



VEGOUT

VEGAN RESTAURANT

BRUNCH!

APPETIZERS

Daily Soup . . . 6

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

Crispy Cremini & the Shiitake Splendour . . 7

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

☼ Tempeh Wings

Small . . . 5.50

Large . . . 9

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

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.

SANDWICHES

\$8.00

Add a soup or side for \$3.75

Paté Sandwich

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

Tempeh Chicken Caesar Burger

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

☼ **wheat-free** ♥ **raw**

WHEAT-FREE OPTIONS:

Greens . . . 1

Bread (per slice) . . . 1.25

BRUNCH SPECIALS **Add tempeh bacon for \$3**

Tofu Scramble with Hashbrowns . . . 12

Pancakes with Fresh Fruit and Maple Syrup . . . 10

French Toast with Fresh Fruit and Maple Syrup . . . 10

Cinnamon Bun . . . 4

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.

Sunday Special

A different feature every Sunday!

SIDES **\$4.50**

⊗ ♥ **Celery Root Coleslaw**

⊗ **Fresh-Cut Fries**

⊗ ♥ **Mixed Greens**

⊗ **Sweet Potato Wedges**

Sweet Potato Corn Bread

Avocado Toast

⊗ **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!