

MENU

Items with a *
are gluten-free

Home made
100% végan
80% organic

Lunch

Smoothie bowl **13.99\$**

Choice of fruits and nuts bowl OR banana, chocolate and peanut butter

OBLT **9.99\$**

Tofu omelet, tofu bacon, ricotta, lettuce, tomato, and onion served on a full-flavored bagel

Veg muffin **7.50\$**

Tofu omelet, seitan sausage, cheddar served on an English muffin + 1\$ for extra vegetables

Sandwiches

Italian **9.99\$**

Spicy seitan, spicy olives, peppers & caramelized onions and mayo in a ciabatta bread

Banh mi **9.99\$**

Veggie pâté, marinated vegetables (carrots, red cabbage, onions), coriander and mayo in a ciabatta bread

Guédille **9.99\$**

Creamy faumard blend of hearts of palm in a brioche bread

Burger **10.99\$**

Homemade meatball, cheddar, tomato, lettuce, pickle onions and sauce in a brioche bun

Pita falafel **9.99\$**

Falafels, marinated turnips, onion, tomato, cucumber, garlic and parsley mayo in a pitta bread

Bols

Poké bowl * **15.99\$**

Carrots lox, cucumber salad, marined daikon, basmati rice and mayo spicy sauce

Gaspésien bowl * **15.99\$**

Lettuce, Creamy faumard blend of hearts of palm, rapini, rice with grilled peppers, fried potatoes, vinaigrette

Buddha bowl * **15.99\$**

Marinated carrots, shitake, marinated daikon, creamy potato salad, creamy chickpeas

Starters & side dishes

Walnut cheese sticks **9.99\$**

4 cheese sticks with salsa

Croquettes de jackfruit **9.99\$**

Fried jackfruit nuggets with BBQ sauce

Spring rolls **9.99\$**

Tofu, fresh vegetables (cabbage, onions, carrots), rice vermicelli. Served with an Asian sauce

Cesar salad * **6.99\$**

Lettuce, tofu bacon, chickpea croutons, mozzarella and Cesar sauce

Soup OR salad of the day * **6.99\$**

Ask the waiter



Veganation



Reheated dishes

Jerk Tofu * **16.99\$**

Jerk tofu, peppers, carrots, kale and rice with black beans puree. Served with plantain

Pad thai * **16.99\$**

Rice noodles with kale, carrots, onions, grilled tofu, peanut and beans sauce

Lasagna **16.99\$**

Vegan ricotta, bolognese sauce & cashew sauce. Served with garlic bread

Mac & Cheese **16.99\$**

Creamy cashew sauce, gratined with tofu bacon. Served with garlic bread.

Tofu au beurre **16.99\$**

With creamy Indian spice sauce, green peas and basmati rice. Served with naan bread

Alfredo **16.99\$**

Creamy sauce with cashews and green peas, gratined with tofu bacon. Served with garlic bread

Poutine **16.99\$**

Served with homemade fries, poutine sauce and cheese curds

Desserts

Raw cake "Keylime" * **4.99\$**

Cashews, dates, walnuts and juice lemon

Brownies * **4.99\$**

Made from black beans with chocolate chips

Biscuit **3.25\$**

1 large cookie with flavor of the day

Dessert du jour **4.99\$**

Ask the waiter

Drinks

Cold drinks

Hibiscus iced tea * **4.99\$**

Infusion of hibiscus flowers and ginger, cane sugar, cinnamon and cloves

Iced coffe * **4.50\$**

Infusion of freshly ground coffee, cane sugar and soy milk

Iced matcha * **4.50\$**

Infusion of matcha powder, cane sugar and soy milk

Smoothie * **5.99\$**

With fruit OR banana, chocolate, peanut butter
+1 \$ for extra protein

Other brews **Variable price**

Juice, kombucha, bubbly, non-alcoholic beers...

Hot drinks

Coffees * **2.50\$**

Short or long espresso

Latte or cappuccino **3.99\$**

Special lattes * **4.50\$**

Chai latte, matcha latte, gold latte or maple latte

Hot chocolate * **2.50\$**

Cocoa powder, vegan milk, cane sugar.

+0,25\$ for oat milk



Veganation

