

Soups

Lentil Soup ♡ GF

Sm \$6/Lg \$8

Vegetable Barley Soup ♡

Sm \$7/Lg \$9



Salads

Kale Caesar \$13.50 ♡

Kale, romaine, croutons, parmesan, facon bits, house Caesar dressing

Dragon Bowl \$15 ♡ GF

Mixed greens, firm tofu, spring onion, avocado, soybean, carrot, cucumber, homemade vegan kimchi, sesame, Thai dressing

Southwestern Cobb \$15 ♡ GF

Mixed greens, avocado, tofu or boiled eggs, pico de gallo, corn, black beans, tortilla strips, cheddar or vegan cheddar, chipotle-ranch dressing

Beet Halloumi \$16 ♡ GF

Mixed greens, beetroot, grilled halloumi or grilled tofu, cherry tomatoes, black olives, apple vinegar dressing

Quinoa Garden \$15.50 ♡ GF

Mixed greens, quinoa, chickpeas, cherry tomatoes, red onion, tossed with maple mustard balsamic dressing, topped with toasted almonds

Sweet Potato Lentil \$15 ♡ GF

Lentils, charred sweet potato, spinach, purple cabbage, red onion, tomato, lemon vinaigrette, toasted pumpkin seeds

Pasta Napolitana \$15 ♡

Fusilli, tomato, cucumber, black olives, spinach, red onion, feta or tofu crumble, basil, maple balsamic dressing

The Detox Salad \$15.50 ♡ GF

Mixed greens, kale, broccoli, cucumber, apple, beetroot, pumpkin seeds, dried cranberries, Tahini ginger lime dressing

♡ = Vegan

♡ = Vegan Option

GF = Gluten Free

♡ GF = Gluten Free Option





Dips & Appetizers

Hummus \$7.50

Chickpeas, tahini, lemon juice, a hint of garlic, served with pita or veggie sticks

Spinach Artichoke

Hummus \$8.50

Chickpeas, spinach, artichoke, tahini, lemon juice, served with pita or veggie sticks

Pico Bean Dip \$8.50

Black beans, onion, tomato, bell pepper, jalapeno, cilantro, lime juice, served with pita or veggie sticks

PEI Fries \$7

Add Garlic paste \$2.50/Vegan GF Gravy \$2.50

Sweet Potato Fries \$9

Served with homemade chipotle mayo

Poutine \$12

Add pulled BBQ mushroom \$6

Zaatar Pita Chips \$5

Ethiopian Samosa \$5

Lentils, yam, sweet potato, turmeric, a mix of spices

Add mango chutney \$2

Cabbage Rolls \$12

Stuffed with rice, tomato, parsley, mint, garlic, olive oil

Cheese Rolls \$12

5 pcs Herbed halloumi, mozzarella + sweet chilli sauce

Rainbow Rolls \$12

8 pcs Rice paper wraps filled with crispy tofu, shredded beets, cucumber, carrots, bean sprouts, purple cabbage and avocado, peanut dressing

Cauliflower Bang Bang \$13

Homemade cauliflower bites served with sriracha ranch



Wraps & Sandwiches

Tofu Reuben Sandwich \$14.50

Marinated and grilled tofu, sauerkraut, avocado, tomato, walnut, sriracha Mayo on rye bread

Flaming Veggie Sandwich \$14.50

Marinated and grilled zucchini, eggplant, roasted bell peppers, mushroom, tomato, baby arugula, basil-pesto on a homemade Focaccia bread

Pulled BBQ Mushroom \$16

Shredded oyster mushroom, maple BBQ sauce, house slaw on a homemade sesame bun

Furious Falafel Wrap \$14

Crispy chickpea patties, romaine lettuce, tomato, cucumber, parsley, banana pepper, pickled cucumber and tahini sauce in your choice of white or whole wheat pita

Chick'un & Slaw Tortilla Wrap \$14.50

Crispy chick'un, homemade slaw, pickles, sweet onion, romaine lettuce, spicy mayo

Keftedes Wrap \$15

Two kebab skewers, hummus spread, pickles, tomato, onion, parsley, lettuce



Add a side for \$5 choice of fries, house salad or soup

Hot Bowls

Veggie Stir Fry \$15.50

Vegan noodles or rice, broccoli, napa cabbage, mushroom, carrot, onion, bell pepper, fried egg or tofu, sesame, teriyaki sauce

Bibimbap \$15.50

Steamed rice, broccoli, carrot, mushroom, zucchini, spinach, cauliflower, fried egg or tofu, sesame, gochujang sauce

Cauliflower Steak Fettuccine \$16

Grilled Cauliflower steak, fettuccine, creamy mushroom sauce

Gaia's Ramen \$14.50

Ramen noodles, bok choy, mushroom, carrot, miso paste, boiled egg or tofu, topped with toasted sesame

Mexican Bowl \$15

Brown rice, sweet potato, bell pepper, avocado, black beans, corn, cilantro cabbage slaw, pecan, Chipotle sauce

Cajun Jambalaya \$15.50

Brown rice, green peas, cauliflower florets, onion, bell pepper, carrot, butternut squash, vegan sausage, simmered in a seasoned tomato broth

Furious Falafel Bowl \$15

Crispy chickpea patties, romaine lettuce, tomato, cucumber, parsley, banana pepper, pickled turnip, pickled cucumber, side tahini sauce

Cauliflower Butter Masala \$15.50

Cauliflower, chickpeas, carrot, potato, green peas, masala gravy served with basmati rice.

Add roti bread \$4



Keftedes Platter \$21

Three kebab skewers, grilled tomato, grilled onions, pickles, served with hummus, pita bread, and your choice of fries, rice or garden salad

Penne Florentine \$15

Penne pasta, broccoli, zucchini, carrot, mushroom, spinach, creamy sauce

Vegetable Lasagna \$15

Mixed grilled vegetables, bechamel tomato sauce

Add side Caesar salad \$5

Burgers

The Bounty Beet Burger \$14

Homemade vegan beetroot patty, house slaw, sweet onion, feta, cucumber, avocado spread on a homemade sesame seed bun. Add facon \$2

The Loaded Vegan 2.0 \$14.50

Homemade vegan patty, vegan cheese, grilled onions, lettuce, pickles, Gaia's special sauce on a homemade sesame seed bun. Add facon \$2

Chick'un Burger \$14

Vegan crispy chick'un, spicy mayo, lettuce, tomato, pickles on a homemade sesame seed bun.

Add a side for \$5 choice of fries, house salad or soup
GF Bun \$2.50





Flatbreads & Pizza

Mediterranean \$14

Vegan Flat bread topped with zaatar, roasted tomatoes, black olives, onions, baby arugula, pomegranate drizzle

Roasted Vegetables \$15.50

Mushroom, zucchini, sundried tomato, red onion, bell pepper, fresh basil, parmesan cheese, maple balsamic reduction. **Add vegan sausage \$2**

Veggie Pizza \$15.50

Grilled veggies: zucchini, eggplant, onion, tomato, mushroom, bell pepper, homemade pizza sauce, mozzarella shreds. **Add vegan sausage \$2**

Halloumi Pizza \$17.50

Halloumi and mozzarella cheese, black olives, onion, tomato, green pepper, homemade pesto sauce

Pepperoni Pizza \$14.50

Homemade pizza sauce, mozzarella shreds, GF pepperoni. **Add vegan sausage \$2**

***Cauliflower Crust \$6.50**

Kids Menu

Veggie Burger, Spaghetti,
Vegan Hotdog,
Cheese Pizza (+\$3 GF),
Grilled Cheese \$10

(includes side fries or house Salad
+ kids drink)

Desserts

Carrot Cake \$8

Cheesecake Berry Compote \$7.50

Tiramisu \$6.50

Chocolate Mousse \$6

Ballistic Brownie \$5

Chocolate Chip Cookie \$3

Coconut Energy Balls \$3 or 3/\$8



Smoothies \$8

Just Peachy

Peaches, strawberry, banana, OJ, almond milk

Berry Berry

Blackberry, Blueberry, strawberry, banana, OJ, cranberry juice, almond milk

Choco Nut

Chocolate, banana, peanut butter, almond milk

Super Shake

Blackberry, strawberry, blueberry, bananas, spinach, coconut milk, chia seeds

Blue Avocado

Blueberry, avocado, strawberry, banana, coconut milk

Stress Buster

Carrot, banana, pineapple, orange chunks, OJ, almond milk, vanilla extract

Tropical Colada

Mango, pineapple, banana, coconut milk

Strawberry Dream

Strawberry, banana, avocado, choice of milk, honey or maple syrup

Green Go

Strawberry, banana, pineapple, kale, spinach, almond milk

Cold/Hot Drinks

Canned Pop \$3

Coconut Water \$4

Flavored Sparkling Water \$4

Rose Mint Lemonade \$5

Strawberry Lemonade \$5

Lemon Iced Tea \$5

Jasmine Green Iced Tea \$5

Lady Baker's Tea \$2.50

Black/Green/Herbal selection

Iced Coffee \$4

Coffee \$2.50

Espresso \$2.50

Cappuccino \$4.25

Café Latte \$4.25

Mocha \$4.25

Chai Latté \$4.25

(hot/iced)