STARTERS

Pan Fried Potstickers Vorange-shoyu dipping sauce	10	Flautas ☆ Corn tortillas rolled with a blend of roasted	
		potato, caramelized onion, feta and spices,	
Warm Onion Gruyere Tart		fried crisp, drizzled with sour cream,	
Crisp apple, dressed greens	11	served with morita pepper cream	10
Hand Cut French Fries * *		Kamoosh *	
House barbeque sauce	9	Crisp tortilla chips covered with black beans,	
		melted cheese, sour cream and guacamole.	1.4
Guacamole 🛚 😘		Served with salsa roja	14
Chips and crudités	12	Dalman	
		Dolmas 📽 🛊	
Sweet Potato Fries * *		Tender grape leaves stuffed with rice and fresh	1
Served with chipotle ketchup	9	herbs, served with cucumber yogurt sauce Vegan: without yogurt sauce	9
		KFAST il 3:00 p.m. Huevos a la Mexicana •	
Serr		Huevos a la Mexicana se Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas	
Serrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja	ed uni	Fil 3:00 p.m. Huevos a la Mexicana ↔ Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado.	16
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs &	ed unt	Huevos a la Mexicana Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese	16
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg	ed unt	Huevos a la Mexicana se Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles se	16
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs Organic tofu, scrambled with free-range egg broccoli, mushrooms and onion, served over	ed unt	Huevos a la Mexicana se Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles se Eggs or tofu with crisp tortilla chips in a	
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg	ed unt	Huevos a la Mexicana Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles Seggs or tofu with crisp tortilla chips in a tomatillo salsa verde or tomato ranchero salsa	
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg broccoli, mushrooms and onion, served over brown rice with sliced tomato and avocado	ed unt	Huevos a la Mexicana se Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles se Eggs or tofu with crisp tortilla chips in a	
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg broccoli, mushrooms and onion, served over brown rice with sliced tomato and avocado Vegan Mexican Breakfast **	ed unt	Huevos a la Mexicana Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles Seggs or tofu with crisp tortilla chips in a tomatillo salsa verde or tomato ranchero salsa	
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg broccoli, mushrooms and onion, served over brown rice with sliced tomato and avocado	ed unt	Huevos a la Mexicana se Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles se Eggs or tofu with crisp tortilla chips in a tomatillo salsa verde or tomato ranchero salsa Served with black beans and sour cream Huevos Rancheros se	
Breakfast Burrito Scrambled eggs, seitan chorizo sausage, avocado, fresh cilantro and jack cheese. Served with dressed greens and salsa roja Tofu Scrambled Eggs & Organic tofu, scrambled with free-range egg broccoli, mushrooms and onion, served over brown rice with sliced tomato and avocado Vegan Mexican Breakfast * * Tofu sautéed with tomatoes, peppers and	ed unt	Huevos a la Mexicana & Scrambled eggs, tomatoes, green onion, jalapeño pepper, cilantro and avocado. Served with black beans, corn tortillas and feta cheese Chilaquiles & Eggs or tofu with crisp tortilla chips in a tomatillo salsa verde or tomato ranchero salsa Served with black beans and sour cream	

OMELETTES

Served with dressed greens and corn bread Served until 3:00 p.m.

Mediterranean Omelette ☆ kalamata olives, roasted red tomato, fresh basil and feta cheese, on farm fresh eggs 16		Eastern Omelette ☆ Mushrooms, onions, peppers, and cheese	16
Spinach Feta Omelette :	16	Pesto Goat Cheese Omelette :	17



ENTREES

Vegetable Gardein Pot Pie Carrots, potatoes and peas, corn, cauliflower, mushroom, onions, roasted gardein and cream topped with homemade pastry, baked golden brown, served with dressed greens 18 Deep Dish Quiche Free-range eggs, broccoli and cheddar cheese baked into rich deep-dish quiche, served	Cantonese Rice Bowl Shiitake mushroom, snow peas, celery, slivered onion and brown rice stir-fried to perfection in toasted sesame sauce Topped with fried or scrambled egg—2 Add Tofu or Seitan—4.5 Pesto Pasta Primavera Cashew-basil pesto, sweet red peppers,
With dressed greens 18 Bibim Bop Rice Bowl Spicy grilled seitan and marinated chilled	peapods, julienned carrot and aged parmesan tossed with rotini pasta
vegetables on a bowl of brown and jasmine rice topped with an over-easy egg 19 Burrito Ranchero	Café Gyros Spicy gardein, cucumber, tomato and onion served open face on warm pita, finished with feta and tzatziki sauce and your choice of
Refried rice and beans, chipotle sauce, melted cheese, avocado and sour cream. Served with chips and salsa 17	dressed greens or sweet potato fries 18 Kung Pao Gardein, shiitake mushroom and red chili
Mongolian Stir-Fry ♥ Seitan, broccoli, scallions, red and green peppers in spicy Mongolian sauce served over crispy noodles with brown rice 19	peppers sautéed in spicy kung pao sauce. Garnished with peanuts, served with cucumber salad and jasmine rice 19
Enchiladas Verdes & Corn, potato, onion, sour cream enchiladas topped with melted cheese, guacamole and salsa verde, served with brown rice 18	Black Bean Tostadas Two crisp corn tortillas topped with black beans, melted cheese, lettuce, tomato, guacamole and sour cream, served with brown rice 18
Thai Peanut Noodles ** Rice noodles, broccoli, carrot and scallion sautéed in spicy Thai peanut sauce. Topped with crispy tofu, jalapenos and pickled ginger 19	Barbeque Seitan Sandwich Served open face on a toasted bun with Carolina slaw and your choice of dressed greens or sweet potato fries
Soft Shell Tacos Three soft corn tortillas filled with spicy gardein, lettuce, cilantro, onion and cheese. Served with salsa verde and black bean-corn salad 18	Macrobiotic Plate * a Brown rice with shiitake gravy, roasted squash and sweet potato purée, black beans, steamed kale, sea vegetable, sunomono salad and miso soup

SANDWICHES SALADS Served with your choice of dressed greens, french fries or sweet potato fries Cobb Salad Refreshing mix of chopped avocado, tomato, Grilled Brie & Apple Sandwich cucumber, corn, brussels sprout, red onion and Prepared on honey wheat bread with gardein on mesclun greens dressed with fresh cranberry chutney 16 roasted tomato vinaigrette 17 Hot Oven Grinder Jerusalem Lentil Salad 🛚 🟗 Smoked gouda, mustard, mayo, mushrooms, Organic lentils, jicama, seedless cucumber, onion, tomato and avocado served hot on our tomato, red onion and cilantro tossed with grinder roll 17 field greens, dressed with lemon, olive oil, salt and pepper 16 Barbeque Hoagie Bell peppers, onion and homemade vegan Quinoa Salad Bowl 📽 🟗 chorizo sautéed in our barbecue sauce, Spinach, red quinoa, black beans, roasted corn, finished with melted cheese, served on roasted peppers, cabbage, carrot, tomatoes, a fresh grinder roll 16 and jicama, dressed with cilantro-lime vinaigrette, served with salsa rojas (no substitutions) Blind Faith Burger * Our homemade veggie burger served on a Thai Noodle Salad 👺 🛊 toasted bun with lettuce, tomato, and pickle Crisp vegetables and thin rice noodles tossed in Add cheese - 1 17 spicy Thai peanut sauce on mixed greens The Dempster Street Blind Faith Salad Grilled gruyère cheese and fried egg sandwich Mixed greens, jack cheese, raisins, cashews, filled with crisp cucumber, sweet red peppers onion, avocado, white miso dressing 16 and spicy mayo 16 Santa Fe Salad Gardein Chick'n Sandwich Romaine, jack cheese, barbeque seitan, corn, Breaded gardein filet on a toasted bun topped peas, onion, tomato, house vinaigrette 17 with lettuce, tomato, lime-pickled onion, and chipotle mayo 18 Mediterranean Rice Salad Romaine, seedless cucumber, carrot, kalamata olives and feta cheese tossed with Soups brown rice in our house vinaigrette, topped

6

6

3

with sundried tomatoes and pepperoncini

17

3

2

Add sliced avocado - 4

to any salad

Add a bowl of soup-of-the-day

Substitute vegan cheese on any salad



Miso Soup 🖁 🛊

Scallion, tofu and wakame

Soup-of-the-Day

Add a bowl to any sandwich