

Starters & Shared

NAUGHTY NACHOS

starter **\$7.50** / sharing **\$14**

carrot flax crackers, refried beans, salsa, greens, guacamole and sour cream

option: replace sour cream with tahini

add-ons: taco meat, cashew cheese, olives, pickled mangoes

add-ons (each): starters **\$0.50** / sharing **\$1.00**

add-ons (the works): starters **\$1.50** / sharing **\$3**

BARE BRUSCHETTA \$14

brazil nut thyme bread, cashew basil pesto, tomatoes, olives, cashew chèvre

option: replace cashew basil pesto with marinara sauce and no cheese

GET FRESH, FRUIT & CHEESE PLATE

starter **\$9.50** / sharing **\$18**

carrot flax bread, cashew chèvre, basil & kale crème fraîche, mulberry date preserve, pickled green mango

EXOTIC EGGPLANT CAPONATA FLATBREAD \$14

eggplant, cashew chèvre, exotic greens, basil, tomatoes

SUCCULENT SOUP OF THE DAY \$8

chef's daily creation; always changing, always great - ask your server

YANG SOUP & YIN SIDE SALAD \$11

chef's creation daily soup with field mixed greens, sprouts, balsamic vinaigrette

substitute: side salad with 1/2 kale salad or 1/2 taco salad, add **\$3.50**

Sides:

Steamed Greens \$3.50

Hot potatoes with homemade BBQ sauce or tasty catsup \$5

Salads

Add to any salad:

D'Ambrosio Burger Patty **\$4**

Best Vegan Burger Patty **\$5**

STRIPPED SALAD \$5

mixed greens, carrots, cucumber, sprouts

KICKIN' KALE SALAD half \$6.50 / full \$13

massaged kale, red cabbage, carrots, avocado, hemp seed, mixed berries

TANTALIZING TACO SALAD

half **\$6.50** / full **\$13**

greens, salsa fresco, sour cream, taco meat, flax chips **option:** replace sour cream with tahini

TRUST THE CHEF'S SALAD \$16

hearty chef's daily inspiration; healthy nutritious greens and delicious toppings

Raw Mains

TWISTED TACOS \$14

carrot flax tortilla, guacamole, salsa fresco, taco meat, sour cream

PRIMA DONNA PRIMAVERA \$13

sun dried marinara, zucchini noodles, tomatoes, olives, brazil nut parmesan, cashew meatballs

PERKY PAD THAI \$14

kelp and zucchini noodles, almond tamarind sauce, cabbage and peppers

MOONLIGHT MANICOTTI \$14

crispy eggplant, basil and crème fraîche, marinara, brazil nut parmesan, kale chips,

QUIRKY QUESADILLA \$15

refried beans, taco meat, pickled mangoes, greens, salsa and sour cream

Cooked Mains

IT'S BACK - THE BEANER \$16

creamy hummus, guacamole, brown rice, massaged kale, sour cream on a brown rice wrap

CRAZY CUBAN SANDWICH \$14

marinated grilled tofu, dijon hemp mayo, pickles, fried plantains, cheese

add-on: avocado **\$2**

BBQ PULLED TOFU SANDWICH \$16

slow-cooked pulled bbq tofu, greens, avocado, jalapeno havarti cheese

D'AMBROSIO BURGER \$15

chickpea patty, mayo, greens, avocado, tomato, with a side of hot potatoes

add-ons: onions, mushrooms, hummus, cheese each item **\$1.00** / the works **\$3.50**

THE BEST VEGAN BURGER \$16

black bean and plantain patty, maple coffee aioli, massaged kale and tomatoes

add-ons: onions, mushrooms, hummus, cheese, guacamole

each item **\$1.00** / the works **\$4**

LATIN LOVER RICE & BEANS \$13

sprouted corn tortilla, coconut jasmine rice, black beans, fried plantains, pickled green mango

DIRTY DANCING DAHL WITH RICE \$14

creamy coconut, tomato lentil and chickpea stew, baby potatoes, brown rice, tahini sauce

FRISKY FETTUCINI PASTA \$13

creamy rich collard pesto, tempeh, tomato, onion, red pepper, brown rice pasta, brazil nut parmesan

Inquire about our daily specials!

Our food is dairy & gluten-free! Our food contains nuts, so please inform us of any allergies!