

APPETIZERS

SMALL | LARGE

SESAME FRIES & MISO GRAVY   7²⁵ 13⁵⁰

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

• ADD MELTED CHEESE/DAIYA +2.75

SESAME HONEY TOFU  7²⁵ 13⁵⁰


Tofu caramelized with sesame, tamari & green onions.

SUPERFRIES   16⁷⁵

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

QUESADILLAS  15⁷⁵

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. 

• MAKE IT A PLATTER WITH SALAD AND FRIES + 6

CHIPS & SALSA   6⁵⁰

Organic corn chips with homemade salsa.

CHIPS & GUACAMOLE   8⁷⁵

Organic corn chips with homemade guacamole.

LIGHT FARE

CROISSANT MELT  15⁹⁵

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

GRILLED CHEESE  11⁵⁰

The classic sandwich made with Naam Bread.

• SUBSTITUTE GF BREAD +2.5

STUFFED CHAPATI  15²⁵

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

VEGGIE DELIGHT WRAP  15²⁵

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

PEANUT SUPREME WRAP  15⁵⁰

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

 GLUTEN-FREE

 VEGAN

 VEGAN OPTION AVAILABLE

Many items are vegan by default! Let us know if you'd like anything marked with "VO" made vegan

Complete ingredients for menu items are not listed, please inquire with staff about any allergy/dietary concerns

Please Note: Modifications may result in an additional charge and extra prep time. These may be politely declined during peak times. Parties of 6 or more will be charged an automatic gratuity of 18%

SALAD

SMALL | LARGE

HOUSE SALAD   10⁷⁵ 14⁹⁵

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  17²⁵

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

CALIFORNIA SALAD  18⁵⁰

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 18²⁵

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

NACHOS

SERVED WITH HOUSE SALSA

HOUSE NACHOS   18⁷⁵

Organic corn chips topped with tomatoes and cheese/daiya.

TUSCAN NACHOS   20⁷⁵

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

• ADD SIDE GUACAMOLE + 5

SIDES & EXTRAS

SIDE FRIES & MISO 6⁷⁵

SIDE NAAM SALAD 6⁹⁵

STEAMED VEGGIES 6²⁵

SAUTÉED TOFU 5²⁵

TEMPEH PATTY 6²⁵

SEVENSTAR PATTY 6²⁵

NAAM BREAD/PITA/CHAPATI 3⁷⁵

TOAST 3⁷⁵

GLUTEN FREE BREAD 4²⁵

WHOLE AVOCADO 4⁹⁵

HARD BOILED EGG 3⁵⁰

BROWN RICE 4²⁵ 6²⁵

GUACAMOLE 3²⁵ 5²⁵

DRESSING/SAUCE 2⁵⁰ 4⁵⁰

SMALL | LARGE

DRAGON BOWLS

NAAM · gf · v 18⁵⁰

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

GOLD · gf · vo 18⁷⁵

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

MEXI · gf · vo 18⁷⁵

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

THAI · gf · v 18⁵⁰

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

GREEN · gf · v 18²⁵

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

- MAKE YOUR BOWL EXTRA SAUCY + 2

PIZZAS

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

THE WORKS · vo 15⁰⁰

Zucchini, onions, peppers & mushrooms.

POPEYE'S 15⁰⁰

Spinach, feta, onions & mushrooms.

- SUB 10" UDI'S CRUST TO MAKE IT GLUTEN-FREE +4 gf

VEGGIE BURGERS

Platters are served with salad & fries with miso BURGER | PLATTER

NAAM BURGER · v 13⁵⁰ 19⁷⁵

Our homemade veggie nut patty.

SEVEN-STAR BURGER · v 13⁵⁰ 19⁷⁵

Tasty vegan soy protein burger.

TEMPEH REUBEN · vo 16⁵⁰ 22⁷⁵

Organic + locally made tempeh served with mushrooms, cheese and saurkraut. (Patty is gluten-free)

- SUB GLUTEN FREE BUN 1.5 gf

MAUI BURGER · v 16⁵⁰ 22⁷⁵

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

CALIFORNIA BURGER 16⁵⁰ 22⁷⁵

Brown rice and toasted nut patty topped with homemade guacamole. (Patty is gluten-free)

- SUB GLUTEN FREE BUN 1.5 gf

TOFU DOG · vo 11²⁵ 17⁵⁰

Wrapped in a chapati with melted cheese.

BURGER
ADD-ONS

- SUBSTITUTE GF BUN + 1.5
- ADD CHEESE OR DAIYA + 2.50
- ADD SAUTÉED ONION + 2.50
- ADD SAUTÉED MUSHROOM + 2.50
- ADD GUACAMOLE (SM + 3.25) (LG + 5.25)

ENTREES

THAI NOODLES · gf · v 20⁷⁵

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

BUDDHA'S FEAST · gf · v 22⁵⁰

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

CRYING TIGER · gf · v 22⁷⁵

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.

- MAKE IT EXTRA SAUCY +2
- MAKE IT EXTRA SPICY +1

MEXICAN

BURRITOS · vo 18⁵⁰

Your choice of filling:

- **Chili:** Homemade chipotle chili and tofu.
- **Veggie:** Mushrooms, onions, zucchini and peppers.
- **Bean & Veggie:** A veggie burrito with chili

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 18⁵⁰

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 15⁵⁰

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

SOUP & CHILI

DAILY SOUP · v 5⁵⁰ 7⁵⁰

SOUP DELUXE 13⁵⁰ 15⁵⁰

Today's soup served with salad and Naam bread with our vegan veggie butter spread.

SOUP AND BREAD · v 10²⁵

Hearty Naam bread with our vegan veggie butter spread and a bowl of today's soup.

- SUB GF BREAD + 1.50 gf

CHILI · v 6²⁵ 8²⁵

CHILI DELUXE 15⁵⁰ 17⁵⁰

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

CHILI AND BREAD · v 11⁵⁰

Hearty Naam bread with our vegan veggie butter spread and a bowl of vegan chili.

- SUB GF BREAD + 1.50 gf

COFFEE & HOT DRINKS

COFFEE/DECAF	3 ⁵⁰
ESPRESSO	2 ⁹⁵
AMERICANO	4 ²⁵
AMERICANO MISTO	4 ⁵⁰
CAPPUCCINO	4 ⁷⁵
CAFE LATTE	5 ⁷⁵
CHAI LATTE	5 ⁹⁵
MOCHA LATTE	6 ²⁵
HOT CHOCOLATE	5 ⁵⁰
LONDON FOG	5 ⁹⁵

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

TEAS

CUP | POT

NAAM HOUSE BLENDS	4 ²⁵	6 ⁵⁰
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Choose from one of our unique recipes of 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 (Caffeinated)	3 ⁹⁵	6 ²⁵
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Earl Grey, English Breakfast, Orange Pekoe, Jasmine, Sencha Green Tea

HERBAL TEAS (Zero Caffeine)	3 ⁹⁵	6 ²⁵
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Alfalfa Mint, Peppermint, Chamomile, Chai Rooibos, Ginseng, Sleepy Time, Lemon Zinger, Mandarin Orange Spice.

WHITE WINE

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

HOUSE WHITE (12.0% Peller Estates Pinot Grigio)	7 ²⁵	15 ⁵⁰	20 ⁹⁵
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SAUVIGNON BLANC (13.5% Sumac Ridge)	9 ²⁵	19 ⁵⁰	30 ⁰⁰
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VIIGNIER (13.5% Cono Sur)	7 ⁷⁵	17 ⁵⁰	24 ⁵⁰
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RIGAMAROLE ROSÉ (12.0% Okanagan Valley)	8 ²⁵	18 ⁵⁰	28 ⁰⁰
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RED WINE

HOUSE RED (14.0% Copper Moon) Malbec	7 ²⁵	15 ⁵⁰	20 ⁹⁵
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TEMPRANILLO (13.5% Lobetia) Organic	8 ²⁵	18 ⁵⁰	28 ⁰⁰
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CABERNET SAUVIGNON-SYRAH (12.0% Estrella de Pascua) Chile	7 ⁹⁵	17 ⁵⁰	24 ⁵⁰
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JUICES & COLD DRINKS

FRESH JUICES	6 ²⁵
Carrot, Orange, Apple-Raspberry, Orange-Strawberry	
TJ'S ORGANIC APPLE CIDER	4 ²⁵
MONTELLIER SPARKLING WATER	3 ⁷⁵
GOOD DRINK MANGO ICED TEA	4 ²⁵
PHILIPS' INTERGALACTIC ROOT BEER	4 ²⁵
'NOT TOO SWEET' GINGER ALE	4 ²⁵
'NOT TOO SWEET' COLA	4 ²⁵
PURE+ KOMBUCHA	7 ²⁵
Blackberry Charcoal OR Detox (Lemon, turmeric + ginger)	

SHAKES & FLOATS

BLUEBERRY MILKSHAKE	8 ²⁵
Made with organic blueberries, milk & ice cream	
BLUEBERRY SOY SHAKE (V)	8 ⁷⁵
Organic blueberries, soy milk & Vegan ice cream	
FRUIT SMOOTHIE (V)	8 ²⁵
Strawberries, raspberries, organic blueberries & apple juice	
STRAWBERRY LASSI	7 ⁹⁵
Yogurt and strawberries, sweetened with honey	
ICE CREAM FLOAT (VO)	8 ²⁵
Vanilla ice cream topped with root beer or cola	

BEER, CIDER, ETC.

DAWN PILSNER	8 ²⁵
(473mL 4.9%) Parkside Brewing	
PREMIUM HELLES LAGER	8 ²⁵
(473mL 4.7%) Barnside Brewing Co.	
GOLDEN GODDESS ALE	7 ²⁵
(355mL 5.0%) Persephone Brewing	
FEATHERWEIGHT IPA	7 ²⁵
(355mL 4.5%) Four Winds Brewing Co.	
33 ACRES OF NIRVANA IPA	7 ²⁵
(355mL 7.0%) 33 Acres Brewing Co.	
FORAGER GLUTEN-FREE LAGER	7 ²⁵
(355mL 5.0%) Whistler Brewing	
APPLE CIDER	7 ²⁵
(355mL 7.0%) Greenhill Cider	
A+ HOPPY APRICOT CIDER	8 ²⁵
(473mL 6.4%) Greenhill Cider	
KIWAMI PLUM SOUR	8 ²⁵
(473mL 6.3%) Fuggles & Warlock Craftworks	
PEACH ELDERFLOWER GIN COCKTAIL	8 ²⁵
(355mL 5.0%) Strait & Narrow	
GRAPEFRUIT+HIBISCUS HARD KOMBUCHA	8 ²⁵
(355mL 5.0%) Plenty Real Brews	
PHILIPS IOTA PALE ALE	5 ⁷⁵
(355mL Non-alcoholic)	

10oz glass | 18oz pint | 56oz pitcher

DRAFT BEER	6 ²⁵	8 ²⁵	22 ⁰⁰
A rotating selection of local ales. Ask your server!			