

»→ APPETIZERS ←«

Soup of the Day *gf \$7 – Seasonal soup made in house!
Soy free.

+ add gluten free sourdough \$2.50/side salad \$4

Dragon Fries *gf \$14 – Seasoned roasted potatoes, dragon sauce, banana peppers, green onion, toasted sesame seeds

Mini Mac & Cheese \$10 – A classic! Topped with green onions and toasted bread crumbs.

+ Add broccoli and/or seitan bacon \$2 (each)

Bahama Breeze Onion Rings \$10 – Thick-cut, crispy coconut breaded onion rings fried to perfection served with sweet chilli dipping sauce.

Chickpea Pakoras \$8 – Crispy fried potato chickpea pakoras served with tamarind chutney. 6 pieces.

»→ SALADS ←«

Fresh Salad *gf sm \$10.50/lg \$15 – Mixed greens, cabbage, carrot, beet, toasted sunflower & pumpkin seeds, cucumber, cherry tomatoes with house dill dressing. Soy free.

Caesar Salad *gfo sm \$10.50/ lg \$15 – Kale, mixed greens, coconut bacon, croutons, creamy house made Caesar dressing, cashew Parmesan.

+ *gfo - no croutons

»→ POWER BOWLS ←«

Taco Bowl *gf \$18 – Veggie ground, black beans, brown rice, lettuce, salsa, cabbage slaw, avocado, shredded cheese, sour cream, salsa, fresh cilantro and corn chips.

Wild Bowl *gf \$19 – Grilled organic tofu, sautéed kale & broccoli, shredded carrots, beets, cabbage, brown rice, toasted sesame seeds, dragon sauce.

Curried Butter Tofu \$17 – A rich and creamy tomato, cashew & coconut curry with organic tofu, served on brown rice and topped with pickled onions and fresh cilantro.

»→ HANDHELDS ←«

Upgrade your side Dragon Fries or Caesar Salad \$4

Donair Wrap \$17.99 – House made seitan, onion, lettuce, tomato, donair sauce, grilled in a whole wheat tortilla. Served with side salad or roasted potato wedges

Titanic Burrito \$17.99 – Seasoned black beans and sausage crumble, avocado, sweet potato, organic tofu scramble, chipotle sauce, spinach, salsa in a whole wheat tortilla. Served with side salad or roasted potato wedges.

Mac Daddy Burger \$17.99 – Signature house-made patty, special sauce, cheese slice, lettuce, pickle, onions on a toasted locally made bun. Your choice of side salad or roasted potato wedges.

Buffalo Chick-un Burger \$16.99 – Breaded & fried organic tofu, buffalo sauce, topped with lettuce, tomato and onions, served on a toasted locally made bun. Served with side salad or roasted potato wedges.

Ultimate Club Wrap \$17.99 – Seasoned grilled organic tofu, coconut bacon, avocado, tomato, lettuce, pickles and garlic mayo grilled in a whole wheat wrap. Served with side salad or roasted potato wedges.

+ Sub for crispy Chick-Un \$2

»→ NOODLES ←«

Ginger Miso Noodles *gf \$17 – Ginger miso sauce, rice noodles, seared organic tofu, peppers, broccoli, carrot, cabbage, green onion and Sriracha cashews.

Mushroom & Cauliflower Alfredo *sf \$18 – Creamy roasted garlic and cauliflower Alfredo sauce, penne noodles, spinach, sautéed mushrooms, topped with pumpkin seed Parmesan, fresh parsley. Soy-free.

Supreme Buffalo Mac & Cheese \$18 – Macaroni and cheese with crispy tofu chick-un, buffalo sauce, sour cream and fresh herbs, topped with a coconut crusted onion ring.