

SOUP, SALAD & SIDES

FESTIVAL MENU

SOUP & SANDWICH COMBO *ONLY available from 11am to 3pm

A full order of our soup feature and a half a grilled Cheeze sandwich \$17

CREAMY MUSHROOM *GF option available

Cashew creamy soup is packed with Mushrooms and other savoury veggies.

Full orders are served with a slice of sourdough garlic toast. SIDE - \$7... FULL - \$11

BIG MAC DADDY SALAD *GF option available

Sautéed and seasoned walnut, lentil and mushroom crumble, with special sauce,

lots of lettuce, cheeze wuz sauce, pickles, and onions, served with a slice of sesame seed

sour dough toast. SIDE - \$9... FULL - \$14

NACHOS *GF

La Cocina tortilla chips with nacho cheeze, stewed black beans, green onions, cilantro,

tomatoes, a jalapeno & lime vinaigrette and a cashew sour cream. SIDE - \$8... FULL - \$15

MAINS

BUFFALO POPCORN CHICKUN BOWL

Our Fried Chicken Fest entry is the Buffalo Popcorn Chickun Bowl. It starts with our Buffalo spicy *chickun bites on a bed of buttery mashed potatoes with corn kernels and a savoury gravy then it's finished with a melty pepper cheddar cheeze and green onions. \$18

**Your choice of Chickun Seitan or crispy marinated Tofu bites (Gluten Friendly). Don't want it spicy? Let us know and we can leave out the heat. Please VOTE FOR US!*

THE ROUGHAGE CLUB

Our take on the triple decker sandwich has our UnTurkey slices, homemade Bacun, lettuce,

tomato and soy mayo. Served on three slices of classic white bread. Served with a side of

Roughage coleslaw or Tortilla chips & Nacho cheeze \$16

Add La Bomba spicy spread for .50¢, or add cashew pepper cheddar cheeze for \$3, or both for \$3.50

UNTURKEY PESTO SUB

Sliced UnTurkey seitan, arugula, tomato, cucumber, herbed cashew cream, walnut pesto mayo,

red onion and cashew parm, on a Italian bun. Served with a side of Roughage coleslaw

or Tortilla chips & Nacho cheeze. \$16

UNTURKEY & DILL HAVARTI SUB

Roast UnTurkey slices and Dill Havarti on an Italian bun with a lemon chive mayo,

tomato, red onion and arugula. Served with a side of Roughage coleslaw or

Tortilla chips & Nacho cheeze. \$16

**GF - Gluten Friendly • 100% Vegan!*