



A VEGAN RESTAURANT FOCUSING ON TASTE

## APPETIZERS

RICE POPPER	6.5
Spiced tomato and vegetable arancini style rice ball with our famous spicy sauce	
TOFU SCRAMBLE	4.5
Scrambled tofu seasoned with curry and spices	
CHICK-UN NUGGETS	7
Creamy BBQ /Creamy Peanut	
CRISPY BRUSCHETTA	8
Sun dried tomato , rosemary and garlic spread topped with rainbow cherry tomatoes and fresh basil ( Served after 4PM )	

SESAME FRIES 4.5
CHILI FRIES 7 + CHEESE 1
JAPANESE CURRY FRIES 7 + MUSHROOM 2
KIMCHI FRIES 7 + PULLED PORK 3.5

## SALAD

POWER KALE'N CABBAGE <sup>GF</sup>	12
Massaged tender kale, cabbage, rainbow cherry tomato, cucumber and pumpkin seeds+smoky tofu for 3	
HARU ("SPRING") SALAD <sup>GF</sup>	11
Mixed spring greens, shredded daikon and cumcumber, chick peas, kidney beans, pumpkin seeds and crispy gobo ribbons (plum dressing recommended)	

### CHOICE OF HOUSE MADE DRESSINGS

- House Dressing <sup>GF</sup>
- Ginger Garlic Soy Sesame <sup>GF</sup>
- Plum Dressing

## BOWLS

SOUP OF THE DAY	5
CHILI	7
Classic homemade Southwest style Chili (Can be made <sup>GF</sup> ) add avocado for \$2	
CHILI 'N RICE BOWL	11
Classic homemade Southwest style Chili over steamed brown rice,add avocado for 2	
QUINOA MAC 'N CHEESE <sup>GF</sup>	11
Quinoa macaroni in creamy vegan chedda style sauce +pulled pork 3.5	
MUSHROOM 'N RICE BOWL <sup>GF</sup>	12
Sautéed cremini, portobello mushrooms, onion and bean sprout with spicy house tahini sauce over steamed brown rice, add smoky tofu for 3	
MISO VEGETABLE BOWL <sup>GF</sup>	12
Sautéed vegetables with house miso sauce over steamed brown rice and topped with sesame seeds, add crispy tofu for 3	
JAPANESE CURRY VEGETABLE BOWL	14
House made Japanese curry with mixed vegetables over steamed brown rice, add chichun for 3.5	

### UPGRADE YOUR SALADS/BOWLS

Crispy Breaded Tofu Cubes	3
Gobo Root Fried Chunks	2
Smoky Tofu <sup>GF</sup>	3
"Pulled Pork"	3.5
Crispy Chickun	3.5
Avocado	2
Kimchi	2.5

<sup>GF</sup> -GLUTEN FREE

Disclaimer: Items remarked are made with respective vegan, gluten free, or soy free ingredients; however, we cannot guarantee that they will not come into contact with sensitivity sources during preparation. HST is excluded in the prices above. Automatic 18% gratuity will be added to the check for parties of 6 or more. Items and prices are subject to change without notice.



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## MAIN

All burgers, wrap and sandwich Includes your choice of side  
Mix Green Salad/Soup/Sesame Fries / Roasted Potato

### 'PULLED PORK' SANDWICH

12

Vegan "Pulled Pork" in a spicy and tangy BBQ sauce with pickled daikon, carrots and cilantro served on whole grain bread

### 'CHICK-UN' BURGER

13

Crispy vegan "chick-un" breast, lettuce, tomato and pickles with your choice of chipotle bbq or creamy house sauce

### WAHN BURGER

13.5

Deep fried Portobello mushroom filled with vegan cheese & caramelized onion, served with lettuce, tomato and pickles with your choice of chipotle bbq or creamy house sauce

### BEET BURGER

14

House made beet patty, topped with avocado, lotus root,, mixed greens and basil

### CRISPY CHICK-UN WRAP

13

Quinoa crusted chickun, kinpira, lettuce, tomato and pickle served with our famous creamy hot sauce

### SUNDRIED TOMATO & MUSHROOM SANDWICH

12

Sautéed spinach & mushroom, potato salad, sun-dried tomato & rosemary spread, cilantro chimichori & cheddar style "cheese" served on whole grain bread and panini pressed

## BRUNCH

SERVED UNTIL 4PM ONLY

### FEATURE CHIA SEED PANCAKES

14

Chia seed pancakes topped with seasonal fruit compote

### CHICK-UN & WAFFLES

14

Southern style quinoa crusted chick-un over our house made basil & oregano waffle with side mix green salad

### BREAKFAST BOWL

13





Tofu scramble, mixed greens, roasted sweet potato, red pepper, onion, roasted potato and avocado with lemon garlic aioli over brown rice , add kimchi for 2.5

### BREAKFAST WRAP


13

Tofu scramble, roasted sweet potato, red pepper, onion and avocado with lemon garlic aioli on whole wheat wrap served with your choice of side,add kimpchi for 2.5

### ADD TO YOUR SANDWICH/BURGER

Caramelized Onion Sautéed 	2
Cremini mushrooms Vegan 	2
Cheddar style shreds 	1
Gluten-free burger bun 	2
Extra Sauce	1

### UPGRADE YOUR SIDE

Power Kale'n Cabbage Salad 	3
Chili / Curry/Kimchi Fries	3

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## LUNCH SPECIAL

*All the sandwiches Includes your Mix Green Salad*

*(11:30 – 4:00)*

### MONDAY

#### JAPANESE CURRY VEGETABLE BOWL

12

House made Japanese curry with mixed vegetables over steamed brown rice

### TUESDAY

#### BEET BURGER

12

House made beet patty, topped with guacamole, lotus root, vegenaïse and mixed green leaves

### WEDNESDAY

#### 'CHICK-UN' BURGER

11

Crispy vegan "chick-un" breast

### THURSDAY

#### 'PULLED PORK' PANINI

11

Vegan "Pulled Pork" in a spicy 'n tangy BBQ sauce with pickled daikon, carrots and cilantro

### FRIDAY

#### WAHN BURGER

12

Burger Wahn (deep fried Portobello mushroom filled with vegan cheese & caramelized onion)

## KID'S MEAL

GRILLED CHEESE	6.5	FRIES	3
		ROASTED POTATOES	3
MAC 'N CHEESE	6	FRUIT	3
PANCAKES	6	BOWL MIXED GREENS	3
Add coconut whipped cream for \$1.5. Served until 4pm only.			

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## COCKTAIL

Cardamom Sour 1.5oz **NEW!!!**  
 Bourbon Sour 1.5oz

Whiskey, aqua faba, cardamom infused maple syrup, lime and cinnamon.

Manhattan 2.5oz  
 Bourbon Manhattan 2.5oz

Whiskey or bourbon, sweet vermouth, orange bitters.

Pumpkin Toddy 1.25oz **NEW!!!**

Whiskey, triple sec, pumpkin, apple, ginger and cinnamon.

10.5 Dark And Stormy 1.5oz **NEW!!!** 9  
 12 Dark rum, homemade spicy ginger beer, lime.

Grasshopper Collins 1.5oz 9

11 Gin, cucumber, basil, homemade lemon/lime syrup, soda.

13 Cranberry Margarita 2oz **NEW!!!** 10.5  
 Tequila, triple sec, homemade fresh cranberry syrup and lime.

8.5 Martini 2.5oz 11  
 Vodka or gin, dry vermouth, olives.

## BEER

Side Launch Mountain Lager **NEW!!!**

4.7% / 27 IBUs / 473 ml / Collingwood, Ontario  
 This beer has a pale crisp pour and an authentic European flavour with a slightly hoppy finish.

Side Launch Wheat Beer

5.3% / 10 IBUs / 473ml / Collingwood, Ontario  
 A bavarian style wheat beer with aromas of clove, doughy bread, ripe banana and coriander.

Sweetgrass Golden Ale **NEW!!!**

4.9% / 19 IBUs / 473ml / Toronto, Ontario  
 This beer has a golden yellow colour and pours with a thick head. Soft approachable flavours of biscuit and lemon. Pairs perfectly with any menu item.

6.5 **Gf** Pommies Farmhouse Cider 6.5  
 6% / 473ml / Caledon, Ontario  
 Made from 100% non-GMO Ontario apples, this cider is lightly carbonated with notes of dried apple, pear and earth.

6.5 Collective Arts Ransack the Universe IPA 6.5  
 6.8% / 85 IBUs / 473ml / Hamilton, Ontario  
 A hemispheric hop mashup delivering flavours of tropical fruits, mango and citrus. Crisp but not bitter mashup.

Collective Arts Seasonal -  
 Ask your server for our latest feature!

6.5 Beau's Lug Tread Lagered Ale 8  
 5.2% / 21 IBUs / 600ml / Ottawa, Ontario  
 An organic beer with roasted malt and yeasty tones. A hop forward beer with a crisp and refreshing finish.

Beau's Seasonal -  
 Ask your server for our latest feature!

## WINE

(All of our wines are local, certified organic and vegan)

### Red or White

Glass (5 oz.) 9

Bottle (25 oz.) 38



## FRESH JUICE

5.5

Pumpkin Apple Ginger (no sugar added)

**NEW!!!**

Kale Apple Passion Fruit (no sugar added)

Beet Apple Ginger (no sugar added)

Feature Lemonade (Ask your server for the flavour of the week!)



## SMOOTHIES

(Add hemp hearts to any smoothie for 1.50)

### Not Your Basic Pumpkin / 9 **NEW!!!**

Pumpkin, pineapple, banana, soy, cinnamon, spices and topped with coconut whipped cream.

### 4 Berry / 8

Strawberry, apple, raspberries, cranberries, blueberries and banana.

### Grasshopper Detox / 8

Spinach, cucumber, cilantro, banana and orange.

### Matcha Banana / 8

Japanese matcha, almond milk, banana and agave.

### Plant-Based Power / 9

Apple, oats, dates, hemp hearts, almond butter, almond milk, agave and cinnamon.

**NEW!!!**

### Spiced Mocha / 8

Organic cocoa, espresso, banana, cinnamon, almond milk, agave and cayenne.

## COFFEE

Mountainview Coffee-Fairtrade, organic-Toronto, Ontario

- Drip Coffee / 2.5
- Espresso / 2.75
- Americano / 3
- Iced Americano / 3.25
- Tea Latte / 3.5
- Latte / 4
- Hot Chocolate / 4
- Chocolate Alomond Milk / 4
- Iced Latte / 4.25

## SLOANE TEA - TORONTO/ 3

- Heavenly Cream Earl Gray
- Masala Chai
- Ginger Twist
- Classic Green
- Oolong Creme
- Marrakesh Mint
- Vanilla Bean Rooibos

## HOMEMADE NATURAL SODA / 4.5

Spicy Ginger/Cranberry/Lemon Lime

### Brew Dr. Kombucha / 6.5

Ask your server for our latest flavours!

## DESSERTS

**Gf** Cashew Cookie / \$2.5

**Gf** Walnut Brownie / \$3

**Gf** Nanaimo Bar / \$3.5

Peanut Butter Blondie / \$4

Double Chocolate Brownie / \$4

**Gf** Hello Dolly Bars / \$4

**Gf** Vegan Cheesecake / \$7

House-Made Tiramisu / \$5