

🌀 OUR VEGAN FARE 🌀

SHAREABLES

Bites \$14

Savoury seitan bites tossed in buffalo hot sauce or sweet BBQ sauce or a combination of both. Served with carrots, celery, and our blue cheese sauce for dipping.

Poutine Fries \$13

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

Supreme Fries \$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, limed cabbage, pico de gallo, with our nooch sauce on corn tortillas.

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

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

SALADS

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

Kale and romaine tossed in caesar dressing, portobello bacon, pepitas and a nut 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) \$15 half \$8

Kale and romaine tossed in an herbed spinach dressing, cabbage, cucumber and shredded carrots topped with sunflower seeds and hemp hearts. Add seasoned jackfruit for \$4

MAINS

*All mains come with your choice of side: soup du jour, house salad, fresh cut 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 \$17

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

Philly Cheesesteak \$18

Chipped seitan steak, grilled peppers and onions with our nacho cheese sauce on an open ciabatta style bun.

Pulled Jackfruit Sandwich \$16

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

BLT Club \$15

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

Detroit or Chili Cheese Dog \$15

Field Roast Frankfurter topped with chili, mustard and onions or chili and nacho cheese sauce in a hot dog bun.

Big Mock \$15

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

Ultimate Cheesy Pasta \$18

A blend of 4 cheeses over pasta shells with portobello bacon, green onion and a nut parmesan cheese.
This can be made gluten free (GF)

FOR THE KIDS

(All kids meals come with your choice of side: fresh cut fries or fresh veggies)

Hamburger \$7

Cheeseburger \$8

Grilled Cheese \$7

Hot Dog \$8

Cheesy Pasta \$8

*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.*