



Sandwiches

Chegg: **\$7.99**
A mixture of mashed chick peas, diced onion and bell peppers with creamy vegan mayo flavoured with black salt, served in a toasted ciabatta with fresh lettuce, tomato and cucumber.
Nut/Soy Free - GF optional

Chuna: **\$7.99**
A mixture of mashed chick peas, diced onion and bell peppers with creamy vegan mayo flavoured with Nori, Kelp and Cayenne, served in a toasted ciabatta with fresh lettuce, tomato and cucumber.
Nut/Soy Free - GF optional

BBQ: **\$7.99**
Sliced Portobello mushrooms soaked in our BBQ mixture and grilled, served in a toasted ciabatta with fresh lettuce, tomato, onion and cucumber.
Nut Free - GF optional - Contains Soy

BLT: **\$7.99**
Our very own house made eggplant bacon, served in a plantain bun with fresh lettuce, tomato, and vegan mayo.
GF/Nut Free - Contains Soy

Sausage & Fried Onion **\$7.99**
Homemade sweet potato and shallot sausages served on a toasted ciabatta and topped with fried onions and the sauce of your choice - vegan mayo, ketchup, BBQ or mustard.
Nut/Soy Free - Contains Gluten

Pepperoni & Cheese **\$8.99**
Slices of cassava cheese and vegan pepperoni served on a ciabatta bun layered with vegan mayo, fresh lettuce, tomatoes and cucumbers.
Nut/Soy Free - Contains Gluten

Beet Burger: **\$8.99**
Our homemade vegan burger served on a plantain bun with fresh lettuce, tomato and onion. Topped with our own vegan mayo, mustard, ketchup, pickles, and/or hot banana peppers.
Nut/Soy Free - Contains Gluten

Ciabatta bun optional - add \$0.99
Cheese slices - add \$1.99;
Eggplant bacon - add \$1.99

Portobello Burger: **\$8.99**
Our portobello cassava four breaded burger served on a plantain bun with fresh lettuce, tomato and onion. Topped with our own vegan mayo, mustard and/or ketchup, pickles and hot banana peppers.
Nut/Soy Free - Gluten Free

Cheese slices - add \$1.99;
Eggplant bacon - add \$1.99

Salads

S - \$7.99 L - \$9.99

Superfood salad:
Quinoa, edamame beans, kale, blueberries, red grapes, dried cranberries, sunflower seeds, chopped walnuts tossed in our own orange vinaigrette.
GF - Soy Free optional - Nut Free optional

Asian noodle salad:
A mixture of shredded kale, red cabbage, sliced cucumber, sweet peppers, grated carrot, bean sprouts, red onions and rice noodles tossed in our own Asian style vinaigrette.
GF/Nut Free Contains Soy

Greek salad:
Romaine lettuce, red onion, cherry tomatoes, cucumber, black olives and chopped walnuts tossed in our own Mediterranean vinaigrette.
GF - Contains Soy - Nut Free optional

Southwestern salad:
Romaine lettuce, red onion, cucumber, cherry tomatoes, black beans, and corn seasoned with sea salt, oregano and cilantro, and finished with topping of corn chips.
GF/Nut/Soy Free

Tomato, bell peppers pasta salad:
Pasta shells, red and green peppers, cherry tomatoes, red onion, chickpeas, corn and basil delicately coated in vegan mayo.
GF/Nut/Soy Free

Sides

\$5.99

Poutine:
Hand cut chunky fries with a generous helping of homemade vegan cheese, smothered in vegan gravy.
Nut/Soy Free - Contains Gluten

French Fries: **\$2.99**
Hand cut fries seasoned to taste; optional seasonings include Lemon Pepper, Montreal Style Spice, Cajun, and Garlic.
Nut/Soy Free - GF optional



Mains *

Fish and Chips: \$12.99
An adaptation of this very popular, traditional British dish, replicated with Banana plant marinated in Kelp and Seaweed. Deep fried in beer batter giving a flaky fish like texture, served with French fries and mushy peas. **Nut/Soy Free - GF optional**

Thai Green Curry: \$12.99
A mixture of fresh locally sourced vegetables, with green curry paste and coconut milk to give a spiced creamy curry sauce. Served with boiled rice. **GF/Nut/Soy Free**

Brazilian PF: \$12.99
A popular Brazilian hearty meal Protein n Fiber combining black beans, rice, and a choice of vegan pepperoni or ribs garnished with kale, onions and tomatoes. **Nut/Soy Free - GF optional**

Pasta Arrabiata: \$12.99
Pan fried onion and cherry tomato's flavoured with garlic and chilli flakes in a tomato sauce served with spaghetti and garlic ciabatta bread. **Nut/Soy Free - GF optional**

Sausage and Mash: \$12.99
Homemade sweet potato and shallot sausages served on a bed of creamy mashed potato, accompanied by our homemade vegan Yorkshire pudding and vegetable gravy. **Nut/Soy Free - Contains Gluten**

Mac 'N' Cheese Baked Potato: \$12.99
Oven baked potato stuffed with a cassava mac 'n' cheese and garnished with a house salad. **GF/Nut/Soy Free**

BBQ Chick'nflower Wings: \$12.99
Soft and tender on the inside and crispy on the outside these cauliflower "wings" comes with BBQ sauce and include a side of fresh cut vegetables and garlic aioli dip. **Extra 1/2lb chick'n wings add \$8.99**
GF/Nut/Soy Free

Seitan Stroganoff: \$12.99
Your choice of sliced seitan beef or seitan chick'n in a mushroom creamy sauce garnished with matchstick potatoes and a house salad.
Nut/Soy Free - Contains Gluten

Chick'n Pie Meal: \$12.99
This classic chick'n pot pie has a flaky crust, a creamy sauce and a hearty mix of shredded chick'n and vegetables, garnished with mashed potatoes, gravy and a house salad.
Nut/Soy Free - Contains Gluten

Substitutions allowed but additional items will be charged

Burger Combos: \$12.99

Our homemade beet burger served on a plantain bun with fresh lettuce, tomato and onion. Topped with our own vegan mayo, mustard and/or ketchup, pickles and hot banana peppers. Accompanied with a side of hand cut French fries.
Nut/Soy Free - Contains Gluten

Ciabatta bun optional - add \$0.99
Cheese slices - add \$1.99;
Eggplant bacon - add \$1.99

Our portobello cassava four breaded burgers served on a plantain bun with fresh lettuce, tomato and onion. Topped with our own vegan mayo, mustard and/or ketchup, pickles and hot banana peppers. Accompanied with a side of hand cut French fries.

Nut/Soy Free - Gluten Free
Ciabatta bun optional - add \$0.99
Cheese slices - add \$1.99;
Eggplant bacon - add \$1.99

Pizzas

Plain:
Small - \$7.99 Medium - \$15.99 Large - \$23.99
Fresh homemade pizza dough, topped with our own homemade pizza sauce and our homemade cassava cheese, finished of with oregano and a light brushing of olive oil on the crust.

Pepperoni:
Small - \$8.99 Medium - \$16.99 Large - \$24.99
Fresh homemade pizza dough, topped with our own homemade pizza sauce and our homemade cassava cheese, topped with a generous helping of our homemade pepperoni from our deli counter and finished of with oregano and a light brushing of olive oil on the crust.

Veggie Delight:
Small - \$10.99 Medium - \$18.99 Large - \$26.99
Fresh homemade pizza dough, topped with our own homemade pizza sauce and our homemade cassava cheese, topped with broccoli, corn, red pepper, white onion, black olives and purple cabbage and finished of with oregano and a light brushing of olive oil on the crust.

Vegetable toppings Add S \$0.49 M \$0.99 L\$1.99
Broccoli, corn, red/green/yellow pepper, white/red onion, black/green olives, purple cabbage, mushrooms, pineapple, extra sauce

Premium toppings Add S \$1.99 M \$2.49 L\$2.99
Vegan peperoni, extra vegan cheese,

Dipping Sauces \$ 0.99 each
Bourbon BBQ, Garlic aioli, Vegan mayo

Pizzas are Nut/Soy Free - Contain Gluten



Kids Menu * \$7.99

Unchik'n nuggets n chips:

Our nuggets are made with seitan chick'n breaded with our own spice mix and served with French fries or cut veggies.

Nut/Soy Free - Contains Gluten

Brazilian kids favorite:

Black beans, rice, with stir fried broccoli and grilled seitan beef

Nut/Soy Free - Contains Gluten

Kids' Pasta:

Brown rice macaroni with cassava cheese sauce or tomato sauce.

Nut/Soy Free - GF

Hot Dogs and Fries

Seitan Vienna style sausage with ketchup, vegan mayo, mustard and relish on a house made hot dog bun.

Nut/Soy Free - Contains Gluten

Substitutions allowed but additional items will be charged

Desserts

FGF Vegan Cup cakes \$ 5.50 each

Vanilla, Chocolate, Red Velvet

Brownies \$ 3.45 each

Pina Colada Cake \$ 5.50 each

Cookies \$ 2.45 each

Chocolate Chip, S'mores, GF Carob

Cinnamon Bun \$ 2.50 each

Donuts \$ 2.75 each

Above desserts Contain Gluten - Nut/Soy Free

FGF Vegan Gluten Free Options:

Black Beans Brownies \$ 3.75 each

Cookies \$ 2.45 each

made with Cocoa, Carob and Chocolate Chip

Raw Tart \$ 5.50 each

Coconut/dates tart filled with berry jam, topped with white chocolate

Chia Pudding \$ 3.45 each

Assorted flavours (ask us about our daily options)

Nut/Soy Free - GF

Drinks

Vitamin water (assorted flavors): \$3.99

Perrier water: \$3.99

Bubbly water: \$2.49

Lemon, Orange, Grapefruit or Strawberry

Coconut water: \$2.49

Coffee / Tea 12 oz \$1.75