

English



MENU

Eat Well, Smile Often.



Breakfast

SERVED ANYTIME

AVOCADO TOAST **GF OPTION** Q50

Avocado, sautéed red peppers, pickled red onions, pumpkin seeds & spices. Served with a small salad. Choice of breakfast bread, herbed bread or bagel. GF bread + Q10.

SMOOTHIE BOWL Q60

Smoothie of banana, pineapple, oats, flaxseed, coconut & almond milk. Served on top of chopped fruit & granola. Peanut butter + Q5.

TOFU SCRAMBLE **GF OPTION** Q60

Tofu veggie scramble, breakfast bread, herbed bread or bagel of your choice, vegan butter & fruit. GF bread + Q10.

TOFU SCRAMBLE BAGEL Q60

Everything bagel or sesame bagel, tofu veggie scramble, tempeh bacon, almond cheez, lettuce, tomato, red onion, avocado & almond mayo. GF bread + Q10.

TOFU SCRAMBLE PLATE **GF OPTION** Q80

Tofu veggie scramble, choice of house potatoes or hash brown, choice of house breakfast bread or bagel, vegan butter & fruit. GF bread + Q10.

TOFU SCRAMBLE ALL-STAR PLATE Q95 OR SANDWICH

Tofu veggie scramble, choice of house potatoes or hash brown, choice of breakfast bread or bagel, choice of lentil sausages with almond cheez or Italian sausages, tempeh bacon, vegan butter & fruit. GF bread + Q10.

FRENCH TOAST Q60

House breakfast bread battered & spiced. Served with fruit, vegan butter & maple syrup.

BAGEL TOASTED Q30

Sesame or everything bagel with choice of: hummus, cream cheese, cream cheese with herbs, peanut butter & jelly or pico de gallo. Add more toppings Q10 each.

**** ADD A SIDE DISH**** Q30
FRENCH FRIES: CAJUN, GARLIC OR REGULAR
GARLIC GREEN BEANS
SMOKY ALMOND GREEN BEANS
COLESLAW
HASH BROWN
SMALL SALAD
SAUTÉED OR BOILED VEGGIES
HOME POTATOES



TOFU SCRAMBLE BAGEL



TOFU SCRAMBLE ALL-STAR SANDWICH



FRENCH TOAST

All food is 100% plant based



Appetizers



BBQ CHICKUN STRIPS

HUMMUS PLATE **GF** Q50

Garlic hummus, sliced carrots, red peppers & whole-wheat pita slices. GF bread +Q10

EGGPLANT PLATE Q55

Breaded & fried eggplant strips, sliced carrots, red pepper strips & Awesome sauce.

BABA GHANOUSH **GF** Q55

Creamy garlic eggplant & garbanzo hummus, sliced carrots, red pepper, whole-wheat pita slices, ranch & Awesome sauce.

NACHOS **GF** Q70

Fresh tortilla chips, veggie-meat bean chili, pico de gallo, guacamole & almond cheez.

CRISPY, BARBEQUE OR BUFFALO CHICKUN STRIPS

Crispy, barbeque or buffalo chickun strips. Q60
Served with sliced carrots & ranch dressing.



BUFFALO CHICKUN FRIES

FRENCH FRIES **GF**

Hand-cut fries: regular, Cajun or garlic.

Small Q30
Large Q55

CHEEZ FRIES **GF**

Hand-cut fries & almond cheez.

Small Q38
Large Q65

CHILI CHEEZ FRIES **GF** Q70

Hand-cut fries, veggie-meat bean chili & almond cheez.

COCONUT BACUN SPICY FRIES **GF** Q75

Hand-cut fries, pico de gallo (tomato, onion, jalapeño, cilantro), coconut bacun & almond cheez.

FIESTA FRIES **GF** Q85

Hand-cut fries, veggie-meat bean chili, pico de gallo, almond cheez & guacamole.

BUFFALO CHICKUN FRIES Q85

Hand-cut fries topped with our house Buffalo sauce, fried chickun strips, almond cheez and cashew parmesan cheez.

SWEET POTATO FRIES **GF**

Small Q35
Large Q65

Hand-cut sweet potato fries served with our homemade ketchup or Awesome sauce or ranch.



BROCCOLI & CHEEZ SOUP

CREAMY SOUP **GF** Q50

SERVED WITH A SLICE OF BREAD
GLUTEN-FREE BREAD +Q10

CHOOSE YOUR STYLE

Broccoli, potato & almond cheez.

Vegetable & almond cheez.

Red pepper, potato & almond cheez.

10% service fee added to food orders.



Salads

Dressing choices:

Balsamic maple, ranch, tahini goddess or sesame ginger.

All dressings are gluten free.

SALUD **GF** Q60

Lettuce, kale, carrots, red onion, sunflower seeds, raisins & coconut bacun. Choice of dressing.

CRISPY CHICKUN RANCH Q80

Lettuce, kale, tomato, cucumber, red onion, carrot, broccoli, sweet dried cranberries, fried chickun strips, ranch & sliced almonds.

TERIYAKI CHICKUN Q80

Lettuce, kale, carrot, tomatoes, cucumber, peppers, red onion, broccoli, sliced almonds, avocado, teriyaki chickun strips & choice of dressing.

CREAMY GARBANZO **GF** Q75

Lettuce, kale, carrots, cucumber, tomato, red onion, sunflower seeds. Served with creamy salad of garbanzos, celery, onion, almond mayo & smoky almonds. Choice of dressing.

MEDITERRANEAN GARBANZO **GF** Q70

Garbanzos, broccoli, cucumber, sweetcorn, tomato, red onion, cilantro, mint & spices.

QUINOA BLACK BEAN **GF** Q75

Warm quinoa, seasoned black beans, garbanzos, cucumbers, sautéed zucchini, red peppers, onions & tahini dressing.

Pizza

**PIZZAS TAKE 30 MIN. TO COOK
PERSONAL SIZE**

BARBEQUE CHICKUN Q70

Fried chickun, BBQ sauce, red pepper, zucchini, broccoli, onion, cilantro & almond cheez.

VEGAN PEPPERONI & SAUSAGE Q70

Vegan Pepperoni, Vegan spicy Italian sausage, red sauce, zucchini, onion & almond cheez.

TACO PIZZA Q70

Seasoned soy taco crumbles, red sauce, tomatoes, onions, jalapeños, cilantro & almond cheez.

VERY VEGGIE Q65

Zucchini, broccoli, onions, peppers, tomatoes, kale, red sauce & almond cheez.

Hot
Chicago/Italian
giardiniera
+ Q10



**TERIYAKI
CHIKUN SALAD**



**BBQ CHICKUN
PIZZA**

All the food is 100% plant based

Sandwiches

**** Choice of house herbed bread, whole-wheat bun, sesame bagel, everything bagel. Gluten-free bread + Q10. ****



**THE CLUB
ON A BAGEL**

FRIED CHICKUN & CHEEZ Q60

Crispy breaded chickun, lettuce, tomato, onion, mayo & almond cheez.

TERIYAKI CHICKUN Q60

Teriyaki chickun with choice of sesame ginger coleslaw or lettuce, tomato, onion & mayo.

BARBEQUE CHICKUN Q60

BBQ sauced chickun, choice of coleslaw & pickles or lettuce, tomato, onion & mayo.

THE CLUB Q70

Fried chickun, tofu turkey slices, tempeh bacun, lettuce, tomato, onion, almond cheez, avocado, mayo & red wine glaze.

LENTIL SAUSAGE Q55

Lentil sausage patties, lettuce, tomato, red onion & almond cheez.

B.L.T. Q55

Tempeh bacun, lettuce, tomato, red onion & mayo.

CREAMY GARBANZO Q55

Garbanzos, celery, onion, almond mayo, lettuce, tomato & smoky almonds.

CRISPY VEGGIE Q45

Raw red onions, carrots, red peppers, tomatoes & mayo. Choice of garlic hummus or avocado.

Sub Sandwiches

SERVED ON WHOLE-WHEAT SUB ROLL

VEGAN MEATBALL SUB Q55

Vegan Italian meatballs, sautéed red peppers, onions, marinara & almond cheez.

ITALIAN SAUSAGE SUB Q55

Spicy Italian vegan sausages, sautéed red peppers & onions, giardiniera (spicy pickled veggies), tomato, lettuce, mustard, & red wine glaze.

TAHINI CHICKUN SUB Q60

Fried chickun, sautéed peppers, carrots, tomatoes, kale, lettuce & tahini sauce.

****** ADD A SIDE DISH ****** Q30

FRENCH FRIES: CAJUN, GARLIC OR REGULAR

GARLIC GREEN BEANS

SMOKY ALMOND GREEN BEANS

COLESLAW

HASH BROWN

SMALL SALAD

SAUTÉED OR BOILED VEGGIES

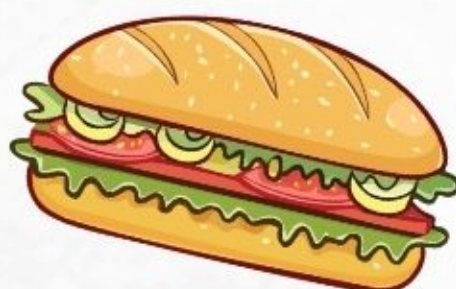
HOME POTATOES

CHICKUN PARMESAN SUB Q60

Fried chickun, sautéed red peppers & onions, marinara & almond cheez.



**CHICKUN
PARMESAN SUB
W/ HASH BROWN**



10% service fee added to food orders.

Burgers

**** Choice of house herb white bread, whole-wheat bun, sesame bagel or everything bagel. **
Gluten-free bread + Q10.**



**AVOCADO
COCONUT BACUN**



**BARBEQUE
COLESLAW**



**TERIYAKI
SESAME**



**CHEESEBURGER
SWEET POTATO FRIES
AWESOME SAUCE**

**Choice of house-made patty:
Quinoa beet (GF), lentil veggie (GF),
classic seitan or artisan**

CLASSIC Q60
Grilled onions, lettuce, tomato,
ketchup & mustard.

CHEESEBURGER Q65
Lettuce, tomato, onion, pickles, mayo
& cheez.

BBQ COLESLAW Q68
BBQ sauce, cabbage &
carrot mayo coleslaw & pickles.

AVOCACO BACUN CHEEZ Q68
Coconut or tempeh bacun, almond cheez, avocado,
grilled onions, lettuce, tomato & mayo.

TERIYAKI SESAME Q68
Teriyaki sauce, sesame ginger cabbage
carrot coleslaw & almond mayo.

SPICY TACO BURGER Q65
Pico de gallo, avocado, almond cheez &
spicy giardiniera (pickled veggies).

BUFFALO TEMPEH BACUN CHEEZ Q68
Buffalo sauce, tempeh bacun, lettuce, tomato,
onion, pickles, almond cheez & mayo.

COCONUT BACUN, CHILI & CHEEZ Q68
Coconut bacun, veggie-meat bean chili,
lettuce, pickles, almond cheez & mayo.

****** ADD A SIDE DISH **** Q30**

FRENCH FRIES: CAJUN, GARLIC OR REGULAR

GARLIC GREEN BEANS

SMOKY ALMOND GREEN BEANS

COLESLAW

HASH BROWN

SMALL SALAD

SAUTÉED OR BOILED VEGGIES

HOME POTATOES



**SPICY TACO
BURGER**



All the food is 100% plant based

10% service fee added to food orders.

Rice

White rice or quinoa

SALUD BOWL Q70

Mixed veggies sautéed or boiled, whole white rice & choice of protein.

PROTEIN

Teriyaki tofu or tempeh GF

Barbeque tofu or tempeh GF

Lentil sausage & cheez

Fried chickun & cheez

Teriyaki chickun

Barbeque chickun

Vegan Spicy Italian sausage in tomato sauce

Vegan Meatballs in tomato sauce

Veggie-meat red bean chili & cheez GF

CASHEW PINEAPPLE FRIED RICE GF Q65

Red peppers, zucchini, broccoli, onions, pineapple, cashews, gluten-free soy sauce, toasted coconut bacun & cilantro.

MAPLE PEANUT FRIED RICE GF Q65

Red pepper, zucchini, broccoli, onion, peanut butter, maple syrup & gluten-free soy sauce. Try it spicy with hot sauce.

TERIYAKI FRIED RICE GF OPTION Q70
WITH CHICKUN OR TEMPEH

Red pepper, zucchini, broccoli, onion, teriyaki chickun or GF teriyaki tempeh & teriyaki sauce.

Pasta

PASTA DISHES TAKES 30 MINUTES TO COOK.

GLUTEN FREE PASTA + Q15

CHOOSE YOUR SAUCE

ALL SAUCES ARE GLUTEN FREE.

CHEEZ & COCONUT BACUN Q70

House almond cheez & toasted coconut bacun.

TOMATO BASIL Q65

House tomato garlic basil sauce & cashew parmesan.

BOLOGNESE Q70

House vegan meat tomato basil sauce & cashew parmesan.

OLIO Q70

Extra virgin olive oil, garlic, sautéed veggies & cashew parmesan.

**** ADD ON **** Q30

MEATBALLS

TERIYAKI TOFU OR TEMPEH

BARBEQUE TOFU OR TEMPEH

LENTIL SAUSAGE & CHEEZ

FRIED CHICKUN & CHEEZ

TERIYAKI CHICKUN

BARBEQUE CHICKUN

SPICY ITALIAN SAUSAGE

VEGGIE-MEAT RED BEAN CHILI

**** ADD A SIDE DISH **** Q30

FRENCH FRIES: CAJUN, GARLIC OR REGULAR

GARLIC GREEN BEANS

SMOKY ALMOND GREEN BEANS

COLESLAW

HASH BROWN

SMALL SALAD

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HOME POTATOES



TERIYAKI TEMPEH
FRIED RICE



CASHEW PINEAPPLE
FRIED RICE



PENNE
BOLOGNESE

GARLIC BREAD
1 X Q10

Drinks

Drinks in the fridge:
Soda / Kombucha
Beer / Hard Cider

Cold Pressed Juice



SUNRISE

Carrot Q25

Carrot ginger Q28

Orange Q25

Watermelon Q25

Sunrise - Carrot & orange Q30

Happy Day - Orange, ginger & apple Q35

Immunity - Apples, carrots & beets Q38

Red Detox - Beets, carrots, celery, ginger & lime Q35

Good Vibes - Carrot, ginger, apple, celery & orange Q35

Salud Green Detox - Celery, green apple, spinach, kale, lime & ginger Q40



NUTTY MONKEY

Smoothies

Nutty Monkey - Bananas, macadamia butter, almond butter & almond milk Q40

Chocolate Nutty Monkey - Chocolate, bananas, macadamia butter, almond butter & almond milk Q45

Mango Passion - Mango, banana, coconut & orange juice Q45

Blueberry Dream - Blueberries, pineapple, banana, orange juice & almond milk Q45

Super-Berry Hero - Strawberries, banana, cacao, almond butter, coconut & almond milk Q45

Make your own mix: Papaya - Strawberry - Blueberry - Pineapple - Banana - Mango

W/ Water Q30

W/ Almond milk Q35

W/ Soy milk Q35

W/ Orange juice Q35

Lemonade

Made with limes

Regular Q28 or add Strawberry/ Chia/ Mint

W/ Water Q32 W/ Mineral water Q35

Coffee

Frappuccino Q30

French press full Q35

French press half Q20

Iced coffee Q30

Almond latte hot/cold Q35

Chai latte hot/cold Q30

Hot tea Q25

Hot chocolate Q30



ICED COFFEE



BLUEBERRY DREAM SMOOTHIE





Kombucha Q35

Ask for available flavors.

Love Probiotics Kombucha
Sol Kombucha
San Pedro Kombucha

Add a Boost to Any Drink

Pure powders from our bulk section downstairs



RED DETOX
JUICE

Q15

Ashwagandha

Maca

Alfalfa

Reishi

Cordyceps

Lion's mane

Ginkgo

Ginseng

Açaí

Baobab

Triphala

Elderberry

Hemp protein

AboutTime® vegan protein

Moringa

Fenugreek

Flaxseed

Cranberry

Turmeric/Black pepper

Irish moss

Noni

Apple cider vinegar

Vitamin C

Dessert

Chocolate caramel pie Q30

Avocado lime pie Q30

Chocolate pie Q30

Chocolate peanut butter bar Q20

Snickers-style bar Q25

Cashew fudge Q20

Date fudge Q30

Energy ball Q18

Turmeric coconut

Maca cacao

Tahini maple



AVOCADO LIME
PIE

