



FGF VEGAN OSHAWA
8 Midtown Drive, Unit 4/5
(905) 723-0449



fgfvegan@gmail.com
www.fgfvegan.com

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
Cal 390 Protein 12g Carbs 66g Fat 10g Fiber 6g

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
Cal 310 Protein 8g Carbs 70g Fat 1g Fiber 3g

Beet Steak & Fried Onion **\$7.99**
Homemade beet steak 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
Cal 574 Protein 46g Carbs 92g Fat 3g Fiber 5g

BLT: **\$7.99**
Our very own house made Eggplant bacon, served in a plantain bun with fresh lettuce, tomato, and vegan mayo.
Nut Free - Contains Soy and Gluten
Cal 299 Protein 2g Carbs 52g Fat 11g Fiber 4g

Pepperoni & Cheese **\$8.99**
Slices of cassava cheese and vegan pepperoni served on a ciabatta bun layered with vegan mayo, fresh lettuce and tomatoes
Nut/Soy Free - Contains Gluten
Cal 575 Protein 26g Carbs 75 g Fat 21g Fiber 5g

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
Cal 540 Protein 35g Carbs 100g Fat 4g Fiber 11g

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

Sides

Poutine: **\$7.99**
Hand cut chunky fries topped with our of homemade vegan cassava cheese, smothered in vegan gravy.
Nut/Soy Free - Contains Gluten
Cal 586 Protein 6g Carbs 64g Fat 35g Fiber 4g

French Fries: **\$3.99**
Hand cut potatoes seasoned to taste; optional seasonings include Lemon Pepper, Montreal Style Spice, Cajun, and Garlic.
Nut/Soy Free - GF optional
Cal 570 Protein 7g Carbs 56g Fat 37g Fiber 4g

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
Cal 559 Protein 21g Carbs 58g Fat 31g Fiber 12g

Asian salad:
A mixture of kale, sliced cucumber, yellow peppers, shredded carrots, edamame beans, shredded red cabbage and red onions tossed in our own Asian style vinaigrette.
GF/Nut Free Contains Soy
Cal 216 Protein 6g Carbs 26g Fat 11g Fiber 7g

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
Cal 214 Protein 7g Carbs 9g Fat 18g Fiber 4g

Southwestern salad:
Romaine lettuce, red onion, cucumber, cherry tomatoes, black beans, and corn seasoned with sea salt, and cilantro, and finished with a topping of corn chips.
GF/Nut/Soy Free
Cal 170 Protein 6g Carbs 30g Fat 4g Fiber 6g

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
Cal 490 Protein 6g Carbs 52g Fat 30g Fiber 7g

Kids Menu *

\$7.99

Kids' Pasta:
Brown rice macaroni with cassava cheese or tomato sauce.
Nut/Soy Free - GF
Cal 205-400 Protein 4g Carbs 44-75g Fat 0-1g Fiber 7-3g

Drinks

Vitamin water (assorted flavors): **\$3.99**
Perrier water: **\$3.99**
Bubbly water: **\$2.49**
Lemon, Orange, Grapefruit or Strawberry
Coconut water: **\$2.49**
Juices (assorted flavors) **\$2.49**

Substitutions allowed but additional items will be charged
Nutritional Data per meal is approximate and for information purposes only



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Mains & Bowls

Fish and Chips: \$13.99
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**
Cal 1005 Protein 11g Carbs 75g Fat 80g Fiber 11g

Thai Green Curry: \$13.99
A mixture of delicious vegetables, enrobed with green curry paste and coconut milk to give a spiced creamy curry sauce. Served with boiled rice. **GF/Nut/Soy Free**
Cal 550 Protein 9g Carbs 60g Fat 28g Fiber 5g

BBQ Chick'nflower Wings: \$13.99
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. **GF/Nut/Soy Free**
Cal 600 Protein 16g Carbs 110g Fat 82g Fiber 12g

Extra 1/2lb chick'n wings add \$8.99

Brazilian Bowl: \$11.99
Very hearty meal black beans, rice, kale, onions, green olives, tomatoes, topped with veggie gravy and garnished with matchstick potatoes.
Nut/Soy Free - Contain gluten
Cal 292 Protein 12g Carbs 48g Fat 6g Fiber 12g
Protein choice of tofu or beet steak: Add \$1.99

Asian Bowl: \$11.99
Rice, edamame beans, kale, red bell pepper, red cabbage, carrots on a delicious curry coconut asian sauce topped with pumpkin seeds **GF/Nut Free Contain Soy**
Cal 700 Protein 16g Carbs 134g Fat 12g Fiber 11g
Protein choice of tofu or beet steak: Add \$1.99

African Bowl: \$11.99
Quinoa, green peas, broccoli, red bell pepper, carrots, cherry tomatoes on a hot sesame seeds sauce topped with plantain chips. **GF/Nut Free contain Soy**
Cal 524 Protein 17g Carbs 55g Fat 28g Fiber 11g
Protein choice of tofu or beet steak: Add \$1.99

Latin Bowl: \$11.99
Quinoa, black beans, corn, red cabbage, red onions, cilantro leaves, chipotle sauce topped with crushed Tostitos.
GF/Nut Free contain Soy
Cal 612 Protein 17g Carbs 55g Fat 2g Fiber 11g
Protein choice of tofu or beet steak: Add \$1.99

Burger Combo: \$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
Cal 937 Protein 22g Carbs 100g Fat 52g Fiber 9g

Round 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 with oregano and a light brushing of olive oil on the crust.
Cal 153 Protein 3g Carbs 24g Fat 5g Fiber 2g per slice 85g

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 our homemade pepperoni from our deli counter and finished with oregano and a light brushing of olive oil on the crust.
Cal 165 Protein 4g Carbs 25g Fat 5g Fiber 2g per slice 85g

Hawaiian:
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 our homemade Eggplant bacon, pineapple, and finished with oregano and a light brushing of olive oil on the crust
Cal 153 Protein 3g Carbs 24g Fat 5g Fiber 3g per slice 85g

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 finished with oregano and a light brushing of olive oil on the crust.
Cal 141 Protein 3g Carbs 22g Fat 4g Fiber 2g per slice 85g

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

Premium toppings Add S \$1.99 M \$2.49 L \$2.99
Vegan pepperoni, vegan ribs, beet ham, extra vegan cheese,

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

Pizzas are Nut/Soy Free - Contain Gluten

Desserts

Cup cakes \$5.50
Vanilla, Chocolate, (Contains Gluten, Nut/Soy Free)
Cal 245 Protein 4g Carbs 36g Fat 10g Fiber 1.4g

Chocolate chip cookies \$2.45
(Contains Gluten, Nut/Soy Free)
Cal 130 Protein 3g Carbs 25g Fat 12g Fiber 4g

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