

WILD LEEK FOOD & JUICE BAR

BREAKFAST SERVED UNTIL 3 PM

Nomlette *gf

The amazing vegan Nomlette! Organic tofu scramble, onions, mushrooms & coconut bacon. Served with side salad or roasted potato wedges. \$19

Sunrise Benny

Tofu egggy patty, seitan bacon, cheezy Hollandaise, avocado & tomato on a toasted English muffin. Topped with shredded kale & served with roasted potato wedges. \$20

SNACKS

Soup of the day *gf

Made in-house and seasonal. Cup 7 / Bowl 10
– *Combo Special: Bowl of soup, served with a slice of cornbread and house salad 18*

Sweet & Spicy Cauliflower

Crispy cauliflower bites tossed in sweet and spicy sauce, topped with green onion & sesame. \$15

Mini Mac & Cheese

A classic topped with green onions & toasted bread crumbs. \$12
– *Add broccoli and/or seitan bacon +2 each*

Dragon Fries *gf

Seasoned roasted potatoes, Dragon Sauce, banana peppers, green onions & toasted sesame seeds. Sm 12 / Lg 16
– *Add broccoli and/or seitan bacon +2 each*

SALADS

Classic Kale Caesar

Kale, lettuce blend, coconut bacon, croutons, creamy house-made Caesar dressing & cashew Parmesan. Sm 13 / Lg 17
– *Add grilled tofu +3 or crispy tofu +4*

Power Salad *gf

Kale, quinoa, roasted sweet potato, grilled organic tofu, avocado, pickled red onion, dried cranberries, pumpkin seeds & spicy almond dressing. \$18

House Salad *gf

Lettuce blend, carrot, cabbage, beet & our dilly dressing. \$10

CLASSICS

Comes with choice of potato wedges or side salad / upgrade your side to dragon fries or kale caesar \$4

Wild Burger

Thick pub-style bean patty, cheddar sauce, crispy shoestring potatoes, shredded iceberg lettuce, tomato, dill pickle & smoky Wild Sauce! \$22
– *Add seitan bacon +2*

Donair Wrap

House-made seitan, onion, lettuce, tomato & donair sauce in a whole wheat tortilla. \$19

Ultimate Club Wrap

Organic tofu, tomato, coconut bacon, lettuce, avocado, pickles and garlic mayo, whole wheat tortilla. \$20

Titanic Burrito

Black beans & veggie sausage crumble, organic tofu scramble, avocado, tomato, sweet potato, chipotle cream & salsa in a whole wheat tortilla. \$21

BOWLS

Wild Bowl *gf

Grilled organic tofu, sautéed kale & broccoli, shredded carrots, beets, cabbage, brown rice, toasted sesame seeds, dragon sauce. \$21

Mushroom Cauliflower Alfredo

Creamy roasted garlic cauliflower sauce, sautéed mushrooms, spinach, onions, penne noodles. \$22
– *add protein +3 seitan or tofu*

Spicy Ginger Miso Noodles *gf

Rice noodles simmered and stir-fried in ginger-miso sauce with seared organic tofu, broccoli, carrot, cabbage, green onion & Sriracha cashews. \$21

Taco Bowl

Veggie ground, black beans, brown rice, mixed greens, cabbage, sweet potato, pickled onions, grilled corn, salsa, fresh cilantro and corn chips, & side of cheese sauce. \$22
– *add avocado +2*