



(v) = Vegan

Sadie's uses only free-run eggs, organic milk and cream and rennet-free cheese
Our kitchen prepares dishes and drinks which contain peanuts and other nuts.
Please notify your server if you have any allergies.

Breakfast

Huevos Rancheros: Two eggs over easy on corn tortillas with salsa, refried beans, guacamole & cheddar cheese. **\$12**

Vegan Rancheros: Scrambled tofu on corn tortillas with salsa, refried beans, guacamole & vegan cheese. (v) **\$12**

Traditional: Two eggs any style served with homefries, veggie bacon or veggie sausage, and toast. **\$9.50**

Tofu Scramble: Scrambled tofu served with home fries, veggie bacon or veggie sausage and toast. (v) **\$9.50**

Omelet Of The Day: Served with homefries or salad and toast. **\$9.50**

Breakfast Burrito: Stuffed with refried beans, scrambled eggs, lettuce, salsa and cheddar cheese. (vegan option: tofu scramble and vegan cheese) **\$10** Add guacamole: **\$2.50**

French Toast: Traditional style served with veggie bacon or veggie sausage and pure maple syrup. (Vegan option available.) **\$9**

Buckwheat Pancakes: Chocolate Chip, blueberry, banana, or apple cinnamon garnished with fruit and served with veggie sausage and pure maple syrup. (v) (Gluten-free option available) **\$10**

Cereal: (v) selection of organic cereals topped with fruit and served w/ your choice of milk **\$5**

Half A Grapefruit: Served with seasonal fruit. (v) **\$5**

Bowl Of Fruit: a mixture of available fresh fruit. (v) **\$5**

Sides:

Baked Beans **\$2** Veggie Bacon or Sausage **\$2.50**

Toast (White, Brown, or Rye) **\$1.50** Homefries **\$2.50**

Gluten-free Toast **\$2.00**



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Lunch

Appetizers

Deep Fried Tofu: (v) small **\$5.00** large **\$7.00**

Edamame: Baby soy beans lightly steamed served with lemon wedge. (v) **\$5.50**

Spring Rolls: Crispy vegan spring rolls with dipping sauce. (v) **\$5**

Basket Of Fries (v) **\$5**

Home-made Salsa and Chips (v) **\$5.50**

Soups, Salads, & Chili

Garden Salad: with balsamic vinaigrette. (v) Small **\$4.50** Large **\$7**

Baby Green Salad: with candied pecans and mandarin oranges dressed with maple citrus vinaigrette and extra virgin olive oil. (v) Small **\$4.50** Large **\$7**

Roasted Red Pepper and Tomato Soup (v) **\$5**

Soup of the Day: Ask your server for today's house-made selection. **\$5**

Al's Chili Sin Carne: (v) with corn chips, topped with cheddar or vegan cheese. **\$8**

Al's Chili Sin Carne on Greens:(v) topped with cheddar or vegan cheese. **\$8**

Sandwiches~Served with your choice of salad or fries

Grilled Cheese (vegan option available) **\$7** - with cheddar or vegan cheese.

Add tomato for **\$1** or veggie bacon for **\$2**

Fried Egg Sandwich: **\$7** - Add tomato for **\$1**, veggie bacon for **\$2**, or cheese for **\$1.50**

Veggie BLT (vegan option available) **\$8**

Tofu Club Sandwich: (vegan optional) grilled tofu, veggie bacon, lettuce and tomato **\$9**

Western Sandwich: omelet with veggie bacon, green peppers, sautéed red onions and melted cheddar **\$9.50**

Mains

Burrito: (vegan option available) Stuffed with chili sin carne, salsa, refried beans, lettuce and cheddar or vegan cheese. Served with salad. **\$10** Add guacamole: **\$2.50**

Veggie Burger: (v) topped with lettuce, tomatoes, pickles and onions. Served with fries or salad. **\$9**

Burger add-ons: cheddar cheese, vegan cheese, jalapano peppers, salsa,
roasted red peppers or grilled eggplant **\$1**
portabellas, veggie bacon, goat cheese or quacamole. **\$2**

Perogies: (v) Potato and Onion or Sauerkraut and Mushroom perogies with fried onions and vegan sour cream. **\$9**

Quesadilla: (vegan option available) with roasted red peppers, portobellos, tangy sambal mayo, grilled eggplant, zucchini, cheddar and mozzarella or vegan cheese. With a side of sour cream and salad. **\$11**

Lasagna: Whole wheat pasta, grilled vegetables, mozzarella, ricotta and tomato sauce. Served with salad. **\$11**



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Dinner (served from 4-10pm daily)

All Day Breakfast

Huevos Rancheros: Two eggs over easy on corn tortillas served with salsa, refried beans, guacamole & cheddar cheese. **\$12**

Vegan Rancheros: Scrambled tofu on corn tortillas with salsa, refried beans, guacamole & vegan cheese. (v) **\$12**

Traditional: Two eggs any style served with home fries, veggie bacon or veggie sausage, and toast. **\$9.50**

Tofu Scramble: Scrambled tofu served with home fries, veggie bacon or veggie sausage and toast. (v) **\$9.50**

Buckwheat Pancakes: Chocolate Chip, blueberry, banana, or apple cinnamon garnished with fruit and served with veggie sausage and pure maple syrup. (v) (Gluten-free option available) **\$10**

Cereal: selection of organic cereals served with milk or soy milk and fruit toppings. (v) **\$5**

Appetizers

Deep Fried Tofu: (v) small **\$5.00** large **\$7.00**

Golden Nuggets: served with a spicy dipping sauce **\$7**

Edamame: Baby soy beans lightly steamed served with lemon wedge. (v) **\$5.50**

Basket Of Fries (v) **\$5**

Coney Fries: (vegan option available) French fries topped with chili sin carne, vegan or cheddar cheese and vegan sour cream **\$9**

Poutine: (vegan option available) French fries with vegan gravy and cheese curds or vegan cheese: Small **\$7** Large **\$9**

Soups, Salads & Chili

Garden Salad: with balsamic vinaigrette (v): Small **\$4.50** Large **\$7**

Baby Green Salad: With candied pecans and mandarin oranges. With maple citrus vinaigrette and extra virgin olive oil (v): Small **\$4.50** Large **\$7**

Cesar Salad:(v) Small **\$4.50** Large **\$7**

Gazpacho Soup(v) **\$5**

Soup Of The Day: ask your server for today's selection. **\$5**

Al's Chili Sin Carne(v): with corn chips, topped with cheddar or vegan cheese. **\$8**

Al's Chili Sin Carne on Greens (v): topped with cheddar or soy cheese. **\$8**

Sandwiches-Served with your choice of salad or fries

Grilled Cheese (vegan option available) **\$7** with cheddar or vegan cheese.

Add tomato **\$1** Add veggie bacon **\$2**

Veggie BLT (vegan option available) **\$8**

Tofu Club Sandwich (vegan option available): grilled tofu, veggie bacon, lettuce n' tomato **\$9**

Mains

Burrito: (vegan option available) Stuffed with chili sin carne, salsa, refried beans, lettuce and cheddar or vegan cheese. Served with salad. **\$10** Add guacamole: **\$2.50**

Veggie Burger: (v) topped with lettuce, tomatoes, pickles and onions. Served with fries or salad. **\$9**

Add ons: cheddar cheese, vegan cheese, jalapano peppers, salsa,
roasted red peppers or grilled eggplant **\$1**
portabellos, veggie bacon, goat cheese or quacamole. **\$2**

Mac & Cheese: (vegan option available) cheddar or vegan cheese, served with salad. **\$10**

Quesadilla: (vegan option available) With roasted red peppers, portobellos, tangy sambal mayo, grilled eggplant, grilled zucchini, cheddar and mozzarella or vegan cheese. With sour cream and salad. **\$11**

Cajun Tofu Quesadilla: (vegan option available) with vegan or cheddar cheese. Served with vegan sour cream and salad. **\$10**

Lasagna: layers of whole wheat pasta, grilled vegetables, mozzarella and ricotta and tomato sauce. Served with salad. **\$11**

Shepherd's Pie: with veggie ground round and sweet potatoes. Served with salad (v) **\$11**

Pasta of the Day: Ask your server for today's selection. Served with salad. **\$11**

BBQ Plate: veggie chicken drumsticks served with corn on the cob, seasonal veggies and mashed sweet potatoes (v) **\$13**



Drinks

Freshly Squeezed Juice

Apple - \$4 Grapefruit - \$4 Orange - \$4

Carrot - \$4 Beet - \$4 Pear - \$4

Citrus Explosion: Mixture of grapefruit, orange and lemon - \$4

Lemonade: Sweetened with pure maple syrup- \$4

Add a shot of pomegranate or cranberry - \$0.50 each

Add celery, spinach, ginger or broccoli - \$0.50 each

Smoothies

Fruit Smoothie (vegan)

Banana base with your choice of one or two of the following:

Peach, Blueberry, Strawberry, Raspberry, Blackberry, or Mango - \$5

Chocolate Peanut Butter Banana Smoothie (vegan) - \$5

Vegan Supplements - add to any drink for a boost!

Maca Powder: for increased energy & strength - \$1.50

Sprouted Golden Flaxseed: fights cholesterol, natural source of antioxidants - \$1.50

Spirulina Powder: mega-source of vitamin B12 - \$1.50

Veggie Greens: a day's worth of fresh veggies in one scoop - \$1.50

Vegan Protein Powder - add to any smoothie for extra oomph!

Raw Hemp Protein - \$2

Brown Rice Protein - \$2

Pumpkin Seed Protein - \$2

VEGA Complete - \$4

Cold Drinks

Boylan's Vintage Soda Pop (sweetened with cane sugar)

Root Beer, Cola, Birch Beer, Black Cherry, Grape or Orange - \$2.75

Floats:

Choose from one of the above flavours of Boylan's soda pop and either chocolate or vanilla soy ice cream - **\$5**

Urban Zen: Green tea with either Green Apple, Mango Aloe Vera, Lemon, or Ginger - **\$2.75**

True Blue - Blueberry drink - **\$2.75**

Spritzer's: Grape, Jamaican Lemonade, Black Cherry, Mango, Citron Lime, or Tangerine - **\$2.50**

Honest Ade's: Orange Mango with Mangosteen, Cranberry Lemonade, Limeade, Pomegranate Blue, or Superfruit with Yumberry and Goji Berry - **\$2.75**

Cranberry Juice - **\$2.75**

Tomato Juice - **\$2.75**

Soy Milk: Vanilla or Chocolate - **\$2.50**

Bottled Water - **\$1.50**

Sparkling Water - **\$2.75**

Canned Pop - coke, diet coke, gingerale, rootbeer, dr. pepper, 7up - **\$1.50**

Iced Coffee: available seasonally - **\$2.25**

Hot Drinks

Coffee: Fair trade and organic - **\$2.25**

Tea - a selection of flavored teas - **\$2.25**

Hot Chocolate: (vegan upon request) - **\$2.50**

Hot Lemon Ginger - **\$2.75**



Desserts

Vegan Chocolate Fudgecake (v) \$5

Vegan Wild-Blueberry Cheesecake (v) \$5

Spicy Carrot Cake (v) \$5

Gluten-free Chocolate Cake \$5

White Chocolate Raspberry Cheesecake: on a chocolate crust **\$6**

Double Chocolate Cheesecake \$6

Red Velvet Cake: with a cream cheese icing **\$6**

Homemade Pies: (v) ask your server for available flavours. **\$4**

add chocolate or vanilla vegan ice cream for **\$1.50**

Vegan Chocolate Cupcakes (v) \$2.75

Gluten Free Cupcakes (v) \$2.75

Sadie's also carries an assortment of grab-and-go snacks and desserts including vegan donuts, cinnamon buns, cookies and other treats. Check our front counter or ask your server what we have today.