



We prepare LOCAL, QUALITY & ORGANIC food that's made FRESH every single day. We ENSURE that you only get the BEST POSSIBLE INGREDIENTS, to foster HEALTH, WELLNESS & PEACE. We serve VEGAN FOOD that's TOP QUALITY, LOCALLY SOURCED, 100% ORGANIC & CRUELTY-FREE. **TOGETHER**, we build a STRONGER, more ethically ENGAGED & socially aware COMMUNITY.

organic appetizers

new	florentine flatbread – roasted garlic cream sauce spinach artichoke roasted red pepper mozzarella parmesan <i>(available gluten-free)</i>	17
bistro originals	live rolls – rice paper napa daikon cucumber carrot kimchi bell pepper beet avocado ginger tahini chili sesame sauce <i>(gluten-free)</i>	14
	spinach & artichoke en crouete – spinach caramelized onion red pepper artichoke roasted garlic sour cream puff pastry crostini <i>(available gluten-free)</i>	16
	share board – assortment of cheeses assortment of spreads pickled vegetable olive crostini cracker <i>(available gluten-free)</i>	21
	phyllo-wrapped baked brie – nuts for cheese brie onion jam roasted red pepper jelly crostini	17
	roasted beet tower – peppercorn herbed chèvre tomato concasse alfalfa sprout chive oil <i>(gluten-free)</i>	14
new	crab cakes – crispy breaded hearts of palm lemon caper remoulade mixed green citrus vinaigrette <i>(gluten-free)</i>	17

organic soup and salads

dressings – citrus vinaigrette | blueberry balsamic | caesar | **new** creamy ranch

	soup – ask server for details <i>(gluten-free)</i>	8
bistro favourites	superfood salad – kale spinach seasonal berry quinoa sweet potato beet cucumber marinated tomato chia flax blueberry balsamic dressing <i>(gluten-free)</i>	17
	house salad – greens cherry tomato cucumber carrot onion choice of dressing <i>(gluten-free)</i>	12
	caesar salad – romaine kale parmesan tempeh crouton caesar dressing <i>(available gluten-free)</i>	14
new	chef salad – spinach romaine carrot cucumber tempeh red onion avocado marinated tomato crispy tofu creamy ranch dressing <i>(gluten-free)</i>	16
new	wild mushroom & arugula salad – spinach frisée radicchio portobello cremini shiitake cipollini onion leek fennel peppercorn chèvre roasted garlic parsley <i>(gluten-free)</i>	18

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ravioli – ask server for details

21

new king oyster mushroom risotto – marinated king oyster mushroom | roasted garlic | white wine beurre blanc | parsley *(gluten-free)*

17

new tuscan alfredo – farfalle | maitake mushroom | sundried tomato | spinach | red onion | roasted garlic | pesto cream sauce *(available gluten-free)*

18

new mushroom stroganoff – red wine and mushroom jus | portobello | cremini | shiitake | carrot | onion | house-made pasta | roasted garlic sour cream | scallion *(available gluten-free)*

18



enchiladas – tortilla | jackfruit | bell pepper | onion | zucchini | sweet potato | kale | black bean | mole | cashew crema | coconut rice *(available gluten-free)*

19

bibimbap – zucchini | daikon | mushroom | carrot | broccoli | spinach | kimchi | tofu | coconut rice | spicy mushroom broth *(gluten-free)*

18

new mediterranean burger – chickpea & mushroom burger | caramelized onion hummus | spinach | smoked tomato chutney | peppercorn chèvre | red onion | choice of caesar salad, house salad, or soup *(available gluten-free)*

18

maitake mushroom steak – miso-marinated maitake mushroom | truffle mashed potato | seasonal vegetable | mushroom & onion gravy *(gluten-free)*

21



sweet potato gnocchi – sage | roasted garlic | spinach | mushroom | spicy cashew | chili oil

18

buffalo caesar wrap – crispy breaded tofu | buffalo sauce | romaine | kale | parmesan | tempeh | caesar dressing | potato wedge | garlic aioli

17

new eggplant parmesan sandwich – crispy breaded eggplant | chao cheese | tomato sauce | sautéed spinach | onion | parmesan baguette | potato wedges | garlic aioli *(available gluten-free)*

17

new bbq jackfruit taco – braised bbq jackfruit | romaine | pickled red onion | mango habanero salsa | guacamole | cilantro lime aioli | apple & cabbage slaw *(available gluten-free)*

17

we use organic and locally sourced ingredients as often as possible. please inform server of any allergies. all cheese products are nut- or seed-based. taxes are not included. an automatic 18% gratuity will be added on groups of 10 or more.