

food.

SHAREABLES

Bites \$15.5

Savoury seitan bites served with choice of sauce. Pick one or a combo of any two. Served with carrots, celery, and our house made blue cheese sauce for dipping.

Sauces: Buffalo, Sweet BBQ, Tangy BBQ, Franks Red Hot, 3rd Degree

Caesar Bites \$16.5

Our savoury seitan bites tossed in Caesar seasoning, topped with bacon bits, shredded parmesan cheese on a bed of lettuce, and a lemon wedge.

Poutine Fries \$9.5 / \$15.5

Fresh cut fries, miso gravy, shredded mozzarella, cheese curds, cheese sauce, and topped with green onion.

Supreme Fries \$9.5 / \$15.5

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

Buffalo Fries \$9.5 / \$15.5

Fresh cut fries, buffalo sauce, blue cheese dressing, cheese curds, and green onion.

Cajun Chicken Tacos \$13.5

(2 tacos, add a 3rd for \$4)

Lightly breaded and fried cajun chicken, iceberg lettuce, pico de gallo, nacho cheese sauce and pickled jalapeno on your choice of corn or flour tortillas.

Jackfruit Tacos (GF) \$13.5

(2 tacos, add a 3rd for \$4)

Seasoned jackfruit, limed cabbage, pico de gallo, avocado lime crema served on your choice of corn (GF) or flour tortillas.

Crispy Tofu Tacos \$13.5

(2 tacos, add a 3rd for \$4)

Crispy seasoned tofu tossed in BBQ sauce, creamy coleslaw, served on your choice of corn or flour tortillas.

Flatbreads \$17.5

Choice of:

Buffalo Chicken – Diced breaded chicken, red onion, buffalo sauce, blue cheese, cheese curds, pickled jalapenos.

Steakhouse – Beef tips, red onion, arugula, mushroom bacon, BBQ sauce, blue cheese.

Noochos (GF) \$9.5 / \$17.5

Organic salted corn tortilla chips covered with lentil chili, nacho cheese sauce, pico de gallo, shredded lettuce, jalapeños, nooch sauce, avocado crema and green onion.

SALADS

Add seasoned chicken or jackfruit to any salad for \$5

Caesar Salad (GF) \$16.5 half \$9.5

Kale, romaine mix tossed in Caesar dressing, portobello bacon, pepitas and a cashew parmesan cheese.

Traditional Caesar Salad \$16.5 half \$9.5

Kale, romaine mix tossed in Caesar dressing, seitan bacon bits, croutons and shredded parmesan cheese.

Chef Salad \$16.5 half \$9.5

Kale, romaine mix, blue cheese dressing, cucumbers, cherry tomatoes, chopped seitan turkey, bacon bits, red onion, and shredded mozzarella.

Vitality Salad (GF) \$16.5 half \$9.5

Kale, romaine mix, herbed spinach dressing, cabbage, cucumber and carrot topped with sunflower seeds and hemp hearts.

A la carte & sides:

Soup \$5 / \$9

House Salad \$5

Fries / Cajun Fries \$5 / \$9

Lentil Chili \$5 / \$9

Seasoned Jackfruit \$5

Side of Seitan Bacon \$5

Side of any Dressing / Sauce \$4

Slice of Seitan Bacon \$2

Slice of Cheese \$1

Additional patty \$5

(burger, breaded or roasted chicken)

GF = Gluten Free / GFO = Gluten Free Option

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.

nooch. a vegan eatery

food.

MAINS

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

Reuben \$19.5

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

Turkey Reuben \$19.5

Seitan turkey, sauerkraut, provolone cheese, yellow mustard on marble rye bread.

Gyro \$18.5

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

Donair \$18.5

Seasoned seitan beef or turkey, onions, tomatoes, lettuce with our sweet donair sauce wrapped in a warm pita.

Philly Cheesesteak \$18.5

Seitan steak, grilled peppers and onions with our nacho cheese sauce on a toasted hoagie style bun.

Chicken Delish \$18.5

Diced chicken, iceberg lettuce, tomato, onion, delish sauce on a warmed pita.

Pulled Jackfruit Sandwich \$17.5 (GFO +\$2)

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

Deluxe Chicken Burger \$19.5

Seasoned chicken cutlet topped with cheddar cheese, leaf lettuce, tomato, and mayo on a toasted brioche bun.

BLT Club \$16.5

Seitan bacon, lettuce, tomato with our mayo on double decker Texas toast bread.
Add cheese for only \$2

Turkey Club \$18.5

Seitan turkey, cheddar cheese, bacon, lettuce, tomato, mayo on double decker Texas toast bread. This can also be made into a wrap in a flour tortilla.

Chicken Caesar Wrap \$17.5

Kale, romaine mix in Caesar dressing, chicken strips, seitan bacon bits, pepitas and parmesan shreds wrapped in a flour tortilla.

Tofu Cali Wrap \$17.5

Panko encrusted tofu, kale, romaine mix, pico de gallo, limed cabbage, shredded carrots and nooch sauce wrapped in a flour tortilla.

Jackfruit Vitality Wrap \$17.5

Romaine, kale, limed cabbage, cucumber, carrot, sunflower seeds, hemp hearts and seasoned jackfruit, herbed spinach dressing in a flour tortilla.

Detroit, Chili Cheese, Whistle Dog \$16.5

Field Roast Frankfurter topped with lentil chili, mustard and onions or chili and nacho cheese sauce or topped with cheese sauce, bacon bits, onions, and relish on a hotdog bun.

Big Mock \$16.5 (GFO +\$2)

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

Ultimate Cheesy Pasta \$19.5 (GFO +\$2)

A blend of 4 cheeses over pasta shells with mushroom bacon, green onion and a cashew parmesan cheese. Mushroom bacon (GFO) can be substituted with seitan bacon bits.

Deluxe Burger \$19.5 (GFO +\$2)

Your choice of a seasoned Impossible or Beyond Meat patty topped with cheddar cheese, leaf lettuce, tomato, onions, pickles, ketchup, and mayo on a toasted brioche bun.

FOR THE KIDS

All kids' meals come with your choice of side: fresh cut fries or assorted fresh veggies.

Hamburger \$8.5 Cheeseburger \$9.5

Grilled Cheese \$8.5 Hot Dog \$8.5

Cheesy Pasta \$9.5 Chicken Tenders \$9.5

All seitan meats, dressings, sauces, and soups are made in house utilizing locally sourced ingredients from all over Essex County whenever possible!

nooch. a vegan eatery