

A decorative border of fresh produce surrounds the central text. On the left, there are cherry tomatoes, a pomegranate, an apple, asparagus, and a head of lettuce. On the right, there are more cherry tomatoes, a yellow bell pepper, carrots, and a bowl of grains. At the bottom left, there is a slice of orange.

FOOD MENU

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



MENU SYMBOLS



VEGAN



VEGETARIAN



GLUTEN FREE



CONTAINS NUTS



CONTAINS SOY

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

UDON SOUP



\$14.99

bell pepper, carrot, bok choy, onion, garlic, soy paste, vegetable stock, tofu, green onion and Udon noodles.

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

BEEF & ORANGE SALAD



\$15.99

beets, oranges, mixed greens, **walnuts**, raspberry, balsamic, honey, pumpkin seeds, and feta or vegan cheese.

GREEK SALAD



\$12.99

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

QUINOA SALAD



\$12.99

quinoa, bell pepper, sesame oil, gluten free soya sauce, arugula, radish, balsamic glaze, onion, cucumber etc.

CAESAR SALAD



\$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

NACHOS PLATTER



\$17.99

tri-colour nachos, tomato, onion, arugula, cheddar or vegan cheese. side-sour cream and salsa.

FRIED PICKLE SPEARS



\$10.99

breaded dill pickle slices, marinara sauce.

VEGETABLE TEMPURA  **\$13.99**

bell pepper, potato, onion, mushroom, tempura and gram flour batter.

TACOS (3 pcs)   **\$13.99**

corn taco shell, tacos spices, mixed beans, seasonal veggies, plant based beef, tomato salsa, cilantro, lettuce, jalapeño, Indian masala, lemon and vegan cheese.

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.

MOZZA STICKS   **\$10.99**

breaded Mozza sticks, 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.

PITA SANDWICH WITH FRIES  or  **\$14.99**

pita bread, hummus, Greek salad veggies, Feta or vegan cheese, regular or sweet potato fries.

QUESADILLAS WITH FRIES   or  **\$17.99**

plant-based beef, hummus, bell pepper, onion, zucchini, carrot, broccoli, mushroom, jalapeño, cheddar or vegan cheese, side - salsa, sour cream, regular or sweet potato fries.

PHILLY CHEESE SANDWICH WITH FRIES   or  **\$16.99**

plant-based beef, bell pepper, onion, zucchini, carrot, broccoli, mushroom, mozzarella or vegan cheese and regular or sweet potato fries.

PANINI SANDWICH WITH FRIES



\$15.99

ciabatta bread, bell pepper, onion, zucchini, carrot, broccoli, mushroom, cheddar or vegan cheese, hummus and regular or sweet potato fries.

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

MAIN COURSE

PIZZA All pizzas are 11" of size

MUSHROOM MASALA PIZZA



\$22.99

cauliflower flour crust, mushroom masala, soft mozzarella and cheddar or vegan cheese and homemade tomato pizza sauce.

KETO PIZZA



\$22.99

cauliflower flour crust, extra virgin olive oil, soft mozzarella and cheddar or vegan cheese, mushroom, caramelized onion and spinach.

PEPPERONI PIZZA



\$22.99

cauliflower flour crust, mozzarella or vegan cheese, vegan pepperoni, house-made tomato sauce base.

EGGPLANT PIZZA



\$24.99

cauliflower flour crust, eggplant, curry spice & herbs, mozzarella and cheddar or vegan cheese.

CHEESE PIZZA



\$17.99

cauliflower flour crust, mozzarella and cheddar or vegan cheese.

PASTA, NOODLE & MORE

MONGOLIAN FRIED RICE (BUDAATAI HUURGA)



\$19.99

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

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.

MUSHROOM ALFREDO QUINOA PASTA



\$27.99

quinoa pasta, Alfredo sauce, mushroom, arugula and plant based meat.

CHICKPEA FUSILLI PESTO PASTA



\$27.99

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

BROWN RICE ARRABIATA PASTA



\$21.99

brown rice rigatoni pasta, arrabiata sauce, vegan sausage and bell pepper, arugula, parmesan or vegan cheese.

MONGOLIAN NOODLE (TSUIVAN)



\$22.99

wheat noodles, plant-based beef, onion, carrot, pepper, garlic, potato fries, zucchini, mushroom and soy sauce.

CURRY & GRAVY

GOBHI MANCHURIAN



\$22.99

breaded cauliflower, soy sauce, sweet chilli sauce, corn starch, onion, tomato, ginger, garlic, Indian curry spices, sesame seeds and green onion.

EGGPLANT CURRY



\$20.99

eggplant, onion, tomato, cilantro, ginger, garlic, **cashew nut**, Indian spices.

BUTTER CHICKEN



\$19.99

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

CHILLI TOFU



\$19.99

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

CHANA MASALA



\$18.99

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

MUSHROOM MASALA



\$18.99

mushroom, bell pepper, onion, tomato & ginger, garlic,Indian curry spices, **cashew nut**, cilantro.

THAI RED COCONUT CURRY



\$22.99

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



CHICKEN VINDALOO



\$20.99

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

SPINACH TOFU CURRY



\$19.99

tofu, spinach, onion, tomato, ginger, garlic, **cashew nuts**, Indian curry spices, sour or vegan cream.

TOFU MATAR



\$19.99

tofu, green peas, onion, tomato, ginger, garlic, cilantro, **cashew nuts**, Indian curry spices, cooking or vegan cream.

THALI (Regular or Jain)



\$25.99

lentil (daal), shahi tofu, garden salad, rice, bread, gulab jamun, pickle, **cashew nut** and **almond**.

ALL CURRIES COME WITH SIDE OF RICE OR NAAN OR ROTI.

**Upgrade the side with Garlic naan - \$1.59, with Cumin rice - \$1.99, with Mushroom rice - \$3.99*

SIDES

BASMATI RICE \$3.99

MUSHROOM RICE \$7.99

CUMIN RICE \$5.99

GARLIC NAAN \$4.99

BUTTER NAAN \$3.99

TANDOORI ROTI \$2.99

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

KID'S MENU

(KIDS MENU IS AVAILABLE FOR BELOW 12 YRS OLD ONLY)

QUINOA PASTA \$13.99

CHICKEN NUGGETS WITH FRIES \$9.99

Vegan, Vegetarian, Gluten free, Contains nuts, Contains soy.