

MONDAYS

PLANT CAFÉ

ON BREAD

BLT 14

Marinated tempeh, coconut bacon, tomato, lettuce, cashew black pepper aioli.

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

PIZZA POP PANINI 13

Sun-dried tomato bolognese, melted cheese, pesto

RICOTTA VEGETABLE PANINI 13

Cashew-tofu ricotta, vegetable slaw, pepitas, pesto

TEDDY BEAR TOAST 7

Perfect for our little plant-eaters: Peanut butter, banana and cranberry ears and face to create a cute and delicious piece of toast,

BOWLS

BROKEN BURRITO 18

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

RAINBOW PAD THAI 15

Spiralized zucchini, carrot, purple cabbage, 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

DAILY SOUP 11

Rotates seasonally

SOUP + SANDWICH 19

sub kale salad for either!

SMOOTHIES

add vegan protein \$2

PB & K SMOOTHIE 9

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

STRAWBERRY SHORTCAKE SMOOTHIE 11

Strawberries, almond butter, hemp, banana, dates, almond mylk

COCONUT ALMOND CREAM 11

Coconut, roasted almond, vanilla, banana, hemp, flax, dates, sea salt

MINT CHOC CHIP 11

Banana, almond butter, spinach, cacao nibs, peppermint oil, hemp. almond mylk.

COOKIES & CREAM 11

Banana, almond butter, vanilla, cacao nibs, hemp, almond mylk

PINEAPPLE WHIP 11

Pineapple, banana, coconut cream, vanilla protein, hemp, almond mylk

PEANUT BUTTER CUP 9

*Peanut butter, cacao, banana, hemp, dates, almond mylk. *add espresso \$2*

HOT DRINKS

choice of oat or almond mylk

AMERICANO 4

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

TURMERIC ELIXIR 5.75

Organic turmeric, cinnamon, coconut oil, maple

MAPLE CHAI ELIXIR 6.75

Single Origin Black Tea, Cinnamon, Cardamom.

MONDAYS FOG 6.75

Single Origin Black Tea, Vanilla, Bergamot Oil, Canadian Maple Sugar.

COLD DRINKS

WILD BREW KOMBUCHA 6

MONDAYS LEMONADE 4.5

Organic lemon juice, seasonal flavours

SWEETS

PEANUT BUTTER BROWNIE 5

Black bean, dates, cacao, dark chocolate

RAW SAMOA DONUT 6

Coconut, date caramel, roasted almond, dark chocolate, maldon salt.

FRESH BAKED COOKIE 3.5

Gluten free

DAILY FEATURE