

OJAS



PLANT BASED

LUNCH MENU

OJAS in Sanskrit means -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*  5.99



APPETIZER



CAULIFLOWER WINGS   14.99
breaded cauliflower, sweet chilli sauce, BBQ sauce, arugula, sesame seed and green onion.




SWEET POTATO PLATTEI  10.99
sweet potato fries, smoked paprika, vegan chilli mayo.

FRIED PICKLE SPEARS (6 pcs)  11.99
breaded dill pickle slices, marinara sauce.

BURGER, SANDWICHES

OJAS BURGER WITH FRIES  or  18.99
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  16.99
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  17.99
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

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| <p>YAKI UDON NOODLE  </p> <p>wheat Udon noodles, bell peppers, carrots, onions, broccoli, mushrooms, bok choy, soy sauce, hoisin sauce, sesame seeds and sesame oil.</p> | <p>19.99</p> |
| <p>CHICKPEA FUSILLI PESTO PASTA  </p> <p>chickpea pasta, zucchini, bell pepper, carrot, arugula and pesto sauce.</p> | <p>27.99</p> |
| <p>MONGOLIAN FRIED RICE  </p> <p>sushi rice, plant-based beef, onion, carrot, potato, pepper, garlic, potato fries, zucchini, and soy sauce.</p> | <p>19.99</p> |
| <p> CHICKEN VINDALOO(hot)   </p> <p>plant based chicken, potato, onion, tomato, white vinegar, chilli flakes, cilantro, ginger, garlic, cashew nut and Indian spices.</p> | <p>21.99</p> |
| <p>BUTTER CHICKEN    or </p> <p>plant based meat chunks ,cooking or vegan cream, tomato, onion, ginger, garlic and cashew nut, Indian curry spices.</p> | <p>21.99</p> |
| <p>SHAHI PANEER   </p> <p>cottage cheese, tomatoes, onion, cashew nut, almond, cooking cream, ghee, garam masala, fenugreek leaves, cardamom, milk, ginger and garlic.</p> | <p>21.99</p> |
| <p>CHILLI TOFU  </p> <p>tofu, bell pepper, onion, tomato, garlic, sweet & sour chili sauce, soy sauce, sesame seeds.</p> | <p>19.99</p> |
| <p>CHANA MASALA    or </p> <p>chickpeas, onion, tomato, ginger, garlic, cilantro, cashew nut, Indian curry spices, cooking or vegan cream.</p> | <p>19.99</p> |

SIDES

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| <p>BASMATI RICE  </p> <p>3.99</p> |
| <p>CUMIN RICE  </p> <p>5.99</p> |
| <p>MUSHROOM RICE  </p> <p>7.99</p> |
| <p>SAUTEED VEGETABLES  </p> <p>olive oil, garlic, bell pepper, onion, zucchini, carrot, broccoli, mushroom.</p> <p>9.99</p> |

DESSERT

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| <p>CARROT CAKE    </p> <p>8.99</p> |
| <p>CHOCOLATE CAKE   </p> <p>8.99</p> |
| <p>GULAB JAMUN </p> <p>5.99</p> |