



VEG OUT

VEGAN RESTAURANT

All Day Breakfast Special

Tofu Scramble with Potato Wedges . . . 10

Pancakes with Fresh Fruit and Maple Syrup . . . 8

French Toast with Fresh Fruit and Maple Syrup . . . 8

Cinnamon Bun . . . 4.50

Potato Pancakes with Sour Cream . . . 6

Appetizers

Daily Soup . . . 5

A different delicious soup every day! Served with fresh bread.

Coconut Tofu . . . 6

Organic tofu fried in a light coconut batter, with a creamy peanut dipping sauce.

Pâté plate . . . 7

Smoky carrot pâté, walnut pâté and spinach avocado dip with crispy flax crackers.

Salads

Small . . . 6.50 Large . . . 8.50

Avocado

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

Caesar (add grilled soy chicken 1.50 ea.)

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

Roasted Potato Spinach

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

Sandwiches

Add soup or any side for \$3

Pâté . . . 8

A massive sandwich loaded with sunflower-pumpkin seed pâté, avocado, pickles, tomatoes, hot peppers and sprouts, on lightly toasted bread.

Chipotle Black Bean Burger . . . 9

A homemade black bean patty with caramelized onions and sprouts on a fresh bun, slathered with fresh guacamole and chipotle mayo.

Entrées . . . 12.50

Each comes with your choice of side dish.

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, carrot, peppers and zucchini, on top of chilled soba noodles in a delicious light sesame dressing.

Fettuccine Alfredo

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

On the Side

Fresh Cut Fries . . . 4

Sweet Potato Wedges . . . 4

Avocado Toast . . . 4

Sweet Potato Corn Bread . . . 4

Celery Root Coleslaw . . . 4

Mixed Green Salad . . . 4