

MONDAYS

PLANT CAFÉ

TOASTS

AVOCADO TOAST 11

Sidewalk Citizen sourdough, avocado, cherry tomato, balsamic reduction

ALMOND BUTTER TOAST 13

Sidewalk Citizen sourdough, almond butter, banana, coconut, cinnamon, maple.

RICOTTA TOAST 13

Sidewalk Citizen sourdough, pesto, cashew ricotta, pear, balsamic reduction

BOWLS

BROKEN BURRITO 18

Quinoa, mixed greens, sunflower seed taco 'meat', tomato, avocado, corn, cashew sour cream.

RAINBOW PAD THAI 14

Spiralized zucchini, carrot, beet, edamame, toasted sesame, peanut sauce

POKE BOWL 18

Greens, quinoa, sunflower seed pate, edamame, carrot, cucumber, avocado, black sesame, spicy peanut sauce.

KALE SALAD 14

Kale, cranberries, pepitas, dijon-tahini sauce, coconut bacon, cashew parm

SIGNATURE DISHES

SUPERFOOD CEREAL 14

Organic Millet Brown Rice Flakes, hemp + seeds, cinnamon toasted coconut, seasonal fruit, almond mylk.

RAW TACOS 15

Butterleaf, ground sunflower seed, pico de gallo, avocado, cashew sour cream

RAW LASAGNA 15

Zucchini, cashew-ricotta, sundried tomato bolognese

PIZZA POP PANINI 13

Sun-dried tomato bolognese, melted cheese, pesto

RICOTTA VEGETABLE PANINI 13

Cashew-tofu ricotta, carrot-beet slaw, pepitas, pesto

DAILY SOUP 11

Rotates seasonally

SOUP + SANDWICH 19

HOT DRINKS

*AMERICANO 4

Good Trade Bolivar espresso

*LATTE 5.5

Good Trade espresso, choice of oat or almond mylk

SARJESA TEA 4

Green, Black, Chamomile

MATCHA LATTE 5.75

Organic matcha, maple, choice of oat or almond mylk

TURMERIC ELIXIR 5.75

Organic turmeric, cinnamon, coconut oil, maple, choice of oat or almond mylk

***Can be made iced!**

COLD DRINKS

PB & K SMOOTHIE 9

Banana, peanut butter, kale, date, almond mylk, hemp

WILD BREW KOMBUCHA 5

Blueberry Mint, Vanilla Cherry, Pineapple Ginger

SPICED LEMONADE 4.5

Organic lemon juice, ginger, cayenne, maple

SWEETS

PEANUT BUTTER BROWNIE 5

Black bean, dates, cacao, dark chocolate

RAW APRICOT COOKIE 4.5

Oats, apricot, coconut, sunflower seeds, dark chocolate

FRESH BAKED COOKIE 3.5

Gluten free

DAILY FEATURE

Ask about our rotating features!

CUSTOM CAKES

**must be ordered two days in advance*

6" (4-6 SLICES) \$35

9" (12-16 SLICES) \$54

Flavours: Chocolate, chocolate peanut butter, fruit cheesecake (raspberry, blueberry, lemon) salted caramel, and seasonal options!