



## Craft Cocktails

---

### **julia caesar** 1oz // 14

beattie's sweet potato vodka, Singer's caesar mix, horseradish, hot sauce, pepperoncini, celery, cracked black pepper, wild salt rim  
*On our regular menu, this item is served with a crispy cauliflower garnish which contains gluten. Please order it without the crispy cauliflower.*

### **wild muskoka mule** 1.5oz // 13

beattie's farm crafted vodka, ginger beer, lime, spiced maple bitters, rosemary

### **gin + flowers** 2oz // 14

dillon's rose gin, elderflower liqueur, pluck herbal iced tea, mineral water, edible flowers

### **aperol spritz** 2.5oz // 13

aperol, la delizia prosecco, organic craft kombucha, fresh orange peel

### **havana colada** 2oz // 14

havana club anejo rum, coconut bliss, lime, pineapple, falernum, cinnamon

### **cotton candy sour** 2oz // 14

altos plata silver tequila, leblon cachaca, strawberry sumac shrub, lemon, aquafaba, agave

### **the house margarita** 2oz // 13

cazadores tequila reposado, cointreau, lime, agave, orange bitters, lime wheel, citrus pink salt rim

### **the crown** 1oz // 14

the botanist gin, bittermen's hopped grapefruit bitters, cucumber, lime, ginger beer, spruce tip sugar

### **northern-lights old fashioned** 2oz // 13

lot 40 rye whisky, ginger beer, aromatic bitters, orange bitters, forest fire bitters, charred orange peel, rosemary

### **drunken cherry manhattan** 2oz // 13

dillon's cherry gin, lot 40 rye whisky, orgeat, elderberry syrup \*, aromatic bitters, filthy black cherries

### **classic negroni on tap** 3 oz // 13

dillon's dry gin 7, sweet vermouth, professor dillon's aperitivo liqueur, charred orange peel

### **botanical g & t** 1.5oz // 13

shetland reel original gin, fever-tree tonic, lemon, mint, star anise

*From the Shetland Isles comes the U.K.'s most remote gin. This award-winning small batch craft gin features apple mint grown wild on the islands, plus other botanicals including juniper berries, coriander seeds, orris root, cinnamon and citrus peel. Clean and refreshing.*

## Craft Cider

---

### **pommies original cider** (gluten free) 5% 473ml // 8

**west avenue cherriosity cider on tap** (gluten free) barrel fermented sour cherries and apples, 6.5% 12oz // 9

## Red Wine

---

### **tempranillo, vina bujanda crianza**

2015 rioja, spain // 12/55

### **cabernet sauvignon, anno domini**

2017 venezia, italy // 11/50

### **malbec, andeluna cellars**

2016 mendoza, argentina // 12/55

### **syrah, blanville, "horus"**

2014 languedoc, france // 12/55

### **pinot noir, murphy-goode**

2015 california // 12/55

### **shiraz, geoff merrill, "pimpala road"**

2015 mclaren vale, australia // 60

### **nebbiolo, ca' del baio "bricdelbaio"**

2016 langhe, italy // 60

## White Wine

---

### **organic dry riesling, kew vineyards**

2017 beamsville, niagara // 10/45

### **pinot grigio, anno domini**

2017 venezia, italy // 10/45

### **grüner veltliner, sepp moser**

2017 niederösterreich, austria // 12/55

### **chardonnay, murphy-goode**

2015 california // 12/55

### **loureiro vinho verde, aphros**

2016 vinho verde, portugal // 70

### **sauvignon blanc, daniel chotard**

2017 sancerre, france // 75

## Rosé

---

### **ros'aura feudi di san gregorio**

2017 campagna, italy // 12/55

### **tavel rosé, domaine lafond**

2017 tavel, france // 65

## Bubbly

---

### **prosecco, la delizia**

italy // 11/50

### **cava reserva brut**

cava, spain // 11/50

### **mimosa** // 12

prosecco, orange juice, strawberries

# Gluten Allergy Friendly Menu

All items on this menu are made with gluten-free ingredients.

However, they are prepared on the same surfaces and cooked in the same fryers and on the same grills as items that do contain gluten.

We cannot guarantee that they will not come into contact with gluten during preparation.

## Starters

**soup** // cup 5.5 / bowl 7.5  
add *grilled cornbread & cashew cheese* + 4  
*please check the soup ingredient list for barley, beer, tvp or wheat flour.*

**grilled cornbread**  
with cashew cheese  
two pieces 4 // half loaf 8

**dragon broccoli** // 8.5  
broccoli, miso gravy, banana chilies, scallions, sesame seeds, chili oil

**dragon fries** // 9.5  
miso gravy, banana chilies, scallions, sesame seeds, chili oil  
sub *sweet potato fries* + 1.5

**poutine** // 9.5  
fries, mushroom gravy, fresh 'cheese' sauce  
sub *sweet potato fries* + 1.5

**green poutine** // 14  
fries, steamed greens, mushroom gravy, fresh 'cheese' sauce, scallions, sunflower seeds  
sub *sweet potato fries* + 1.5

**french fries** // 7  
hand cut, tossed with sea salt  
add *dip or gravy* + 2

**sweet potato fries** // 8.5  
hand cut, tossed with sea salt  
add *dip or gravy* + 2

## Unwraps

*On our regular menu, these items are served in whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.*

**rebel wrap** // 14  
grilled power greens, cashew cheese, avocado, quick pickled yellow beets, lettuce, garlic mayo  
*// not available during brunch*

**black bean burrito** // 14  
spicy black beans, avocado, fresh 'cheese' sauce, cilantro, alfalfa, tomato, lettuce, cucumber, red onion, hot sauce

**clubhouse wrap** // 14  
tempeh bacon, crispy tofu steaks, tomato, lettuce, garlic mayo

## Tacos

*On our regular menu, tacos are served in grilled whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.*

**grilled tofu tacos** // 11  
tofu steaks, power greens, tomato, jalapeno/lime sauce, onion, cilantro

## Fresh Original Dips & Sauces

100% house made

**chipotle mayo** // spicy & smoky

**garlic mayo** // creamy & garlicky

**thai peanut sauce** // decadent & rich, with chilies, ginger & garlic

**miso gravy** // savoury & rich, with nutritional yeast, miso & dijon

**jalapeno lime** // creamy mayo base with jalapeno, lime & cilantro

**bbq** // our signature bbq sauce with allspice, molasses & cayenne

**mushroom gravy** // classic brown gravy with roasted mushrooms

**fresh 'cheese' sauce** // mild vegan cheesy sauce

*Our locations are not gluten, soy or nut free. Please ask to see our full ingredient lists if you have allergies or sensitivities.*

*Our entire menu is vegan except where indicated by \**

*For groups of eight or more an automatic gratuity of 18% will be added.*

## Customize your wrap or tacos with any of the following sides & upgrades

side superfood salad // 5.5  
cup of soup // 5.5  
*please check ingredient list*  
side french fries // 3.5  
side french fries with dip // 5.5  
side sweet potato fries // 4.25  
side sweet potato fries with dip // 6.25  
side dragon fries // 6  
side sweet potato dragon fries // 6.75  
side poutine // 6  
side sweet potato poutine // 6.75  
goat cheese \* or aged cheddar \* // 3.25  
cashew cheese // 3.25  
fresh 'cheese' sauce // 2

## Add-Ons

### Basics

brown basmati rice // 3

quinoa // 3

any dressing, sauce or dip // 2

side french fries // 3.5  
with dip // 5.5

side sweet potato fries // 4.25  
with dip // 6.25

side dragon fries // 6

side sweet potato dragon fries // 6.75

side poutine // 6

side sweet potato poutine // 6.75

side superfood salad // 5.5

### Protein

chick peas | dry roasted  
peanuts | toasted  
sunflower seeds  
// 2.5

marinated adzuki beans |  
watermelon seeds  
// 3

roasted cashews | hemp seeds  
cashew cheese | aged cheddar  
cheese \* | goat cheese \*  
// 3.25

crispy tofu cubes | crispy tofu  
steaks | grilled tofu steaks |  
tempeh bacon | grilled tempeh |  
marinated tofu cubes  
// 4

### signature mixes

brazil nut parmesan  
(brazil nuts, ground almonds,  
sesame seeds, nutritional yeast,  
sea salt, flax seeds)  
// 3

fresh salad topper  
(puffed quinoa, goji berries,  
currants, pistachios, hazelnuts,  
almonds, sea salt)  
// 3

toasted mixed nuts  
(cashews, walnuts, pistachios,  
pecans)  
// 3

## Fresh Bowls

*Served on brown basmati rice, in baby or large size. On our regular menu we offer an option of soba noodles. The noodles contain gluten – please order on rice only.*

### **buddha** // 14.5 // 18.5

peanut sauce, tofu cubes, tomato, cilantro, cucumber, red cabbage, jicama, tain, scallions, peanuts, lemon

### **macrobiotic** // 15.5 // 19.5

steamed greens & broccoli, sweet potato, beet sauerkraut, nori, marinated adzuki, microgreens, watermelon seeds,

#### **choice of sauce or dressing**

add tofu steaks + 4

add tempeh + 4

### **tiger** // 15 // 19

grilled napa cabbage & power greens, crispy tofu cubes, chili oil, red peppers, cashews, sesame seeds, scallions, 3\*6\*9 dressing

// not available during brunch

### **green goddess** // 15.5 // 19.5

steamed greens & broccoli, tempeh, pickled ginger, sunflower seeds, tahini, nori, ginger tamari sauce

### **powerhouse** // 15.5 // 19.5

avocado, chick peas, tofu steaks, sunflower sprouts, sunflower seeds, mixed nuts, tomato, red onion, spicy tahini

### **beach** // 15.5 // 19.5

grilled red pepper, zucchini & sweet potato, avocado, sun-dried tomato, sunflower sprouts, lemon, beach sauce (olive oil, tamari & mixed herbs), **choice of tofu steaks, goat cheese\* or cashew cheese**

### **essential greens** one size only

veggies only 13.5 // on rice + 2

steamed greens & broccoli, tofu steaks, brazil nut parmesan,

**choice of sauce or dressing**

## Salads

### **soup, salad & cornbread combo** // sm 13 // lrg 15

cup or bowl of soup, superfood salad, grilled cornbread, cashew cheese, **choice of dressing**

### **superfood salad** // sm 10.5 // lrg 14.5

edamame, napa cabbage, cucumber, microgreens, parsley, cilantro, Fresh Salad Topper, lettuce, **choice of dressing**

add tofu steaks or tofu cubes + 4

add goat cheese\* or cheddar\* + 3.25

### **big salad** // sm 11 // lrg 15

avocado, red pepper, tomato, carrot, cucumber, hemp, lettuce,

#### **choice of dressing**

add tofu steaks or tofu cubes + 4

add goat cheese\* or cheddar\* + 3.25

add quinoa + 3

### **detox caesar** // 14

power greens, brazil nut parmesan, tempeh bacon, sun-dried tomatoes, flowers, lemon, caesar dressing

add tofu steaks + 4

add crispy tofu cubes + 4

### **tangled thai** // 14

spiralized carrot & yellow beets, red pepper, red cabbage, jicama, napa cabbage, peanuts, cilantro, cucumber, Fresh Salad Topper,

peanut lime dressing

add crispy tofu cubes + 4

### **all star** // 17

quinoa, power greens, marinated adzuki, goji, heirloom grape tomatoes, cucumber, mixed nuts, parsley, cilantro, sunflower sprouts, sweet potato, tofu steaks, **choice of dressing**

### **monster protein salad** // 18

tempeh, tofu cubes, avocado, chick peas, cranberries, marinated adzuki, red cabbage, cucumber, heirloom grape tomatoes, watermelon seeds, lettuce, **choice of dressing**

### Vegetables

alfalfa sprouts | jicama |  
diced cucumber | red cabbage |  
grated carrot | red onion | tomato |  
napa cabbage  
// 2.25

avocado | red pepper  
// 2.5

spiralized carrot & yellow beet |  
grape tomatoes  
// 2.75

**shredded power greens**  
(red, green & black kale, broccoli,  
brussels sprouts, radicchio, fennel  
& cabbage – may change  
seasonally)  
// 2.75

edamame | sunflower sprouts |  
microgreens  
// 3.5

grilled red pepper | grilled sweet  
potato | grilled zucchini  
// 4

**grilled mixed greens**  
(kale, bok choy & swiss chard)  
// 6

steamed broccoli  
// 6

**steamed greens**  
(kale, bok choy & swiss chard)  
// 6

### Accents

cilantro, mint or parsley |  
scallions  
// 1

banana chilies | pickled ginger |  
quick pickled yellow beets |  
sun-dried tomatoes | dill pickle  
// 2

goji berries | dried cranberries |  
spicy black beans |  
beet sauerkraut  
// 3

## Fresh Original Dressings

100% house made

**house** // vinaigrette with  
flax oil, apple cider vinegar,  
garlic, tamari & mustard

**369** // sweet & savoury.  
Omega rich oil blend with  
tahini, maple & lemon

**ranch** // classic flavour  
with dill, chives & parsley

**tahini** // sesame with turmeric,  
mint, garlic, flax oil, lemon  
& black pepper

**peanut lime** // coconut,  
lime & a hint of hot chillies

**caesar** // creamy garlic with  
capers, worcestershire & lemon

## Power Shakes

---

Add coconut bliss ice cream to med or lg + 2.5

### antioxidant sunrise

med 8.5 // lg 10 // quart bottle 20  
acai, almond milk, dates, banana, strawberry, cacao nibs

### vital protein

med 8.5 // lg 10 // quart bottle 20  
spirulina, blueberry, banana, almond milk, vegan protein

### date almond

med 8.5 // lg 10 // quart bottle 20  
almond butter, dates, maple syrup, banana, cinnamon, almond milk

### swoosh

med 8.5 // lg 10 // quart bottle 20  
peanut butter, cocoa, maple syrup, banana, cinnamon, almond milk

### bliss protein

med 8.5 // lg 10 // quart bottle 20  
tart cherry, banana, coconut milk, vegan protein, coconut whip, pitaya

### deep chocolate

med 8.5 // lg 10 // quart bottle 20  
mesquite, maca, cocoa, banana, maple syrup, almond milk, raw virgin coconut oil

### bulldog

med 8.5 // lg 10 // quart bottle 20  
cold brew coffee, dates, MCT coconut oil, banana, almond butter, coconut milk, dark chocolate syrup

## Superfood Milkshakes

---

### banana split // 10

strawberry, pineapple, coconut milk, maca, banana, dark chocolate syrup, coconut bliss ice cream

### mineral mint chip // 10

peppermint chlorophyll, cacao nibs, almond milk, banana, coconut bliss ice cream

### reishi chocolate // 10

reishi, dates, coconut bliss ice cream, cocoa, almond milk, banana, cinnamon, pink salt

## Immune Elixirs

---

Made to order / organic / cold pressed

### immune boost

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
carrot, beet, apple, ginger, echinacea, acerola cherry

### liver flush

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
grapefruit, beet, lemon, ginger, cayenne, milk thistle

### lung lover *served hot*

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
pineapple, apple, lemon, ginger, cayenne, astragalus

## Fruit Smoothies

---

Add coconut whip to med or lg + 1.5  
Add coconut bliss ice cream to med or lg + 2.5

### ocean blue

med 7 // lg 8.5 // quart bottle 17  
organic cold pressed apple, blueberry, banana

### starburst

med 7 // lg 8.5 // quart bottle 17  
organic cold pressed apple, tart cherry, banana

### strawberry swirl

med 7 // lg 8.5 // quart bottle 17  
strawberry, coconut milk, banana, organic cold pressed apple

### the wizard

med 7 // lg 8.5 // quart bottle 17  
organic cold pressed pineapple & orange, strawberry, banana

### rainbow

med 7 // lg 8.5 // quart bottle 17  
organic cold pressed orange & strawberry, banana, blueberry

### pink flamingo

med 7 // lg 8.5 // quart bottle 17  
organic cold pressed watermelon, banana, strawberry  
*spring/summer*

## Green Smoothies

---

Add vegan protein + 2.5

### big green

med 8.5 // lg 10 // quart bottle 20  
kale, spinach, dates, vanilla, banana, coconut milk, cinnamon

### green dream

med 8.5 // lg 10 // quart bottle 20  
kale, spinach, dates, peppermint chlorophyll, almond milk, banana

### radiant green

med 8.5 // lg 10 // quart bottle 20  
almond butter, ginger, kale, organic cold pressed apple & lemon, banana, spinach

### green detox

med 8.5 // lg 10 // quart bottle 20  
kale, spinach, blueberry, organic cold pressed apple & lemon, banana, ginger

## Cold Drinks

---

### mineral water // 3.5

### fresh lemonade // 5.5

organic cold pressed lemon, filtered water, agave

### fresh ginger ale // 6.5

organic cold pressed lemon, ginger, agave, mineral water

### grapefruit spritz // 7.5

organic cold pressed pink grapefruit, lemon & cucumber, mineral water, agave

### draft kombucha

glass 6 // quart bottle 15

## Tonics

---

Refreshing handcrafted translucent tonics served over ice, sweetened with agave.

### insight tonic // 8.75

**focus** // peppermint chlorophyll, reishi, organic cold pressed apple & lemon, mineral water, craft kombucha

### joy tonic // 8.75

**stress** // rose water, tart cherry, strawberry, organic cold pressed lemon, mineral water, craft kombucha

### detox tonic // 8.75

**cleanse** // activated charcoal, ginger, pink salt, organic cold pressed lemon, mineral water, craft kombucha

### adrenal tonic // 8.75

**energy** // ashwagandha, organic turmeric, ginseng, organic cold pressed lemon & pineapple, mineral water, craft kombucha

## All Day Smoothie Bowls

---

Frozen blended base with our house made gluten-free granola and nutrient rich toppings. Long lasting, easy to digest fuel.

### acai refuel // 11.5

blended base: organic acai, banana, dates, dark cocoa, almond milk  
toppings: granola, banana, strawberry, hemp, coconut, agave, cacao nibs, peanut butter

sub almond butter + 2

### pitaya ultra // 11.5

blended base: organic pink dragonfruit, strawberry, banana, dates, coconut milk  
toppings: granola, banana, strawberry, hemp, coconut, agave, dark chocolate syrup, peanut butter

sub almond butter + 2

## Coffee

### espresso

3.25 single // 4.25 double

### americano

3.25 single // 4.25 double

### mct americano

5.25 single // 6.25 double

MCT (medium chain triglyceride) coconut oil pulsed with hot coffee & cinnamon

**brain fuel, fat burning & metabolism boosting**

**cortado** // 4.25

**cappuccino** // 4.25

**latte** // 5.25

**cold brew coffee** // 5

make it a float +2.5

**iced americano** // 4.25

**iced latte** // 5.25

**espresso affogato** // 5.75

### For all Coffee, Matcha and Premium Teas

#### choose your milk

coconut / almond / oat / 2%\* / cream\*

#### choose your sweetener

organic raw sugar / agave / honey\*

## Hot Chocolate

Add coconut whip + 1.5

### superfood hot chocolate // 7.5

maca, mesquite, dark cocoa, raw virgin coconut oil, almond milk, maple syrup  
**chock full of healthy fats. fuels endurance and stamina. heart healthy.**

**classic hot chocolate** // 5

dark cocoa, almond milk, agave

**peppermint hot chocolate** // 6.5

peppermint chlorophyll, dark cocoa, almond milk, agave

## Tea, etc.

### ginger fireball // 5

ginger, lemon, hot water

Your choice of sweetener

– agave, maple syrup or honey\*

**intense daily kick-start for your immune & digestive systems**

**moroccan mint tea** // 4.5

green tea, fresh mint, agave

**sweet ginger tea** // 5.5

green tea, maple syrup, raw ginger

**premium teas** // 3.5

hot or iced

**locally blended – ask for current flavours**

## Matcha

10X more antioxidants than regular green tea. Boosts energy without the jitters.

**matcha americano** // 5.5

**mct matcha** // 6.5

**matcha cortado** // 5.5

**matcha latte** // 6.5

**iced matcha latte** // 6.5

**matcha affogato** // 7

## Botanical Lattes

Caffeine-free

Ask for sweetener – agave or honey\*

**rose latte** // 6.5

**mood booster** // rose water, vanilla, beet, ginger, coconut milk, crushed pistachios

**turmeric latte** // 6.5

**anti-inflammatory** // organic turmeric, ginger, black pepper, almond milk

**charcoal latte** // 6.5

**detoxifier** // activated charcoal, ginger, raw virgin coconut oil, cinnamon, almond milk

**goji berry latte** // 6.5

**antioxidant** // gojiccino™, vanilla, coconut milk, cinnamon

## Cold Pressed Juices

100% organic / raw / small batch / no hpp  
One bottle of cold pressed juice contains approximately 3 lbs or 10 servings of fresh produce. While supplies last.

### urban detox // 12

kale, spinach, parsley, romaine, chard, apple, lemon, ginger, cayenne

### the remedy // 12

cucumber, parsley, spinach, basil, turmeric root, apple, chlorophyll, ginger, chia seeds

### pure green // 12

spinach, parsley, romaine, chard, cucumber, chlorophyll, lemon, ginger

### easy green // 12

kale, spinach, mint, cilantro, apple, pineapple

### antioxidant // 12

beet, parsley, kale, lemon, apple

### apple ginger glow // 12

apple, extra ginger, lemon

### rosy glow // 12

rose water, silica, coconut, strawberry, apple

### the healer // 12

turmeric root, ginger, orange, pineapple, celery, lemon

### vitamin c elixir // 11

carrot, orange, lemon, apple, cayenne

### charcoal green lemonade // 11

activated charcoal, spinach, parsley, alkaline water, apple, lemon, maple syrup

### master cleanse lemonade

16oz 9 // 32oz 18

turmeric root, lemon, ginger, cayenne, maple syrup, alkaline water

## Create Your Own Juice

### choose up to 3 of the following

med 7 // lg 8 // quart bottle 16

almond milk, apple, carrot, coconut milk, cucumber, grapefruit, orange, pineapple

### add any of the following juiced ingredients

med or lg .5 // quart bottle 1

beet, kale, lemon, spinach/parsley/celery

### add any of the following

med or lg .5 // quart bottle 1

banana, blueberry, dark cocoa, dates, kale, spinach, strawberry

### add any of the following

med or lg 2 // quart bottle 4

acerola cherry, activated charcoal, astragalus, ashwagandha, cacao nibs, chywanprash\*, echinacea, ginseng, maca, maple syrup, mesquite, milk thistle, peanut butter, peppermint chlorophyll, reishi, tart cherry

### add any of the following

med or lg 2.5 // quart bottle 5

almond butter, ginger, gluten-free granola, matcha, mct coconut oil, organic fresh turmeric, raw virgin coconut oil, rose water, vegan protein

**add coconut whipped cream** // 1.5

**coconut bliss ice cream** // 2.5

**acai or pitaya (pink dragonfruit)**

// 4

### add any of the following at no extra charge:

agave, black pepper, cinnamon, cayenne, dark chocolate syrup, honey\*, nutmeg, pink salt

## Green Juices

Made to order / organic / cold pressed / raw

### super cleanse

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
spinach/parsley/celery, kale, apple, lemon, grapefruit

### premium detox

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
spinach/parsley/celery, kale, cucumber, lemon, apple, ginger, cayenne, pink salt

### all green

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
spinach/parsley/celery, kale, cucumber, lemon, ginger

### multivitamin

sm 5.5 // med 8.5 // lg 10 // quart bottle 20  
spinach/parsley/celery, kale, carrot, lemon, apple, ginger



## Brunch

---

*Saturdays, Sundays & Holidays 10:30 am to 3 pm*

### **pancakes**

Our pancakes are made with gluten free ingredients, including Bob's Red Mill Gluten Free flour, ground flax seeds and vanilla rice milk. We serve them with pure Canadian maple syrup and Earth Balance vegan butter.

#### **classic plain // 11**

for the purist - simple and delicious

#### **banana // 12**

fresh sliced banana cooked right into the batter

#### **banana nut // 13.5**

banana pancakes with toasted cashews, walnuts, pistachios & pecans

#### **blueberry // 12**

fresh blueberries cooked right into the batter

#### **blueberry almond // 13.5**

blueberry pancakes with toasted almonds

### **entrees**

#### **pancake platter // 17**

two pancakes (choose one type), scrambled tofu, choice of vegan sausage or house made tempeh bacon

#### **full breakfast // 17**

scrambled tofu, grilled spinach, baked beans, home fries, grilled cornbread, choice of vegan sausage or house made tempeh bacon  
*On our regular menu, this item is served with toast, which contains gluten. Please order with cornbread instead of toast.*

#### **tex mex tortilla scramble // 17**

crispy corn tortillas, scrambled tofu, spicy black beans, avocado, cilantro, tomato, lettuce, scallions, hot sauce, brown basmati rice, fresh 'cheese' sauce

*add aged cheddar\* to any entrée + 3.25*

### **sides**

fresh blueberries // 2.5

sliced banana // 2.5

baked beans // 3

scrambled tofu // 4

tempeh bacon // 4

vegan sausage // 4

home fries // 4