF YOU ARE CELIAC OR HAVE ANY OTHER ALLERGIES, PLEASE LET OUR STAFF KNOW AND WE WILL BE HAPPY TO MAKE ACCOMMODATIONS. UNFORTUNATELY, OUR DEEP-FRIED OPTIONS ARE NOT CELIAC-FRIENDLY.

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. Thank you!