

Menu

www.blue-apples.org



Coffee & Tea

North Mountain Drip Coffee	sm / med / lg
(Medium or Dark Roast)	2.10 / 2.35 / 2.60
Organic Herbal Tea (ask for selection)	2.50
Organic Black Tea (ask for selection)	3.00
Organic White Tea (ask for selection)	3.00
Organic Green Tea (ask for selection)	3.00
make any tea a latte - add \$1.50	

Smoothies gf / sfo

THE BLUE APPLE	6.00
local apples, wild blueberries, pineapple, coconut water, organic iced hibiscus cornflower tea	
GREEN GODDESS	6.00
pineapple, organic orange, coconut water, local organic spinach, organic superfoods (hemp seed, spirulina, and moringa)	
CHOCO MACA BOOST	6.00
organic banana, organic cacao, maca, and hemp seed, organic maple, organic soy (or) almond milk	
TROPICAL ISLAND	6.00
pineapple, organic coconut milk, organic orange, pure vanilla	
BLACK FOREST DESSERT SMOOTHIE	7.00
organic strawberries and cherries, organic cacao, organic maple, organic soy (or) almond milk	
STRAWBERRY MILKSHAKE	7.00
organic strawberries, organic soy milk, pure vanilla, organic maple	

Espresso Beverages

Double Espresso	2.00
Americano	4.50
Cappuccino	4.50
Latte	4.50
Mocha	5.00

Baked Goods & Desserts gfo / sfo

Our selection of desserts and baked goods is large and varies daily.

All of our desserts are refined sugar free, and most are gluten-free! Ask for today's selection.

* Due to the nature of emphasising fresh, local produce, our dishes may change slightly due to our current regional harvests! Ask for details.

Entrees

Ginger Garlic Tofu Bowl gf	14.00
marinated tofu, steamed greens, shredded carrots and red cabbage, sesame seeds & our signature hippy sauce on a bed of organic brown rice	
Donair Plate gf/sf	14.50
gluten-free seitan served on a bed of organic brown rice & steamed greens, topped with onions, tomatoes and our homemade donair sauce	
Wild Chaga Poutine gf/sf	12.50
seasoned roasted potatoes smothered in housemade "not-zerella" cheese, topped with our rich chaga - maitake mushroom gravy and steamed greens.	

Sandwiches

add roasted potatoes, garden salad or soup for + 3.50

Sriracha Lime Tofu Sandwich gfo	9.50
chili lime marinated tofu, greens, caramelized apples and spicy peanut sauce	
Grilled "Cheese" Sandwich gfo / sf	9.50
gooey, housemade "not-zerella" cheese, sauteed veggies and tomato	
Blue Apples Burger sf / gfo	10.50
black bean patty, spiced blueberry chutney, caramelized apples, garlic aioli and crispy onions on a locally sourced focaccia bun	
Kale Caesar gfo / sf	12.50
fresh kale tossed in our own creamy caesar dressing, topped with warm croutons, gluten-free seitan & cashew "parme-sans" cheese	
Cabbage Apple Salad gf / sf	11.50
fresh greens, marinated red cabbage, raisins, pumpkin seeds, tossed in a tangy citrus vinaigrette & topped with fresh sliced apples	

Soups

Red Lentil Dahl gf/sf	cup / bowl
curried red lentil dahl on a bed of organic rice	4.00 / 7.00
Daily Soup	cup / bowl
Inquire about today's concoction!	4.00 / 7.00

All Day Breakfast

Breakfast Sandwich gfo	8.50
savoury chickpea flour patty, greens, tomato, housemade mayo & "not-zerella" cheese	
Classic Breakfast Plate gf / sfo	13.50
tofu scramble or chickpea fritatta, gluten free seitan bacon, garden salad, roasted potatoes w/housemade ketchup	

OUR MENU IS 100 % VEGAN. We use LOCAL & ORGANIC WHENEVER POSSIBLE. gf= gluten free, sf= soy free, gfo/sfo =gf/sf option available



our Food Philosophy

LET THY FOOD BE THY MEDICINE
FOR OUR BODIES, FOR OUR COMMUNITY, FOR OUR PLANET

AT BLUE APPLES, WE STRIVE FOR
LOCALLY SOURCED

ORGANIC

VEGAN

REFINED SUGAR FREE
& GLUTEN FREE OPTIONS

WHOLE FOOD MEALS

FOR ALL TO ENJOY

AT A BUDGET INCLUSIVE TO ALL

YOU WILL FIND OUR LOVE OF PLANTS, SUPERFOODS AND NUTRITION
INFUSED INTO ALL OF OUR RECIPES.

FOR EXAMPLE, OUR GRAVY IS MADE FROM CHAGA MUSHROOM AND
MAITAKE! GOOD FOR YOU TO THE LAST DROP.