APPETIZERS

BUFFALO TOFU TENDERS

8.95

Fried tofu tenders tossed in spicy buffalo sauce and served with vegan ranch. Comes withcelery and carrots for dipping

TEXAS NACHOS

6.95

Tortilla chips smothered in vegan cheddar and tofu sour "cream," topped with black and red beans, salsa and pickled jalapeños

CAULIFLOWER WINGS

8.95

with chipotle vegnaise

GREEK PLATTER

9.95

Chipotle lime hummus and baba ganoush served with Kalamata olives, cucumber slices and grilled pita bread

VIBRANT TRIO

12.95

Trio of Sourdough toast with Lemon Cashew Cheese & Smoked beets. Beetroot hummus & Seeds.

Parsley Pesto & Roasted Tomatoes

SALADS

WINTER SALAD

12.50

Beetroot, seasonal leaves, pecans, pomegranate and chilli marinated tofu served with a pomegranate dresssing

FARM SALAD

11.95

Vegan goats cheese, with picked beetroot, candied walnuts, crisp lettuce, toasted mixed seeds and a balsamic dressing

CAESAR SALAD

11.50

Chopped romaine, tofu croutons and red onions, served with a vegan Caesar dressing

BURGERS

MUSHROOM BURGER

15.50

Mushroom burger with truffle veganaise, pickles, lettuce, heirloom tomatoes, crispy onion and vegan cheese. Served with homemade fries

HOUSEMADE VEGGIE BURGER

4.95

Quinoa, mushroom and oat burger with a touch of smoked paprika, served on a wheat roll with lettuce, tomato and onions. Served with homemade fries

BBQ "PORK" BURGER

16 60

BBQ roasted Jackfruit with smoked veganaise, pickles, lettuce, heirloom tomatoes, crispy onion and vegan cheese. Served with homemade fries and a side of BBQ sauce

FALAFEL BURGER

10.95

Baked chickpea patties, topped with chopped cucumber, tomatoes, red onions and tahini sauce on a wheat pita. Served with homemade fries

BURRITOS

SOYRIZO	11.95
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Soyrizo with black beans, rice and vegan Cheddar, topped with our BBQ sauce. Served with a side of tofu sour "cream"

SMOKY TEMPEH 12.50

Crumbled tempeh, rice, sweet potatoes and hot peppers., topped with red curry sauce. Served with a side of tofu sour "cream"

BLACK BEAN BOMB 10.50

Black beans, rice, chopped pineapple and hot peppers. Served with a side of tofu sour "cream"

Mains

THAI RED CURRY 14.95

Red curry chock full of seasonal vegetables, served with basmati rice and naan bread

THAI GREEN CURRY 14.95

Thai Green curry chock full of seasonal vegetables, served with basmati rice and naan bread.

RICE AND BEANS BOWL 12.95

Basmati rice and stewed black and red beans, topped with homemade salsa, cilantro, black olives and avocado

THE NONDAIRY GODMOTHER CLASSIC PIZZA 15.95

Curry roasted Chickpeas, grilled peppers, sundried tomatoes, mushroom and crispy onion, topped with vegan mozzarella

CRISPY TOFU LO MEIN 14.95

Stir fried veg served with fresh rice noodles, oven baked crispy tofu and a lo mein sauce. Topped with crispy chill

EXTRAS

FRESH SEASONAL FRUIT	2.75
ROASTED SWEET POTATOES	2.25
BLACK BEANS AND RICE	3.25
BLANCHED KALE	3.75
SEITAN SAUSAGE	4.25

DRINKS

COFFEE	1.25
ICED COFFEE	1.50
ICED TEA	1.25
LEMONADE	2.25
GINGER LEMONADE	3.25