

A decorative border of various fresh vegetables and fruits surrounds the central text. On the left, there's a pomegranate, an apple, asparagus, and a head of lettuce. On the right, there's a bowl of lentils, cherry tomatoes, a yellow bell pepper, mushrooms, and several carrots. At the bottom left, there's an orange slice.

LUNCH MENU

OJAS – “vigor” or “essence of vitality.”



ALLERGENS INFORMATION:



OUR MENU MAY CONTAIN ALLERGENS LIKE BUT NOT LIMITED TO; NUTS, GLUTEN, SOY, DAIRY ETC.
PLEASE INFORM YOUR SERVER OF ANY ALLERGIES BEFORE ORDERING.
WE'LL DO OUR BEST TO ACCOMMODATE YOUR NEEDS.

ALL OUR CHEESES ARE RENNET-FREE.





INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE, BASED ON AVAILABILITY .
PRICES DO NOT INCLUDE APPLICABLE TAXES (13% HST).




SOUP



ROASTED TOMATO SOUP   \$13.99
roasted tomatoes, cooking cream, onion, garlic, butter, carrot, celery, leek and herbs like basil etc.

LENTIL SOUP   \$13.99
red lentils, vegan cream, lemon, onion, garlic, celery, leek and potato.

SALAD



BEET & ORANGE SALAD    or  \$15.99
beets, oranges, mixed greens, **walnuts**, raspberry, balsamic, honey, pumpkin seeds, and feta or vegan cheese.

GREEK SALAD   or  \$12.99
mixed greens, cucumbers, tomatoes, a tangy feta or vegan cheese, house-made balsamic vinaigrette and black olives.


CAESER SALAD  or  \$12.99
romaine lettuce, romano or vegan cheese, vegan bacon, vegetarian or vegan caesar dressing and pita croutons.

**Add on: Plant based chicken slices*  \$4.99



APPETIZER



CAULIFLOWER WINGS   \$13.99
breaded cauliflower, sweet chilli sauce, BBQ sauce, arugula, sesame seed and green onion.




SWEET POTATO PLATTER  \$10.99
sweet potato fries, smoked paprika , vegan chilli mayo.

FRIED PICKLE SPEARS (6 pcs)  \$10.99
breaded dill pickle slices, marinara sauce.

BURGER, SANDWICHES


OJAS BURGER WITH FRIES  or  \$17.99
house-made mixed beans patty, egg free bun, lettuce, tomato, Cheddar or vegan cheese, vegan mayonnaise, pickle, caramelized onion, regular or sweet potato fries.

PANINI SANDWICH WITH FRIES  or  \$15.99
ciabatta bread, bell pepper, onion, zucchini, carrot, broccoli, mushroom, cheddar or vegan cheese, hummus and regular or sweet potato fries.

PHILLY CHEESE SANDWICH WITH FRIES   or  \$16.99
ciabatta bread, plant-based beef, bell pepper, onion, zucchini, carrot, broccoli, mushroom, mozzarella or vegan cheese and regular or sweet potato fries.

**Upgrade the side with Greek salad* \$4.99

MAIN COURSE

YAKI UDON NOODLE 


\$19.99

wheat Udon noodles, bell peppers, carrots, onions, broccoli, mushrooms, bok choy, soy sauce, hoisin sauce, sesame seeds and sesame oil.

CHICKPEA FUSILLI PESTO PASTA 

\$27.99

chickpea pasta, zucchini, bell pepper, carrot, arugula and pesto sauce.

MONGOLIAN FRIED RICE 

\$19.99

sushi rice, plant-based beef, onion, carrot, potato, pepper, garlic, potato fries, zucchini, and soy sauce.

 CHICKEN VINDALOO 

\$20.99

plant based chicken, potato, onion, tomato, white vinegar, chilli flakes, cilantro, ginger, garlic, **cashew nut** and Indian spices.

BUTTER CHICKEN  or 

\$19.99

plant based meat chunks ,cooking or vegan cream, tomato, onion, ginger, garlic and **cashew nut**, Indian curry spices.

CHANA MASALA  or 

\$18.99

chickpeas, onion, tomato, ginger, garlic, cilantro, **cashew nut**, Indian curry spices, cooking or vegan cream.

SHAHI PANEER 

\$20.99

cottage cheese, tomatoes, onion, **cashew nut, almond**, cooking cream, ghee, garam masala, fenugreek leaves, cardamom, milk, ginger and garlic.

CHILLI TOFU 

\$19.99

tofu, bell pepper, onion, tomato, garlic, sweet & sour chili sauce, soy sauce, sesame seeds.

THAI RED COCONUT CURRY 

\$22.99

coconut milk, red curry spices, carrots, cauliflower, tofu, zucchini, bell peppers. cilantro and green onions.

ALL CURRIES COME WITH SIDE OF RICE.

Upgrade the side with with Cumin rice - **\$1.99, with Mushroom rice - **\$3.99***

SIDES

BASMATI RICE 

\$3.99

MUSHROOM RICE 

\$7.99

CUMIN RICE 

\$5.99

SAUTEED VEGETABLES 

\$8.99

olive oil, garlic, bell pepper, onion, zucchini, carrot, broccoli, mushroom.

DESSERT

CARROT CAKE 

\$8.99

CHOCOLATE CAKE 

\$8.99

GULAB JAMUN 

\$6.99