

OUR VEGAN FARE

SHAREABLES

Buffalo Bites \$14

Seitan bites tossed in a buffalo hot sauce or a sweet BBQ sauce. Served with carrots, celery, and our blue cheese dip.

Poutine Fries \$13

Fresh cut fries, miso gravy, shredded cheese and a house made cheese sauce, sprinkled with green onion.

Fries Supreme \$13

Fresh cut fries, chili, nacho cheese sauce, green onion, and pico de gallo, drizzled with sour cream.

Avocado Tacos \$13 (2 tacos)

Panko encrusted fried avocado slices served with limed cabbage, pico de gallo, with our nooch sauce on corn tortillas.

Jackfruit Tacos (GF) \$13 (2 tacos)

Seasoned jackfruit, cabbage, pico de gallo, with an avocado lime crema served on corn tortillas.

SALADS

Caesar Kale Salad (GF) \$15 half \$8

Kale and romaine, caesar dressing, portobello bacon, pepitas and parmesan cheese.

Cobbish Salad (GF) \$15 half \$8

Kale and romaine, blue cheese dressing, cucumbers, tomatoes, tempeh bacon and a deviled avocado egg.

Vitality Salad (GF) \$13 half \$7

Kale and romaine, green herbed dressing, cabbage, cucumber and carrots topped with sunflower seeds and hemp hearts.

Add seasoned jackfruit for \$4

MAINS

(All mains come with your choice of side: soup, house salad, fries, or spicy Cajun fries. Upgrade to a premium salad or fry for \$4)

Reuben \$18

Seitan corned beef, sauerkraut, provolone cheese with our thousand-island dressing served on marble rye.

Gyro \$16

Seasoned seitan, onions and tomatoes with our garlicky tzatziki sauce wrapped in a pita.

Philly Cheesesteak \$17

Seitan steak, peppers, onions with our nacho cheese sauce on a ciabatta style bun.

Pulled Jackfruit Sandwich \$15

Seasoned jackfruit sautéed in a tangy BBQ sauce topped with a creamy house made coleslaw on a ciabatta style bun.

BLT Club \$15

Seitan bacon, lettuce, tomato with our house made mayo on double decker bread.

Detroit or Chili Cheese Dog \$15

Field Roast Frankfurter served with chili, mustard and onions or chili and nacho cheese sauce in a top cut dog bun.

Big Mock \$15

Two non-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun.

Cheesy Noodles \$16

Creamy cheese sauce over pasta shells with mushroom bacon. This dish can be made gluten free (GF)

Please note that our kitchen is not gluten free and that any of the menu items may have come in contact with gluten, soy and nuts. We always try to prevent contamination but we do not have dedicated cooking surfaces and cannot make any guarantees.