

## Appetizers

- Sesame Fries

GF

✓

9
- Baked potato wedges with sesame seeds
- Add Miso Gravy OR cheese

GF

+3
- Add Miso Gravy AND cheese

GF

✓

✓

+5
- Small Fries and Miso Gravy

GF

✓

8

- Super Fries

✓

GF

15
- A row of Sesame Fries topped with guacamole, Miso Gravy and baked with cheese and green onions

- Quesadillas (Served with salsa)

15
- NAAM
- ✓

✓
- Whole wheat tortillas with melted cheese, green onions & jalapeños
- MILANO
- ✓

✓
- Sun-dried tomatoes, green onions, jalapeños & cheese on whole wheat tortillas
- OAXACAN
- GF

✓

✓
- Organic corn tortillas with chili, red onions, cilantro, jalapeños & cheese

- Sesame-Honey Fried Tofu

12.5
- Caramelized with sesame, soy & green onions

## Salads

- Naam Salad

GF

✓

Sm 10  
Lg 13.5
- Lettuce, tomatoes, cucumbers, beets, red and green cabbage, carrots, sunflower seeds & your choice of dressing

- Choose Your Dressing

GF

✓
- Naam

Our original creamy parsley, green onion and tahini dressing
- Chili Lime

Lime vinaigrette with a spice kick
- Poppy

Our creamy and sweet onion and tahini dressing
- Seed Miso

Sweetened with Agave and rice vinegar
- Ginger
- Lemon Thyme

With roasted sesame oil and tamari. Zing!

- California Salad

GF

✓

18
- Organic greens tossed with red peppers, sun-dried tomatoes, red onion and a balsamic vinaigrette. Topped with corn chips, pumpkin seeds and feta cheese

- Thai Gado

GF

✓

✓

17
- A bed of grated carrots, beets, potatoes, tofu and mung bean sprouts, topped with spicy peanut and tamarind sauces & sliced hardboiled egg

## Light Fare

- Croissant Melt

✓

✓

15
- Guacamole melted with cheese & tomato on an organic whole wheat vegan croissant
- Grilled Cheese Sandwich

✓

✓

10.5
- On Naam Bread with melted cheddar and mozzarella
- Stuffed Chapati

✓

15
- A flatbread with melted cheese, guacamole, cucumber, tomato, lettuce, grated carrots & beets
- Peanut Supreme Wrap

✓

15
- Brown rice, tofu, peanut sauce, green onions, carrots, bean sprouts and cilantro. Served with a side of tamarind sauce



## Fun Fact

If today is your birthday you get a special discount on your main dish.

## Make it a Quesadilla Platter Meal

Add fries & Miso Gravy and Naam salad  
+7

## Make it an Enchilada or Burrito Platter

Add fries and Miso Gravy  
+6

# Welcome to the NAAM

The Naam Cafe was founded back in 1968 when 4th Avenue was still called Rainbow Road. It began as a gathering place for people who were seeking "the good life".

Naam means 'name' in many languages across the world and is the original name. We hope you enjoy your visit.

## Light Fare Add-Ons

Small Fries & Miso Gravy  
+6

Naam Salad  
+6

Soup of Today  
Cup +4  
Bowl +6

## Nachos

Served with house salsa

- Naam Nachos

GF

✓

✓

18.5
- With cheddar, mozzarella & tomatoes
- Tuscan Nachos

GF

✓

✓

20
- With cheese, sun-dried tomatoes, jalapeños & red onions
- Large Guacamole

GF

✓

5

## Mexican

- Enchiladas

18
- Made with organic corn tortillas, salsa, yogurt & cheese. Served with Naam salad
- SPINACH-FETA
- GF

✓

✓
- Mushrooms, onions, spinach, feta, zucchini & bell peppers
- CASHEW AVOCADO
- GF

✓

✓
- Grilled veggies, cashews & guacamole
- CHILAQUILES
- GF

✓

✓
- Grilled veggies and black bean chipotle chili

- Burritos

18
- Made with whole wheat flour tortillas, salsa and yogurt. Baked with cheese. Served with Naam salad
- VEGGIE
- ✓

✓
- Mushrooms, onions, zucchini & bell peppers
- CHILI
- ✓

✓
- Organic tofu and black bean chipotle chili

- Nacho Ensalada

✓

✓

17.5
- Lettuce, tomato, beets, red & green cabbage, carrots, cheese, guacamole, Seven-Star bits, red onion, red pepper & tortilla chips. Topped with homemade yogurt

- Tacos

GF

✓

✓

14.5
- 3 tacos with black bean chili, red onion, jalapeno, cabbage, guacamole, cheese, cilantro and sesame seeds. Served with house salsa

- Soup Deluxe

✓

Cup | Bowl  
12 | 14
- Today's soup with Naam Salad & multigrain Naam Bread with Veggie Butter
- Soup & Bread

✓

10
- Today's soup with multigrain Naam Bread & Veggie Butter
- Soup

GF

✓

✓

5 | 7
- Chili Deluxe

✓

✓

14 | 16
- Homemade black bean chipotle chili topped with yogurt, salsa & cheese. Served with Naam Salad & multigrain Naam Bread with Veggie Butter
- Chili & Bread

✓

10
- Homemade chili with multigrain Naam Bread & Veggie Butter
- Chili

GF

✓

✓

6 | 8

GF

 Gluten Free

✓

 Can Be Made Vegan

✓

 Vegan

**Please Note** Substitutes and alterations may result in an additional charge and extra preparation time. Modifications may be politely declined during peak times. Complete ingredients of menu items are not listed, ask your server. We will do our best to help with allergy and food-related questions but cannot assume responsibility for a particular sensitivity or allergy to food provided by the restaurant. Parties of 6 or more will be charged an automatic gratuity of 18%

www.theNAAM.com  
Follow us @NAAMRestaurant  
#NAAMlife



Dragon Bowls

17

Naam

Y GF

Steamed veggies on organic brown rice with Miso Gravy, tofu, peanut sauce, grated carrots, beets & wakame seaweed

Thai

Y GF

A coconut curry sauce on steamed veggies & organic brown rice with sautéed tofu, grated carrots, beets & fresh cilantro

Mexi

VO GF

Organic brown rice, chili, steamed veggies & melted cheese topped with carrots, beets, guacamole & Miso Gravy. Served with a side of salsa

Gold

VO GF

A delicious mix of Naam Sesame Fries, Miso Gravy, steamed veggies, melted cheese, grated carrots & sautéed tofu

Changes & Add-Ons

Substitute tempeh instead of tofu +2.5

Extra Spicy +1

No Jalapeños

Extra Saucy +2

Entrées

Thai Noodles

Y GF

20

Vegan Pad Thai. Rice noodles stir-fried in a miso, ginger, garlic, jalapeño sauce with green & red peppers, onions, tofu, mung sprouts, red cabbage and peanuts

Buddha's Feast

Y GF

22

Fresh stir-fried veggies with mushrooms, garlic, ginger, jalapeños, organic tofu, cashews & Miso Gravy on a bed of organic brown rice

Crying Tiger Thai Stir-fry

Y GF

21.5

Veggies, potatoes and tofu, sautéed in Thai coconut-curry sauce with fresh cilantro and organic brown rice

Naam Steak Platter

Y

21

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

Fettuccine Supremo

VO

17.5

Fettuccine pasta with sun-dried tomatoes, oil, garlic, red pepper & balsamic vinegar, with asiago & parmesan cheeses

Daily Special

20

A rotating classic Naam dish. Look at the features chalkboard or ask your server for more details (limited availability)

Veggie Burger Platters

Your favourite burger with Sesame Fries, Miso Gravy & Naam Salad. Burgers are served on a multigrain bun with tomatoes, cucumbers & lettuce (and a side of mustard and vegan mayo)

Naam Burger

Y

18.5

Our unique and delicious vegan patty made with organic tofu, nuts & grains

Tempeh Reuben

VO

20

Organic, locally-made Tempea tempeh with melted cheese (or Daiya), grilled mushrooms & sauerkraut

Seven-Star Burger

Y

18.5

Our tasty vegan soy protein burger. Sure to become an all time favourite!

Maui-Maui Burger

Y

20

A Seven-Star Burger served with mushrooms, pineapple, water chestnuts & teriyaki sauce

California Burger

Y

20

Gluten-free, brown rice & toasted nut patty. Topped with guacamole. Gluten-free bun available on request

Tofu Dog

Tofu Dog Platter

VO

17.5

Grilled & rolled in a chapati with melted cheese. Served with Sesame Fries, Miso Gravy & Naam Salad

Just the Burger

Any of our Burgers are available without fries and salad

Take 5.5 off of the platter price

Burger & Dog Add-Ons

Sautéed onion +1.5

Pineapple +1.5

Cheese or Daiya +2.5

Mushrooms +2

Chili +4

Gluten free bun +1.5

Guacamole

Sm +3

Lg +5

Just the Dog

12

Vegan Easy Riser

All of these items can be veganized (except for Two Eggs Any Style)

Daiya is substituted for cheese. Scrambled Tofu instead of eggs

Just let your server know

Easy Riser Breakfast

11am-4pm Monday to Friday

(Except Holidays)

\*Available for Dine-In Only\*

Two Eggs Any Style with Naam Toast

10.5

Add Sesame Fries & Miso Gravy

Add Seven-Star Strips or veggie sausages +3.5

Scrambled Tofu

Y

17

Our own special recipe. Tofu scrambled with tomatoes, mushrooms, zucchini, red peppers, onion, tamari and spices. Served with Naam Toast

Croissant Witch

VO

17

Open-faced organic whole wheat vegan croissant topped with cheese, scrambled eggs & veggie sausage. Baked and served with Sesame Fries & Miso Gravy

Miso Benny

VO

17.5

Sautéed Spinach & a grilled Seven-Star patty on a pita topped with two eggs, Miso Gravy & cheese. Broiled and served with a side of Sesame Fries & more Miso Gravy

Sub Organic Tempeh for Seven-Star

+3

Veggie Hash & Eggs

VO

17.5

A bed of Sesame Fries & grilled veggies covered with melted cheese & two over-easy eggs. Served with Naam Toast and Miso Gravy

Loco Moco

VO

16.5

Organic brown rice topped with a Seven-Star Patty, caramelized onions, 2 over-easy eggs & green onions. Smothered in Miso Gravy. Comes with pineapple salsa

Sub Organic Tempeh for Seven-Star

+3

Screamin' Greens Salad

GF

Y

16.5

Organic greens topped with scrambled tofu, guacamole, cucumbers, Miso Ginger Dressing, & pumpkin seeds

Sub scrambled eggs instead of tofu

(no charge)

Sides

Y

Sauces

Y GF

(all made in-house)

Sm 3 Lrg 4

Peanut Sauce

Slightly spicy with a little sweetness

Miso Gravy

Famous tangy vegan gravy

Thai Sauce

Spicy coconut curry

Tamarind Sauce

Sweet, tart and fruity

Salsa

Smooth tomato, jalapeño

Pineapple Salsa

Chunky pineapple, jalapeño

Salad Dressing

Sm 3 Lrg 4

Organic Brown Rice

Cup 4 Bowl 5

Guacamole

Sm 4 Lrg 6

Sautéed Tofu

4

Tempeh

5

Bread: Pita, Chapati or Naam Bread (with butter or vegan Veggie Butter)

3.5

Y

Vegan

VO

Can Be Made Vegan

GF

Gluten Free

Coffee & Hot Drinks

VG

All our coffee is certified organic & fair trade  
All special coffees are available in water decaf

Coffee	3	Inca Coffee Alternative	3
Espresso	2.5	(made of beet, barley,	
extra shot	+0.8	rye & chicory)	
Americano	3.5	Chai Latte	5.3
Americano misto	4.5	Hot Chocolate	4.5
Café latte	5.3	Steamed Milk, Soy,	3.8
Mocha latte	5.8	Oat or Almond	
Cappuccino	4.5		

Teas

GF

✓

Single-cup teapot 3Larger multi-cup teapot 5

Black or Green Teas

Earl Grey, English Breakfast, Orange Pekoe, Jasmine, Sencha Green Tea

Herbal Teas

Alfalfa Mint, Peppermint, Chamomile, Rooibos, Ginseng, Sleepy Time, Lemon Zinger, Mandarin Orange Spice

Naam House Tea Blends

RAINBOW (smile): Comfrey, juniper berries, clover, rosebuds

JAMAICAN SPICE (zip): Hibiscus, cinnamon bark, rosehip, whole cloves, orange peel

CATNAP (relaxed): Peppermint, chamomile, rosehip, clove, sage, catnip

HIGH C (health): Nettle, lemon balm, rosehip, cinnamon, orange peel

SWEET + SOUR (energy): Lemon balm, hibiscus, star anise, orange peel

MAMA NAAM (mother): Strawberry leaf, nettle, licorice root, rose petals, raspberry leaf

EASY RIDER (wake-up): Earl Grey, alfalfa, mint, anise

Brownie Supreme 7.5

VG

A warm vegan chocolate brownie topped with a scoop of Mario's vanilla ice cream or vegan soy ice cream and organic blueberry sauce

Drinks & Desserts

Vegan Milk

✓

Oat, soy & almond milks are available (no extra charge)

Juices

GF

✓

TJ's Organic Apple 3.5

Fresh Juices 4.5

Carrot  
Orange  
Apple Raspberry  
Orange + Strawberry

Add Ice Cream

VG

2 scoops of dairy or soy ice cream with your cake or pie +2.8

Desserts

Cakes 7.5

SHAKTI

✓

Our vegan chocolate carrot cake with hemp, pumpkin, sunflower & flax seeds, smothered in a hemp cream icing

RASPBERRY CHOCOLATE

✓

A raspberry-filled chocolate cashew delight

Bottled Cold Drinks

GF

✓

PHILLIP'S Intergalactic Root Beer  
NOT TOO SWEET Cola  
GOOD DRINK Mango Iced Tea  
33 ACRES Sparkling Water  
Heart (Rosehip + Hibiscus)

3.8

BRUCE COST Ginger Ale

4.8

PURE+ Kombucha

6.8

Blackberry Charcoal

Detox (Lemon, Ginger + Turmeric)

Shakes

GF

BLUEBERRY MILKSHAKE 7  
Made with organic blueberries, milk & ice cream

FRUIT SMOOTHIE 6.8  
Made with organic blueberries, strawberries, raspberries & apple juice

BLUEBERRY SOY SHAKE 7  
Organic blueberries, soy milk & vegan ice cream

STRAWBERRY LASSI 6.8  
Fresh yogurt, honey, strawberries, water & ice

Pies 7.5

NOH

GF

✓

Vegan dreamy banana cream pie with dates and nuts

ORGANIC BLUEBERRY

✓

A classic dessert made with locally grown Matsqui blueberries and a wholewheat crust

DUTCH APPLE CRANBERRY

✓

Tart, sweet & topped with crumble

FUDGY VEGAN BROWNIE 3.8

✓

HOT APPLE CRISP 6.8

✓

HEMP ENERGY ORB 4

GF

✓

MARIO'S VANILLA ICE CREAM or SOY ICE CREAM (4 scoops) 6.5

GF

VG

Other Sweets

CRUNCHY CASHEW BALL 4 (contains honey)

GF

Wine

6 oz glass | 750ml bottle

GF

✓

CHABERTON WHITE – Chaberton Estates, Langley, BC 7.8 | 27

SAUVIGNON BLANC – Sumac Ridge, Summerland, BC 9.2 | 36

PINOT BLANC – Covert Farms (Organic), Oliver, BC 11 | 44

NARRATIVE ROSÉ – Okanagan Crush Pad Summerland, BC 9.2 | 36

MALBEC – Copper Moon, Kelowna, BC 7.8 | 27

PINOT NOIR – Summerhill (Organic), Kelowna, BC 11 | 44

CEREJEIRAS TINTO – Castelao | Tempranillo | 8.5 | 34  
Touriga - Agricola Sanguinhal (Organic), Portugal

Beer, Cider & Pre-Mixed Drinks

DAWN PILSNER - Parkside Brewery 6.8  
Port Moody, BC (355 mL | 4.9%)

FARMER'S TAP LAGER - Barnside Brewing Co. 6.8  
Ladner, BC (355 mL | 4.7%)

GOLDEN GODDESS ALE - Persephone Brewing 7  
Sunshine Coast, BC (355 mL | 5%)

KIWAMI PLUM SOUR - Fuggles & Warlock Craftworks 8.3  
Richmond, BC (473 mL | 6.3%)

FEATHERWEIGHT IPA - Four Winds Brewing Co. 7.1  
Delta, BC (355 mL | 4.5%)

33 ACRES of NIRVANA IPA - 33 Acres Brewing Co. 7  
Vancouver, BC (330 mL | 7%)

SEASONAL SPECIAL - Ask Your Server

FORAGER GLUTEN-FREE LAGER - Whistler Brewing 7.4  
Whistler, BC (355 mL | 5%)

SOBER CARPENTER Non-Alcoholic Beer 5.5  
Montreal, QC (473 mL | <0.5%)

A+ CIDER Hoppy Apricot Cider (Tall Can) - Greenhill 8  
Vancouver, BC (473 mL | 6.4%)

APPLE CIDER - Greenhill, Vancouver, BC (355 mL | 6%)

KOMBUCHA VODKA ICED TEA Lemon Lavender - Zen 7  
Kelowna, BC (Organic) (355 mL | 5%)

PEACH ELDERFLOWER GIN COCKTAIL - Strait & Narrow 7  
Victoria, BC (355 mL | 5%)

Draft Beer

Rotating, ask your server

10oz | 18oz | 56oz

6 8 21

Prices do not include tax

✓

Vegan

VG

Can Be Made Vegan

GF

Gluten Free