



VEGGIE



VEGAN



VEGGIE APPETIZERS

GREEN ONION CAKE ...4.75

KIM CHI... 4.75

FRESH FRUIT CUP ... 5.95

SPICY VEGETABLE SOUP ...7.95

Tofu and assorted veggie in a spicy vegetable broth

CREAM COCONUT SPICY SOUP ... 8.95

Tofu and assorted veggie in a creamy spicy vegetable broth

VEGAN DUMPLING (5)... 9.95

VEGGIE SPRING ROLLS... \$9.50 (4 rolls) \$5.25 (2 rolls)

You're gonna love it! Homemade recipe with mixed veggie and served with sweet sour chili sauce

FRESH SALAD ROLLS (4 rolls)... 12.95

Bean sprout, lettuce, carrot, mint and vermicelli are wrapped in rice paper and served with peanut sauce. Choice of soya bean bacon or avocado

Make it even more awesome with 2 toppings choice for extra \$2.00

Our suggestion: soya bean bacon and avocado is a good pair

VIETNAMESE SHREDDED VEGGIE MIX SALAD ROLL..... \$12.95 (4 ROLLS)

A mix of shredded carrot, taro, cabbage, jicama root, tofu, and sweet yam, tossed with Vietnamese herbs and spices, wrapped with vermicelli in rice paper and served with vegan sauce.

VIETNAMESE SUB WITH SOYA BACON ...12.95



VEGGIE SALAD

APPLE AND AVOCADO SALAD... 13.95

Chopped apple and avocado on a bed of spinach. Topped with roasted almonds, olive, onion and sea salt. Served with miso lemon dressing

MANGO SALAD ... 14.95

Shredded mango, lettuce and carrot topped with almond. Served with our spicy Thai dressing

KALE SALAD...14.95

Fresh kale, carrot and purple cabbage, topped with almonds and dry coconut. Served with our miso lemon dressing or cashew nut dressing

THAI SALAD... 14.95

Spinach, bean sprout and purple cabbage and carrot with our homemade spicy dressing and topped up with sesame seeds



With Soya Bacon ...+\$4.50

Make it a meal. Add garlic toast for extra \$2.50

Food may contain traces of nuts. Please inform our server for any allergies. Changes can be made accordingly

ALL DAY VEGAN BREAKFAST

All the breakfast dishes come with toast and hash browns.
 We only use veggie margin on toast.
 Toast choices: brown, white, multi-grain or rye
 Toast replaced for fruit cup for \$2.00

SUNRISE VEGAN ORIGINAL BREAKFAST...17.95

Scrambled tofu served with signature marinated soya bacon and mixed salad. Topped with nuts and lemon dressing. Served with hashbrown

THE BOSS ... 19.95

Homemade banana leaves sausage, grilled lemongrass tofu, served w/ garden salad with homemade lemon miso dressing and topped w/ cranberry.

FARMER'S BREAKFAST SKILLET ... 20.95

An amalgamation tofu scramble, kale, tomato, onion, bell pepper, mushroom and zucchini with a touch of curry. Served with crispy marinated tofu, soya bacon, and avocado

GOLDEN VEGAN BENNY ...21.95 (WEEKEND ONLY)

Vegan egg, soya bacon, spinach, tomatoes and homemade coco hollandaise sauce. Served on English muffin

COCO BAHAMAS BOWL...20.95 (WEEKEND ONLY)

Tofu Scramble bowl with bell pepper, onions, tomatoes, spinach, homemade herb sausages and hash browns. Topped with coconut caramel sugar and coco hollandaise sauce



Farmer Breakfast Skillet



Coco Bahamas Bowl



Golden Vegan Egg Benny

VEGGIE BURGER

Our burger 6oz patties and served with lettuce, tomato, pickle and onion on toasted Kaiser bun and your choice of sides

GOLDEN BURGER...19.95

The burger comes with a soya patty and homemade mango sauce. The patty is made from soya bean, sunflower seed, brown rice, sweet rice and spices. The burger is served on Ciabatta burger bun.

MOTHER EARTH... 19.95

The burger comes with a veggie patty; topped with fried pineapple and veggie sauce. The patty is made from cranberry, coconut, Brussels sprout, sugar bean, oat, almond, a bit of whole wheat flour and our spices. The burger is served on Artisan bun.

THE THRILL (SPICY)... 19.95

The burger will thrill you up with the explosion of flavor. The patty is made from chickpea, assorted beans, sweet rice, coconut, walnut, chili, curry and our spices. The burger is served on Artisan bun with veggie sauce.

VEGGIE SANDWICHES

All Sandwiches come with your choice of sides and toast.

VEGGIE SANDWICH...18.95

Soya bacon, crispy spinach, tomatoes and avocado on toasted bagel.

VEGGIE CLUB HOUSE ...18.95

(Triple decker) Firm tofu, soya bacon, lettuce, tomatoes, vegan cashew nut pâté, and veggie sauce on 3 slices of your choice of toast.

TROPICAL BRAISED SANDWICH...18.95

House-braised caramelized plant-based pull, infused with Mekong-inspired spices, fresh greens, cucumber, carrot, and tomato, served warm on toasted ciabatta.

CHOICE OF SIDES

French Fries

Onion Rings +\$2.00

Kale Salad + \$2.00

Hash Browns

Garden Salad

Small Fruit Cup +\$2.00

Our dishes are freshly made. Long hour may occur during peak hour and weekend

GENUINE VEGGIE HOT NOODLE SOUP

Best vegan noodle soup in town. All the broths are stewed more than 8 hours to give you the best taste. You can't believe that the broths are made of only veggie when you taste it.

*** No powder. No artificial ingredients or bases ***

All the noodle soup is cooked with assorted vegetables and fried tofu on a bed of noodle. The soup is topped with white onions, green onions and cilantro. It is served with bean sprout, fresh basil, hoisin sauce, satay sauce and a wedge of lemon / lime to make it a tad more nutritious.

VEGGIE PHO ... 17.95

Resembles to the authentic Pho with a clear, vegan-friendly broth. It is hearty and flavorful!

BUDDHA PHO (SPICY)... 18.95

The soup is hot and sour. It is bold and perky with a pop of spicy heat.

SATAY TOFU NOODLE SOUP (SPICY) ... 18.95

The soup is savory, a little bit spicy and sweet, and full of peanut! Slices of fried tofu on the bed of noodle, chopped lettuce, cucumber and bean sprout in satay broth.

OLD TIME VEGAN NOODLE SOUP (SPICY) ...18.95

A creamier version of Buddha Pho with a splash of coconut milk to the soup at the end.

CURRY TOFU NOODLE SOUP...18.95

The soup is creamy, rich in flavor, and has a curry spiced golden broth.

Our suggestion

order a side Naan for extra \$3.00 - Good pair with Curry Noodle Soup or Satay Noodle Soup

VEGGIE SIZZLING DISHES

All sizzling dishes come with your choice of rice or noodle. Some dishes may contain dairy. Please let the server know in advance if you would like non-dairy dishes.

 SIZZLING MANGO, APPLE AND TOFU IN CREAMY SPICY SAUCE25.95

 SIZZLING THAI RED TOFU AND MIXED VEGGIE (SPICY) ...25.95

 SIZZLING YELLOW CURRY TOFU WITH MIXED VEGGIE (MILD) ...25.95

SIZZLING TOFU AND MIXED VEGGIE IN BLACK BEAN SAUCE...25.95



Budda Pho



Sizzling Mango, Apple And Tofu In Creamy Spicy Sauce



Veggie Pad Thai

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VEGGIE CHOW MEIN AND STIR FRIED ON RICE

VEGGIE SINGAPORE NOODLE WITH TOFU... 20.95

Vermicelli noodle, bean sprout, carrot, cabbage, onion and crispy tofu with a touch of curry.

VEGGIE PAD THAI (SPICY) WITH TOFU...20.95

Thick rice noodle, bean sprout, carrot, cabbage, onion and crispy tofu with homemade spicy Thai sauce. Topped with crusted peanut.

VEGGIE KUNG PAO NOODLE WITH TOFU ..21.95

Thin egg noodle, bean sprout, carrot, cabbage, onion and crispy tofu.

VEGGIE ORIENTAL STIR FRIED WITH TOFU...20.95

Shanghai noodle, bean sprout, carrot, cabbage, onion and crispy tofu with a touch of soya sauce. Traditional as you love it.

VEGGIE VIETNAMESE CHOW FUN WITH TOFU ...20.95

Thick rice noodle, bean sprout, carrot, cabbage, onion and crispy tofu with coconut sauce. Served with vegan sauce.

VEGGIE EXTREME CRISPY CHOW MIEN WITH TOFU...24.50

Traditional cooked Vietnamese style with tofu and veggie layer up on crispy noodle.

CURRY TOFU AND VEGGIE STIR FRIED...18.95

Served with your choice of Naan, Rice or Noodle.

VEGGIE FRIED RICE... 16.95

Choice of Egg or no egg

CASHEW NUTS STIR FRIED WITH TOFU ON RICE...19.95

VEGGIE VERMICELLI BOWL

All the bowls are sprinkled with roasted peanut, pickled carrot and green onion. Served with house vegan sauce or peanut sauce.

MEKONG LEMONGRASS VEGAN BOWL... 18.95

Slices of firm tofu, mushroom, carrot, onion, lemongrass, all pan-fried to perfection on a bed of lettuce, bean sprout, cucumber and vermicelli.

VEGGIE SPRING ROLL BOWL...17.95

Four of our crispy veggie spring rolls, bean sprout, lettuce, and cucumber.

G&R VEGAN LEMONGRASS CRISPY TOFU SPICY BOWL...18.95

Green and red bell peppers, onion, mushrooms and fried tofu stir fried with spicy lemongrass. Served on a bed of lettuce, bean sprout, cucumber and vermicelli.

VIETNAMESE SHREDDED VEGGIE MIX BOWL...17.95

Mix of shredded carrot, taro, cabbage, jicama root, tofu, sweet yam, tossed with Vietnamese herbs & spices. Served on a bed of lettuce, bean sprout, cucumber and vermicelli.

Our suggestion

Add soya bacon for extra \$4.50. Good pair with Vermicelli Bowl



Mekong Lemongrass Vegan



Cashew Stir Fired with Tofu



G&R Vegan Lemongrass

Our dishes are freshly made. Long hour may occur during peak hour and weekend