

DINNER



organic appetizers

- mediterranean flatbread** – ricotta cheese | heirloom tomato | kalamata olive | red onion | basil | balsamic reduction *(available gluten free)* 13
- live rolls** – bibb lettuce | daikon radish | cucumber | carrot | kimchi | pepper | beet | avocado | sesame seed | tahini ginger sauce *(gluten free)* 10
- share board** – cashew cheese | olive | pickled veg | caponata | hummus | pita *(available gluten free)* 17
- tortilla empanadas** – jackfruit | onion | pepper | spinach | potato | salsa verde 12
- sweet potato gnocchi** – sage | roasted garlic | spinach | mushroom | spicy cashew 13
- phyllo baked brie cheese** – Nuts for Cheese's Un-Brie-Lievable brie cheese | caramelized onion | red pepper jelly 15

organic soup & salads (dressings – blueberry balsamic | turmeric poppy seed | herbed citrus vinaigrette | caesar)

- soup** – made daily | ask server for details *(gluten free)* 8
- caesar salad** – romaine | kale | crouton | tempeh | parmesan cheese | caesar dressing *(available gluten free)* 13
- house salad** – greens | cherry tomato | cucumber | choice of dressing *(gluten free)* 12
- spinach salad** – spinach | chickpea | cranberry | feta cheese | onion | choice of dressing *(gluten free)* 15
- superfood salad** – kale | spinach | bibb lettuce | blueberry | quinoa | sweet potato | beet | chia | flax | choice of dressing *(gluten free)* 16

organic entrées

- bibimbap** – zucchini | daikon radish | mushroom | carrot | pea tenders | spinach | kimchi | tofu | rice | raw or cooked *(gluten free)* 16
- ravioli** – made weekly | ask server for details 19
- roulade trio** – sweet potato | eggplant | zucchini | spinach | basil | ricotta cheese | parmesan cheese | tomato fondue *(gluten free)* 17
- enchiladas** – jackfruit | pepper | onion | zucchini | sweet potato | kale | black bean | mole sauce | salsa verde | cashew crema | rice *(available gluten free)* 19
- cauliflower pot-au-feu** – cauliflower | mushroom | carrot | cherry tomato | onion | potato | mushroom gravy | toasted baguette | pickled veg *(available gluten free)* 19
- roasted portobello mushroom** – mushroom | garlic | shallot | balsamic vinegar marinade | ratatouille | petatou | olive oil | thyme | cashew cheese *(gluten free)* 16
- tri-colour pasta** – beet & basil fettuccine | corn | smoked garlic | chili oil | cherry tomato | spinach | parmesan cheese 18
- chickpea & mushroom burger** – tzatziki | arugula | tomato | feta cheese | choice of side *(available gluten free)* 16

organic sides

- soup | house salad | caesar salad 6

We use organic and locally sourced ingredients as often as possible.
Please identify food allergies to your server.
All cheese products are nut- or seed-based.