



# Vegan

LUNCH

## SALADS & BOWLS

### ANTIPASTI SALAD BAR 17.95

Selection of antipasti, variety of lettuce, prepared salads toppings, condiments, fruits and soups of the day

### AVOCADO TARTARE 12.95

Avocado mango tartare on a bed of local mixed greens topped with microgreens, served with crispy turmeric wontons and creamy balsamic vinaigrette

### BBQ CHICKPEA SALAD 12.95

Stuffed romaine lettuce hearts, fresh cilantro, sweet corn, avocado, tomatoes, red onion, and "cheesy" chickpea croutons tossed in creamy cilantro lime dressing finished with a BBQ sauce drizzle

### QUINOA MACRO BOWL 12.95

Quinoa bowl with sesame kale salad and waffled tamari tofu topped with locally grown crispy pickled cucumbers, pickled red onions and creamy cilantro lime dressing

### FROZEN FRUIT BOWL 12.50

Strawberries and frozen bananas, blended and topped with tropical fruits, toasted coconut flakes, and toasted almond slices

## SANDWICHES & WRAPS

### MI JIBARITO SANDWICH 13.95

Layers of grilled zucchini, eggplant, Portobello, lettuce and tomato between fried plantains with savory passion fruit mayo

### BBQ TOFU WRAP 10.95

Tofu marinated in bbq sauce wrapped in a soft tortilla with romaine lettuce, tomato, avocado and red onion, served with creamy cilantro lime sauce

### BAHN MI SANDWICH 10.95

Pan-seared tamari tofu, locally grown crispy pickled cucumbers, pickled red onions, local basil and peanut sauce on a baguette

## SOUPS

### PUMPKIN SOUP 6.95

Caribbean pumpkin carefully simmered in spices and served with coconut-potato gnocchi

## SPECIALS

### CASHEW CHEESE TACOS 10.95

Tacos with our house made smoked vegan cashew cheese served in a warm flour tortilla stuffed with sauteed red onions, green peppers and black beans, served with fresh tomato salsa and chunky guacamole

### PEANUT TEMPEH SATAY 12.95

Skewered tempeh cubes grilled and coated in peanut sauce, served with coconut rice, grilled pineapple, pickled cucumbers & red onions topped with crushed peanuts and cilantro lime drizzle

### MOROCCAN MEATBALLS 14.95

Black beans, red beets and garbanzo bean patties seasoned with Moroccan spices, served over quinoa with spiced tomato sauce, green asparagus, and toasted almond slices

## SIDES

### SEA SALT FRIES 6.00

Seasoned with Himalayan pink coarse sea salt

### SWEET POTATO FRIES 8.50

Center cut sweet potatoes fried to perfection served with tomato ketchup and vegan mayo

### HUMMUS & PITA 8.00

Hummus with toasted pita bread triangles

### SIDE SALAD 8.00

Garden greens with tomatoes, cucumber, onions  
Your choice of dressing:  
creamy balsamic, lemon tahini, creamy cilantro lime oil & vinegar

## DESSERT

### CARROT CAKE 8.75

Moist cake served with ginger sherbet.

We are able to convert all regular menu items into gluten free dishes.

Please consult your server.