



Restaurant

Vancouver's Oldest
Vegan & Vegetarian
Restaurant



Open 7 Days a Week
In the Heart of Kitsilano

2724 West 4th Avenue, Vancouver BC
604-738-7151
www.thenaam.com

APPETIZERS

- Sesame Fries** GF V 10
Hand-cut oven baked wedges coated with sesame seeds and turmeric.
Add Miso Gravy or Cheese GF VO + 3
Add Both + 5
Small Fries and Miso Gravy 7
Super Fries GF VO 16
Our homemade fries baked with guacamole, miso gravy and cheese
Sesame-Honey Fried Tofu GF 13
Caramelized with sesame, soy & green onions
Quesadillas VO 15
Naam - Whole wheat tortilla, cheese, jalapeño, green onion
Milano - Whole wheat tortilla, cheese, jalapeño, green onion, balsamic sun-dried tomatoes
Oaxacan - Corn tortilla, cheese, chili, red onion, jalapeño
Make it a Platter + 6

NACHOS

- GF VO Served with house salsa
Naam 18
With cheese & tomatoes
Tuscan 20
With cheese, sun-dried tomatoes, jalapeño & red onion
Add Guacamole + 5

LIGHT FARE

- Croissant Melt** VO 15
Guacamole, tomatoes & cheese on a vegan whole wheat croissant
Grilled Cheese VO 11
The classic sandwich made with Naam Bread
Substitute GF Bread + 2.5
Stuffed Chapati VO 15
A flatbread with guacamole, cheese, cucumber, tomato, grated carrots and beets
Peanut Supreme Wrap V 15
Brown rice, tofu, peanut sauce, green onions, carrots, beets & cilantro in a whole wheat tortilla.
Served with a side of tamarind sauce.

Light Fare Add-Ons

- Side Salad or Sesame Fries 6
Cup of Daily Soup 4

- GF Gluten Free
V Vegan
VO Can be made vegan, ask your server.

SALADS

- House Salad** GF V Small - 10 | Large - 14
Mixed greens, cherry tomato, sunflower seeds, grated beets and carrots.
Your choice of Dressings
Naam - Our original parsley, green onion & tahini dressing
Poppyseed - Creamy sweet onion & tahini.
Miso Ginger - Sweetened with agave & rice vinegar
Thai Gado GF 17
A bed of grated carrots, beets, potatoes, tofu and mung bean sprouts topped with peanut and tamarind sauces and sliced egg.
California Salad GF 18
Organic greens tossed with red peppers, red onions & sun-dried tomatoes in a balsamic vinaigrette. Topped with corn chips, pumpkin seeds & feta cheese

SOUP & CHILI

- | | Cup | Bowl |
|--|-----|------|
| Soup GF V | 5 | 7 |
| Soup and Bread | | 11 |
| Soup Deluxe | 13 | 15 |
| Today's soup with Naam salad & multigrain Naam bread with veggie butter. | | |
| Chili GF V | 6 | 8 |
| Homemade black bean and chipotle chili | | |
| Chili & Bread | | 11.5 |
| Chili Deluxe | 15 | 17 |
| Bowl of chili baked with yogurt, salsa and cheese. Served with Naam salad & bread. | | |

PIZZAS

- 18
10" inch pizza with our own marinara sauce. Baked with cheddar and mozzarella.
The Works: Zucchini, onions, peppers, mushrooms. GF VO
Spinach + Feta: With onion and mushroom. GF VO

SIDES

- | | | |
|-----------------------------------|-----------|-----------|
| Organic Brown Rice | Cup 4 | Bowl 6 |
| Sautéed Tofu | | 5 |
| Guacamole | Small 3 | Large 5 |
| Naam Bread, Pita or Chapati | | 3.5 |
| Gluten Free Bread | | 4 |
| Extra Dressing | Small 2.5 | Large 4.5 |
| Extra Sauce (Miso, Peanut, Salsa) | Small 2.5 | Large 4.5 |

Please Note:

Modifications may result in an additional charge and extra prep time. These may be politely declined during peak times. Please ask your server for complete ingredients as they are not all listed here. Parties of 6 or more will be charged an automatic gratuity of 18%

DRAGON BOWLS

- Naam** GF V 18
Steamed veggies on brown rice with miso gravy, peanut sauce, tofu, grated carrots and beets.
- Gold** GF VO
Sesame fries baked with cheese, miso gravy, steamed vegetables and tofu.
- Mexi** GF VO
Chili, brown rice, guacamole, cheese, steamed veg, salsa.
- Green** GF V
Lots of veggies and tofu with peanut sauce and miso gravy.

MEXICAN

- BURRITOS** VO 18
Served with house salad OR sesame fries + miso.
Whole wheat flour tortilla, salsa and yogurt, baked with cheese.
- Chili** - Organic tofu and black bean chipotle chili.
Veggie - Mushrooms, onions, zucchini and peppers
- ENCHILADAS** GF VO **Make it a Platter + 6** 18
Served with house salad OR sesame fries + miso.
Organic corn tortillas, baked with yogurt, salsa and cheese.
- Spinach + Feta** - With mushroom, onion, zucchini & bell pepper.
Chilaquiles - Homemade chili with grilled veggies.
Cashew Avocado - Cashews, guac & grilled veggies.
Make it a Platter + 6
- TACOS** GF VO 14.5
Three tacos with black bean chipotle chili, red onion, jalapeño, guacamole, cilantro, sesame seeds and cheese.
Served with house and pineapple salsas.
- NACHO ENSALADA** VO 18
A taco salad with seven-star bits, greens, cheese, yogurt, red bell pepper, guacamole

ENTRÉES

- Thai Noodles** GF V 20
Vegan Pad Thai. Rice noodles, bell peppers, onions, tofu and a zippy sauce topped with bean sprouts and peanuts
- Buddha's Feast** GF V 22
A rainbow of veggies and tofu stir fried with miso, served on a bed of brown rice. Topped with cashews
- Naam Steak** V 20
Our own veggie-nut patty smothered in miso gravy.
Served with sesame fries and steamed veggies

BURGER PLATTERS

- All Platters served with house salad, fries & miso gravy
- Naam Platter** V 19
Our own veggie nut patty
(Burger Only - 13)
- Seven-Star Platter** V 19
Tasty vegan soy protein burger
(Burger Only - 13)
- Tempeh Reuben Platter** VO 22
Organic, locally made. Served with mushrooms, cheese and sauerkraut.
(Reuben Only - 16)
- Tofu Dog Platter** VO 17
Wrapped in a chapati with melted cheese.
(Tofu Dog Only - 11)

Burger Add-Ons

- Cheese or Daiya 2.5 Onions or mushroom 2
Guacamole **Small 3 | Large 5** Substitute GF bun 1.5

EASY RISER BREAKFAST

Available Monday through Friday from 11 am to 4 pm
All items can be made vegan by substituting scrambled tofu and/or Daiya VO

- Two Eggs Any Style + Toast** 10
Add Sesame Fries & Miso Gravy + 4.5
Add Seven-Star Strips or Veggie Sausage + 4.5
- Scrambled Tofu + Toast** 17
Tofu scrambled with tomatoes, mushrooms, zucchini, red pepper, onion, tamari & spices
- Croissant Witch** 17
Open-faced whole wheat croissant topped with scrambled eggs, veggie sausage & cheese. Baked and served with fries and miso.
- Miso Benny** 18
A pita topped with a grilled Seven-Star patty, sautéed spinach, two eggs, miso gravy and broiled cheese.
Served with sesame fries & more miso gravy.
- Veggie Hash & Eggs** 17
A bed of sesame fries & grilled veggies covered in melted cheese. Topped with 2 over-easy eggs, served with miso gravy and Naam toast.
- Loco Moco** 17
Organic brown rice topped with a Seven-Star patty, caramelized onions, two over-easy eggs & green onions.
Smothered in miso gravy and served with pineapple salsa.
Sub Tempeh for Seven-star + 3 GF
- Screamin' Greens Salad** 16
Organic greens topped with scrambled tofu, guacamole, cucumber, pumpkin seeds & miso ginger dressing.

Full breakfast is available on weekends and holidays from 9 am through 1 pm.

DESSERTS

Raspberry Chocolate Cake V

A raspberry-filled, chocolate cashew delight.

Carrot Cake

Filled with nuts and raisins, topped with a cream cheese icing.

Noh Pie GF V

Dreamy vegan banana cream pie with dates and nuts.

Blueberry Pie V

Made with locally grown organic blueberries.

Dutch Apple Cranberry Pie V

Tart & sweet with a crumble topping.

8	Apple Crisp V	7
	A hot dish of apple crisp with oats, nuts & raisins	
8	Brownie Supreme VO	7.5
	A warm vegan chocolate brownie topped with a scoop of Mario's ice cream and blueberry sauce	
7.5	Root Beer Float VO	8
	With vanilla ice cream.	
7.5	Mario's Ice Cream VO	4.5
	A cup of regular or vegan vanilla ice cream (2 scoops)	

TEAS

Naam Special House Blends

Cup 3.95 | Pot 5.95

Our unique recipes for over 40 years

Rainbow - Comfrey, juniper berries, clover, rosebuds

Jamaican Spice - Hibiscus, cinnamon bark, rosehip, cloves, orange

Catnap - Peppermint, chamomile, rosehip, clove, sage, catnip

High C - Nettle, lemon balm, rosehip, cinnamon, orange

Sweet + Sour - Lemon balm, hibiscus, star anise, orange

Mama Naam - Strawberry+raspberry leaf, nettle, licorice, rose petal

Easy Riser - Earl Grey black tea, alfalfa, mint, anise

Black Teas

Cup 3.50 | Pot 5.50

Earl Grey, English Breakfast, Orange Pekoe,

Jasmine, Sencha Green Tea

Herbal Teas

Cup 3.50 | Pot 5.50

Alfalfa Mint, Peppermint, Chamomile, Rooibos, Ginseng,

Sleepy Time, Lemon Zinger, Mandarin Orange Spice.

COFFEE & HOT DRINKS

Coffee	3.5	Espresso	2.75
Espresso	2.75	Mocha Latte	6
Americano	4	Cappuccino	4.5
Café Latte	5.5	Hot Chocolate	5.5
Chai Latte	5.75	London Fog	5.75

Sub Oat, Soy or Almond milk for **50 cents** V

All our coffee is certified organic & fair trade. All espresso drinks are available in water decaf.

SMOOTHIES

Blueberry Shake

Made with organic blueberries, milk & ice cream

Blueberry Soy Shake V

Organic blueberries, soy milk & vegan ice cream

Fruit Smoothie V

With strawberries, raspberries, organic blueberries & apple juice.

Strawberry Lassi

Yogurt and strawberries, sweetened with honey.

8	
8.5	
7.5	
7.5	

JUICES & COLD DRINKS

Philips Intergalactic Root Beer

Not too Sweet Cola

Good Drink Mango Iced Tea

33 Acres Sparkling water (rosehip & hibiscus)

Bruce Cost Ginger Ale

Pure+ Kombucha

Blackberry Charcoal or Detox (Lemon, ginger, turmeric)

TJ's Organic Apple Cider

4

5

7

4.5

Fresh Juices

Carrot, Orange, Apple & Raspberry, Orange & Strawberry 6

DRAFT BEER

10 oz | 18 oz | 56 oz

6 8 21

A rotating selection of local ales. Ask your server!

BOTTLED BEER ETC

355 mL	7	473 mL	8
Farmer's Tap Lager (4.7%)		Dawn Pilsner (4.9%)	
Golden Goddess Ale (5.0%)		Kiwami Plum Ale Sour (6.3%)	
Featherweight IPA (4.5%)		A+ Cider (6.4%)	
33 Acres of Nirvana IPA (7.0%)		Peach Elderflower (5.0%)	
Forager Gluten-Free Lager (5.0%)		Gin Cocktail	
Apple Cider (7.0%)		Sober Carpenter (non-alcoholic)	5.5

WINE

RED

		6oz 17oz 56oz
House Red (14.0%)	7	15 20
Organic Tempranillo (13.0%)	8	18 27
Organic Pinot Noir (12.5%)	-	- 44

WHITE

House White (12.9%)	7	15 20
Sauvignon Blanc (13.5%)	8	17 27
Narrative Rose (12.5%)	8	19 30
Organic Pinot Gris (13.0%)	-	- 36