



Oatmeal with Berries



French Toast



Mushroom&Sweet Potato Chili



Cabbage pie



Sauerkraut salad

Breakfast

Homemade oatmeal (plain, berries, apple/cinnamon)	4.50
Vegetable fritters (vegan) Spicy or mild by your choice.	9.99
Chickpea Mushroom Omelette (vegan)	9.99
French Toast (vegan) Our fluffy White Sandwich bread with Fruits.	9.99

Lunch

Soup of the day (vegan)	6.50
Chili (vegan)	6.99
Chili Mushroom&Sweet Potato (vegan)	8.50
Mushroom Stew (vegan)	8.99
Beef Stew	10.50
Chickpea&Sweet Potato Ragout with Quinoa	8.50
Perogies Potato (with Coleslaw) (vegan)	8.99
Perogies Mushroom (with Coleslaw) (vegan)	9.99
Beef Stuffed Dumplings (with Coleslaw)	9.50

Salads

Garden Traditional vegetable salad	5.99
Spinach and Strawberry Best accompaniment for Spinach is Strawberry. And Homemade Raspberry dressing	7.15
Beet and Carrot Healthy salad with Beet, Carrot and Cabbage with Homemade Lemon dressing.	6.20
Cabbage salad Fresh salad with Spinach and Cabbage and little sweetnes from dry Cranberry.	6.50
Sauerkraut salad Homemade Sauerkraut loads of helathy probiotics with accompaniment of fresh Bell Pepper and Parsley.	5.80
Salad of the week You can find more sweet and savory options at the store.	

Sandwiches and Wraps

Cheese sandwich

Our sourdough bread with Mozzarella cheese and fresh vegetables 6.50

(with a dairy-free option) (7.50)

Avocado sandwich (vegan) 7.50

Eggsalad sandwich 6.99

Smashin' Pumpkin-Falafel sandwich (vegan) 8.99

Homemade Pumpkin falafel with Red Cabbage, Homemade spicy Mayo and Spinach. With Bread of your choice

Pulled Jackfruit sandwich (vegan) 12.50

Yonge Jackfruit with Homemade BBQ sauce and spicy Mayo and Bread of your choice .

Buckwheat wraps with different fillings

Spinach-mushroom (vegan) 7.99

Avocado with roasted vegetables (vegan) 9.50

Hummus-avocado (vegan) 7.10

Eggplant (vegan) 6.99

Avocado-Creamy Beans (vegan) 9.50

Eggsalad 6.99

Tuna 6.50

Smoothies

Berry detox 8.99

Raspberries, Blueberries, Spinach, Banana and Flaxseed help your body.

Orange energy 9.50

Energy boost from Orange, Mango and Carrot.

Green strength 8.99

Complex of Kale with Mango and Pumpkin seeds helps you to keep your power for everyday routine.

Drinks

Immunity Booster drink 2

Freshly squeezed Orange/Apple juice 4/6

Coffee and Tea

You can find more sweet and savory options at the store.

Jackfruit sandwich



Buckwheat wraps



Perogies



Immunity
Booster
drink

Potato salad

