



APPETIZERS

Chef's Daily Soup GF \$ 8

A piping hot bowl of our cruelty-free seasonal soup, served with a slice of sourdough or gluten-free bread.

Save the Calamari for the Ocean GF \$ 14

Thinly sliced king oyster mushroom rings are marinated with fresh lemon and dill, then tossed in a crunchy garlic and cornmeal breading. Served with a choice of classic cocktail sauce or creamy tartar, both perfect for dipping!

Wings Are For Flying - Boneless Wings \$ 10

Made the old school way, this slow-simmered seitan is seasoned, kneaded by hand, braised, sliced, and fried till crisp. Tossed in your choice of house-made honey garlic, buffalo or barbecue sauce, and served with carrot and celery sticks and ranch dressing.

No Bones About it French Onion Soup GF \$ 9

Our caramelized onion and thyme broth is slowly simmered until rich and fragrant and topped off with your choice of grilled sourdough or gluten-free croutons, house-made melted cashew mozzarella, and browned to perfection. Perfect to warm your bones!

Pass Me the Poutine GF \$ 8

Slow-cooked cornmeal is seasoned, cut into fries, and tossed with fresh herbs and sea salt. We then top them with hot miso mushroom gravy and house-made almond milk cheese curds.

The Bloomer GF \$ 10

We work our vegan magic on a whole Vidalia onion and turn it into a blooming flower, dredge it in our house-made seasoning and serve it stuffed with chipotle aioli. Perfect to rip the petals off and scoop.

Grass-Fed Cheesy Garlic Bread GF \$ 10

Your choice of sourdough or gluten-free baguette is toasted until crisp, slathered in our house-made whipped cashew milk garlic butter and topped with our melty cashew mozzarella.

SALADS

The Cobber (side/main) GF \$ 6 / \$ 16

Smoky coconut bacon, roasted cheesy chickpeas, avocado chunks, diced tomatoes, scallions, crumbled house-made blue cheese, hard boiled cage-free vegan eggs and chopped parsley on a bed of fresh iceberg lettuce. Served with our creamy red wine vinegar and Dijon dressing.

Get me to the Greek (side/main) GF \$ 5 / \$ 15

Athens has NOTHING on us! We toss chopped romaine hearts, sweet red peppers, red onion, English cucumbers, cherry tomatoes, Kalamata olives and fresh oregano with our tangy Greek dressing. Served with our house-made baaaa-free tofu feta cheese crumbled on top.

Hail to the Caesar (side/main) GF \$ 5 / \$ 15

We take thinly sliced, massaged kale and toss it with our creamy Caesar dressing (pro tip: we use lots of garlic!) rich sun-dried tomatoes, cheesy pumpkin seed Parmesan, smoky coconut bacon and crunchy herbed croutons.

Add cheesy chickpeas for \$3

Add grilled striploin steak for \$4

SIDES

Thin cut fries \$ 3

Tossed in signature house seasoned salt

Loaded baked potato \$ 7

Sour cream, melted cashew cheddar, green onion, bacon bits and signature house made seasoned salt

Baked potato \$ 3

House salad \$ 4

Condiments \$ 2

Whipped Garlic Butter • Herbed aioli
Chipotle aioli • Russian dressing • Tartar sauce
Maple syrup • Sour Cream





MAINS

White Widow Mac and Cheese GF \$13

First, we take the creamiest, most decadent mac and cheese sauce you've EVER had, vegan or not, and we toss it with brown rice elbow macaroni, top it with breadcrumbs and bake it till golden brown. Served with your choice of daily soup or side salad.

Doug's Classic Burger GF \$15

We grill Chef Doug's signature mushroom and tempeh patty till crisp and top it with maple chipotle barbecue sauce, caramelized onions, herbed aioli, shaved pickles and iceberg lettuce and serve it on your choice of brioche or gluten-free bun. Served with your choice of thin cut fries tossed in our signature seasoned salt, daily soup, side salad, baked potato or creamy garlic mash.

The Meatiest Veggie Loaf Platter Ever GF \$18

We make our veggie loaf from slow-simmered millet and perfectly cooked French lentils topped with creamy mushroom gravy and crispy fried onions. Served with creamed corn, sautéed garlic greens, plus your choice of baked potato or creamy garlic mash.

The Reubenator \$18

Light rye bread is piled high with a ridiculous amount of house-cured and deli-sliced corned beef (since we prefer hugging cows over eating them). Then, we slather it with Russian dressing and creamy cashew Swiss and serve it with a crunchy dill pickle and your choice of fries tossed in signature seasoned salt, daily soup or side salad.

Truly Ocean Wise Tempeh and Chips GF \$17

Wild-caught, beer-battered tempeh fillets marinated with lemon and dill. Served with classic mushy peas, our crispy thin cut fries tossed in our house made seasoned salt, creamy tartar sauce and a lemon wedge - perfect for squeezing over your daily catch!

Vienna Style Salisbury Steak \$17

Freshly ground chickpea round seared till golden brown, smothered in rich creamy mushroom gravy alongside fresh green peas and carrots, topped with chopped parsley. Served with your choice of a baked potato, creamy garlic mash, or fries tossed in our signature seasoned salt.

It's a Tall Stack GF

cinnamon bun \$16 **regular** \$14

Our pancakes will make you flip! Made from red fife flour from Peterborough, our stacks are served with a scoop of house-made whipped cashew milk butter, pure maple syrup, and two strips of crispy bacon. Choose between our traditional recipe and cinnamon bun, which is dressed up with a cinnamon sugar swirl and Doug's signature Yoso cream cheese frosting.

Add coconut whipped cream for \$2

Add berry compote for \$1

Add chocolate sauce for \$1

Alfredo Done Right \$17

Montreal steak spice-rubbed and marinated Portobello flank strips are grilled, thinly sliced and fanned over a hearty bowl of fettuccine pasta tossed in our slow-simmered, creamy Alfredo sauce. Served with fresh green peas and garnished with chopped parsley, cracked black pepper and a lemon wedge.

The NY Strip \$20

Served medium rare, our house-made seitan striploin is marinated, char-grilled to perfection and topped with house-made garlic butter. Served with a side of sautéed herbed garlic haricot vert and baby carrots and your choice of crispy thin cut fries tossed in signature house made seasoned salt, baked potato or creamy garlic mash.

*Upgrade any side salad to Greek or Caesar for an additional \$3 or to a Cobber for \$4
Upgrade to a loaded baked potato for \$4*

• Please note that our kitchen contains nuts, seeds, gluten, and soy. If you have an allergy or food intolerance please make your server aware before you order.

• We do not use any animal dairy in any of our cuisine, but we do not source back to the production of our products.

There is a rare chance of cross contamination when it comes to dairy allergies.

