

APPETIZERS

SMALL | LARGE

SESAME FRIES & MISO GRAVY (GF) (V) 7⁰⁰ 13⁰⁰

Hand-cut oven baked wedges coated with sesame seeds and turmeric. Served with our famous miso gravy!

- ADD CHEESE/DAIYA +2.50

HONEY FRIED TOFU (GF) 7⁰⁰ 13⁰⁰

Tofu caramelized with sesame, soy & green onions

SUPERFRIES (GF) (VO) 16⁰⁰

Our homemade fries baked with guacamole, miso gravy and cheese or daiya. Topped with green onions.

QUESADILLAS (VO) 15⁰⁰

Your choice of:

- **Naam:** Green onions, jalapeños and cheese/daiya on whole wheat tortillas.
- **Milano:** Balsamic sun-dried tomatoes, green onions, jalapeños and cheese/daiya on whole wheat tortillas.
- **Oaxacan:** Chili, red onions, jalapeños, and cheese/daiya on corn tortillas. (GF)

- MAKE IT A PLATTER WITH SALAD AND FRIES + 6

CHIPS & SALSA (GF) (V) 6⁰⁰

Organic corn chips with homemade salsa.

CHIPS & GUACAMOLE (GF) (V) 8⁰⁰

Organic corn chips with homemade guacamole.

NACHOS

SERVED WITH HOUSE SALSA

HOUSE NACHOS (GF) (VO) 18⁰⁰

Organic corn chips topped with tomatoes and cheese/daiya.

TUSCAN NACHOS (GF) (VO) 20⁰⁰

Organic corn chips topped with balsamic sun-dried tomatoes, red onions, jalapeños and cheese/daiya.

- ADD GUACAMOLE + 5

LIGHT FARE

CROISSANT MELT (VO) 15⁵⁰

Guacamole, tomatoes and cheese/daiya on a vegan whole wheat croissant.

GRILLED CHEESE (VO) 11⁰⁰

The classic sandwich made with Naam Bread.

- SUBSTITUTE GF BREAD +2.5

STUFFED CHAPATI (VO) 15⁰⁰

A flatbread with guacamole, cheese, cucumber, tomato, arated carrots and beets

VEGGIE DELIGHT WRAP 15⁰⁰

Chili, potato, cabbage, tomato, red onion, jalapeño, guacamole, cilantro, cornchips, and cheese. Served with house and pineapple salsa.

PEANUT SUPREME WRAP (V) 15⁰⁰

Brown rice, tofu, peanut sauce, green onions, mung sprouts, carrots, beets & cilantro in a whole wheat tortilla. Served with a side of tamarind sauce.

- ADD LIGHT FARE CUP OF SOUP + 4

SALAD

SMALL | LARGE

HOUSE SALAD (GF) (V) 10⁵⁰ 14⁵⁰

Mixed organic greens, cherry tomatoes, cucumber, sunflower seeds, grated beets and carrots

Pick Your Dressing

- **NAAM:** Our original parsley, green onion & tahini dressing
- **POPPYSEED:** Creamy sweet onion & tahini
- **MISO GINGER:** Sweetened with agave & rice vinegar

THAI GADO (GF) 17⁰⁰

A bed of grated carrots, beets, potatoes, tofu and mung bean sprouts topped with peanut and tamarind sauces and sliced egg.

CALIFORNIA SALAD (GF) 18⁰⁰

Organic greens tossed with red peppers, red onions & sun-dried tomatoes in a balsamic vinaigrette. Topped with corn chips, pumpkin seeds & feta cheese

NACHO ENSALADA 18⁰⁰

A taco salad with seven-star bits, greens, cheese, yogurt, red bell pepper, guacamole

SOUP & CHILI

CUP | BOWL

DAILY SOUP (GF) (V) 5⁰⁰ 7⁰⁰

SOUP DELUXE 13⁰⁰ 15⁰⁰

Today's soup served with salad and Naam bread.

SOUP AND BREAD 11⁰⁰

CHILI (GF) (V) 6⁰⁰ 8⁰⁰

CHILI DELUXE 15⁰⁰ 17⁰⁰

Chili baked with yogurt, salsa and cheese. Served with Naam salad & bread.

CHILI AND BREAD 11⁵⁰

PIZZAS

10" inch pizza with our own marinara sauce. Baked with a cheddar and mozzarella mix OR vegan daiya cheese

THE WORKS (GF) (VO) 18⁰⁰

Zucchini, onions, peppers & mushrooms.

POPEYE'S (GF) 18⁰⁰

Spinach, feta, zucchini, onions, peppers & mushrooms.

SIDES & EXTRAS

(V)

SIDE FRIES & MISO 6⁰⁰

SIDE NAAM SALAD 6⁰⁰

SAUTEED TOFU 5⁰⁰

NAAM BREAD/PITA/CHAPATI 3⁵⁰

GLUTEN FREE BREAD 4⁰⁰

SMALL | LARGE

ORGANIC BROWN RICE 4⁰⁰ 6⁰⁰

GUACAMOLE 3⁰⁰ 5⁰⁰

DRESSING/SAUCE 2⁵⁰ 4⁵⁰

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) 18⁰⁰

Steamed veggies on brown rice with miso gravy, peanut sauce, tofu, wakame, grated carrots and beets.

GOLD (GF) (VO) 18⁰⁰

Sesame fries baked with cheese/daiya, miso gravy, steamed vegetables and tofu.

MEXI (GF) (VO) 18⁰⁰

Chili, brown rice, guacamole, cheese/daiya, steamed vegetables, miso gravy and salsa.

THAI (GF) (V) 18⁰⁰

Steamed vegetables on brown rice with tofu, cilantro, and our homemade coconut curry sauce.

GREEN (GF) (V) 18⁰⁰

A mix of tofu, steamed vegetables, miso gravy and peanut sauce, served on a bed of organic greens.

VEGGIE BURGERS

BURGER | PLATTER

NAAM BURGER (V) 13⁰⁰ 19⁰⁰

Our homemade veggie nut patty.

SEVEN-STAR BURGER (V) 13⁰⁰ 19⁰⁰

Tasty vegan soy protein burger.

TEMPEH REUBEN (VO) 16⁰⁰ 22⁰⁰

Organic + locally made tempeh served with mushrooms, cheese and saurkraut.

MAUI BURGER (V) 16⁰⁰ 22⁰⁰

Seven-star burger topped with pineapple, water-chestnuts and teriyaki sauce.

TOFU DOG (VO) 11⁰⁰ 17⁰⁰

Wrapped in a chapati with melted cheese.

- SUBSTITUTE GF BUN + 1.5
- ADD CHEESE/DAIYA + 2.50
- ADD SAUTÉED ONION/MUSHROOM + 2
- ADD GUACAMOLE (SM + 3) (LG + 5)

BURGER
ADD-ONS

ENTREES

THAI NOODLES (GF) (V) 20⁰⁰

Vegan Pad Thai. Rice noodles, bell peppers, onions, tofu and a zippy sauce topped with bean sprouts and peanuts.

BUDDHA'S FEAST (GF) (V) 22⁰⁰

A rainbow of veggies and tofu stir fried with miso, served on a bed of brown rice. Topped with cashews.

CRYING TIGER (GF) (V) 22⁰⁰

Peppers, onions, zucchini, potatoes and tofu, sautéed in coconut-curry sauce with fresh cilantro and brown rice.

NAAM STEAK (V) 20⁰⁰

Our own veggie-nut patty smothered in miso gravy. Served with sesame fries and steamed veggies.

MEXICAN

BURRITOS (VO) 18⁰⁰

Your choice of filling:

- **Chili:** Homemade chipotle chili and tofu.
- **Veggie:** Mushrooms, onions, zucchini and peppers.

Both are filled with salsa and yogurt in a whole wheat tortilla, baked with cheese.

Served with salad OR fries & miso gravy.

- MAKE IT A PLATTER WITH BOTH SIDES + 6

ENCHILADAS (GF) (VO) 18⁰⁰

Your choice of filling:

- **Spinach & Feta:** With grilled vegetables
- **Cashew-Avocado:** Guacamole and cashews
- **Chilaquiles:** Homemade chili

All enchiladas have grilled mushrooms, onions, zucchini and peppers. Baked with salsa and yogurt in corn tortillas, topped with cheese. Served with fries OR salad.

- MAKE IT A PLATTER WITH BOTH SIDES + 6

TACOS (GF) (VO) 15⁰⁰

Three tacos with black bean chipotle chili, red onion, jalapeño, guacamole, cilantro, sesame seeds and cheese. Served with house and pineapple salsas.

EASY RISER BREAKFAST

AVAILABLE MONDAY TO FRIDAY 11AM-4PM

TWO EGGS + TOAST 10⁰⁰

Any style with Naam toast and homemade raspberry jam

- SUBSTITUTE GF TOAST + 1.5
- ADD SESAME FRIES AND MISO + 4.5
- ADD SEVENSTAR STRIPS OR VEGGIE SAUSAGE + 4.5

SCRAMBLED TOFU + TOAST (V) 17⁰⁰

Tofu scrambled with tomatoes, mushrooms, zucchini, red pepper, onion, tamari & spices. With toast & jam.

- SUB GF TOAST + 1.5

CROISSANT WITCH 17⁰⁰

Open-faced whole wheat croissant topped with scrambled eggs, veggie sausage & cheese. Baked and served with fries and miso.

SCREAMIN' GREENS SALAD (V) 16⁰⁰

Organic greens topped with scrambled tofu, guacamole, cucumber, pumpkin seeds & miso ginger dressing.

VEGGIE HASH & EGGS 17⁰⁰

A bed of sesame fries & grilled veggies covered in melted cheese. Topped with 2 over-easy eggs, served with miso gravy and Naam toast & jam.

- SUB GF TOAST + 1.5

LOCO MOCO 17⁰⁰

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 SEVENSTAR + 3

MISO BENNY 18⁰⁰

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.

- SUB TEMPEH FOR SEVENSTAR + 3



All items excluding "Two eggs + toast" can be made vegan upon request.

COFFEE & HOT DRINKS

COFFEE/DECAF	3 ⁵⁰
ESPRESSO	2 ⁷⁵
AMERICANO	4 ⁰⁰
CAPPUCCINO	4 ⁵⁰
CAFÉ LATTE	5 ⁵⁰
CHAI LATTE	5 ⁷⁵
MOCHA LATTE	6 ⁰⁰
HOT CHOCOLATE	5 ⁵⁰
LONDON FOG	5 ⁷⁵

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

TEAS

	CUP	POT
NAAM HOUSE BLENDS	3 ⁹⁵	5 ⁹⁵

Our unique recipes for 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 RIDER** - Earl Grey black tea, alfalfa, mint, anise

BLACK & GREEN TEAS	3 ⁵⁰	5 ⁵⁰
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Earl Grey, English Breakfast, Orange Pekoe, Jasmine, Sencha Green Tea

HERBAL TEAS	3 ⁵⁰	5 ⁵⁰
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Alfalfa Mint, Peppermint, Chamomile, Rooibos, Ginseng, Sleepy Time, Lemon Zinger, Mandarin Orange Spice.

WHITE WINE

6oz glass | 1/2 litre | 750mL bottle

HOUSE WHITE	7 ⁰⁰	15 ⁰⁰	20 ⁰⁰
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(12.9% | Chaberton Estates)

SAUVIGNON BLANC	8 ⁰⁰	17 ⁰⁰	27 ⁰⁰
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(13.5% | Sumac Ridge)

NARRATIVE ROSÉ	8 ⁰⁰	19 ⁰⁰	30 ⁰⁰
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(12.5% | Okanagan Crush Pad)

RED WINE

HOUSE RED	7 ⁰⁰	15 ⁰⁰	20 ⁰⁰
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(14.0% | Copper Moon) Malbec

TEMPRANILLO	8 ⁰⁰	18 ⁰⁰	27 ⁰⁰
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(13.0% | Cerejeiras Tinto) *Organic*

PINOT NOIR			44 ⁰⁰
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(12.5% | Summerhill) *Organic*

JUICES & COLD DRINKS

FRESH JUICES	6 ⁰⁰
Carrot, Orange, Apple-Raspberry, Orange-Strawberry	
TJ'S ORGANIC APPLE CIDER	4 ⁵⁰
PHILIPS INTERGALACTIC ROOT BEER	4 ⁰⁰
NOT TOO SWEET COLA	4 ⁰⁰
GOOD DRINK MANGO ICED TEA	4 ⁰⁰
BRUCE COST GINGER ALE	5 ⁰⁰
PURE+ KOMBUCHA	7 ⁰⁰
Blackberry Charcoal OR Detox (Lemon, turmeric + ginger)	

SHAKES & FLOATS

BLUEBERRY MILKSHAKE	8 ⁰⁰
Made with organic blueberries, milk & ice cream	
BLUEBERRY SOY SHAKE (V)	8 ⁵⁰
Organic blueberries, soy milk & vegan ice cream	
FRUIT SMOOTHIE (V)	7 ⁵⁰
With strawberries, raspberries, organic blueberries & apple juice	
STRAWBERRY LASSI	7 ⁵⁰
Yogurt and strawberries, sweetened with honey	
ICE CREAM FLOAT (VO)	8 ⁰⁰
Vanilla ice cream topped with root beer or cola	

BEER, CIDER, ETC.

DAWN PILSNER	8 ⁰⁰
(473mL 4.9%) Parkside Brewing	
FARMER'S TAP LAGER	7 ⁰⁰
(355mL 4.7%) Barnside Brewing Co.	
GOLDEN GODDESS ALE	7 ⁰⁰
(355mL 5.0%) Persephone Brewing	
FEATHERWEIGHT IPA	7 ⁰⁰
(355mL 4.5%) Four Winds Brewing Co.	
33 ACRES OF NIRVANA IPA	7 ⁰⁰
(355mL 7.0%) 33 Acres Brewing Co.	
FORAGER GLUTEN-FREE LAGER	7 ⁰⁰
(355mL 5.0%) Whistler Brewing	
APPLE CIDER	7 ⁰⁰
(355mL 7.0%) Greenhill Cider	
A+ HOPPY APRICOT CIDER	8 ⁰⁰
(473mL 6.4%) Greenhill Cider	
KIWAMI PLUM SOUR	8 ⁰⁰
(473mL 6.3%) Fuggles & Warlock Craftworks	
PEACH ELDERFLOWER GIN COCKTAIL	8 ⁰⁰
(355mL 5.0%) Strait & Narrow	
SOBER CARPENTER	5 ⁵⁰
(473mL Non-alcoholic)	
	10oz 18oz 56oz
DRAFT BEER	6 ⁰⁰ 8 ⁰⁰ 21 ⁰⁰
A rotating selection of local ales. Ask your server!	

DESSERTS

RASPBERRY CHOCOLATE CAKE (V)	8 ⁰⁰
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A raspberry-filled, chocolate cashew delight.

CARROT CAKE	8 ⁰⁰
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With nuts & raisins, topped with a cream cheese icing.

BROWNIE SUPREME (VO)	7 ⁵⁰
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A warm vegan chocolate brownie topped with a scoop of Mario's ice cream and blueberry sauce

MARIO'S ICE CREAM (VO)	4 ⁵⁰
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A cup of regular or vegan vanilla ice cream (2 scoops)

· ADD BLUEBERRY SAUCE + 1

NOH PIE (GF) (V)	7 ⁵⁰
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Dreamy vegan banana cream pie with dates and nuts.

BLUEBERRY PIE (V)	7 ⁵⁰
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Made with locally grown organic blueberries.

DUTCH APPLE CRANBERRY PIE (V)	7 ⁵⁰
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Tart & sweet with a crumble topping.

APPLE CRISP (V)	7 ⁰⁰
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A hot dish of apple crisp with oats, nuts & raisins