

APPETIZERS

BRUSCHETTA POMODORO

Calabrese bread toasted & topped with olive oil, garlic, tomatoes & basil 9.95

INSALATA MISTA

Baby arugula & mixed lettuce, radicchio, fennel, cherry tomatoes, Peruvian peppers, white balsamic honey vinaigrette 9.00 / 12.00
contains honey

AVOCADO CASHEW CAESAR

Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese 10.75 / 16.35

VEGAN ARANCINI

Classic Italian rice balls stuffed with Earth Island mozzarella, peas, lightly fried & served with marinara sauce (gluten free) 11.50

**please note that the oil in which our arancini are fried is also used for other menu items*

PIZZA

*\$12 pizza deal not available on vegan pizzas

whole wheat multi grain crust add \$2.00

please see our core menu for additional plant-based toppings

VEGAN SMOKED SALMON PIZZA

Pizza bianco with olive oil, smoked carrot, cashew based cream cheese, capers, red onions & dill 18.25

VEGAN PESTO PIZZA

Super green pesto, Earth Island mozzarella, cashew based cheddar cheese, roasted cauliflower, red onions, baby kale 18.25

**pesto contains pumpkin seeds*

VEGAN PIZZA BIANCO E FUNGHI

Pizza Bianco with mushrooms, rosemary, black olives, arugula, pine nuts, truffle oil, cashew cheese sauce 18.25

VEGAN SAUSAGE PIZZA

Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.25

VEGAN PEPPERONI PIZZA

Tomato sauce, Earth Island mozzarella, pepperoni, onions, green pepper 18.25

VEGAN PIZZA MELANZANE

Tomato sauce, Earth Island mozzarella, eggplant, olives, tomatoes 18.25

VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 17.25

VEGAN PIZZA CARCIOFI

Tomato sauce, Earth Island mozzarella, artichoke hearts, roasted red peppers, black olives, basil 18.25

== OUR PIZZA DOUGH & TOMATO SAUCE ARE 100% VEGAN ==

🌿 contains nuts

PASTA

spelt rigatoni add \$2.00 / rice flour fusilli pasta add \$2.00

VEGAN RIGATONI BOLOGNESE

Lentil & mushroom bolognese sauce 20.50

VEGAN AGNOLOTTI

Agnolotti filled with our tofu, cashew based ricotta in a vegan butter sauce with vegetables 20.50

PLANT-POWERED CLASSIC LASAGNA

Artisanal creamy cashew almond mozzarella, tofu ricotta & kale marinara sauce, plant-based parmesan 20.50

SPELT RIGATONI ALLA NORMA

Eggplant, cherry tomatoes, chillies, garlic, red wine, tomato sauce 18.75

MANICOTTI

Pumpkin & plant-based ricotta filled manicotti with cashew cream & tomato sauce 20.00

SUPER GREEN FETTUCCINE

Super green pesto, black olives, artichoke hearts, cherry tomatoes & baby spinach, finished with plant-based parmesan 20.50

**pesto contains pumpkin seeds*

BURGER

"BEYOND BEEF" VEGETARIAN BURGER

A quarter pound, plant-based patty on a sesame bun with avocado, lettuce, roasted red pepper aioli & caramelized onions 17.35

additional vegan topping: vegan cheddar (nut free) add 2.50

Served with sweet potato fries OR our Avocado Cashew Caesar Salad

**please note that the oil in which our fries are fried is also used for other menu items*

EGGS VENNY *served daily until 2:30 pm*

English muffin, tofu, pinto bean breakfast sausage, baby spinach, smoked paprika black salt, finished with Mornay sauce. Served with an Avocado Cashew Caesar Salad.

WINTER PRIX FIXE

Plant-based prix fixe dinner starting January 20, 2020

\$33 Dinner

Our Vegan Smoked Salmon and Vegan Sausage Pizzas have been featured in Toronto Life

APPETIZERS

VEGAN GREEK SALAD

Mixed greens, plant-based feta, cucumber, tomatoes, olives, red wine vinaigrette 10.75/16.25

INSALATA MISTA

Baby arugula & mixed lettuce, radicchio, fennel, cherry tomatoes, Peruvian peppers, white balsamic honey vinaigrette 10.55/15.65
contains honey

AVOCADO CASHEW CAESAR

Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese 10.55/15.65

VEGAN ARANCINI

Classic Italian rice balls stuffed with Earth Island mozzarella, peas, lightly fried & served with marinara sauce 11.50

**please note that the oil in which our arancini are fried is also used for other menu items*

PIZZA

whole wheat multi grain crust add \$2.00 / mini gluten free crust add \$2.00
please see our core menu for additional plant-based toppings

VEGAN SMOKED SALMON PIZZA

Pizza bianco with olive oil, smoked carrot, cashew based cream cheese, capers, red onions & dill 18.25

VEGAN PESTO PIZZA

Super green pesto, cashew based cheddar cheese, roasted cauliflower, red onions, baby kale, **pesto contains pumpkin seeds* 18.25

VEGAN PIZZA BIANCO E FUNGHI

Pizza Bianco with mushrooms, rosemary, black olives, arugula, pine nuts, truffle oil, cashew cheese sauce 18.25

VEGAN GREEK PIZZA

Tomato sauce, Earth Island mozzarella, tofu feta, black olives, spinach, red onions 18.25

VEGAN SAUSAGE PIZZA

Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.25

VEGAN PEPPERONI PIZZA

Tomato sauce, Earth Island mozzarella, pepperoni, onions, green pepper 18.25

VEGAN PIZZA MELANZANE

Tomato sauce, Earth Island mozzarella, eggplant, olives, tomatoes 18.25

VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 17.25

VEGAN PIZZA CARCIOFI

Tomato sauce, Earth Island mozzarella, artichoke hearts, roasted red peppers, black olives, basil 18.25

== OUR PIZZA DOUGH & TOMATO SAUCE ARE 100% VEGAN ==

 contains nuts

PASTA

spelt rigatoni add \$2.00 / rice flour fusilli pasta add \$2.25

VEGAN RIGATONI BOLOGNESE

Lentil & mushroom bolognese sauce 20.50

SPAGHETTI A LA MARGIE

With peas, sautéed spinach, plant-based parmesan in a sweet potato cream sauce 20.50

VEGAN AGNOLOTTI

Agnoletti filled with our tofu, cashew based ricotta in a vegan butter sauce with vegetables 20.50

VEGAN ORECCHIETTE

Cashew truffle cream sauce & sautéed spinach, plant-based parmesan 19.50

PLANT-POWERED CLASSIC LASAGNA

Artisanal creamy cashew almond mozzarella, tofu ricotta & kale marinara sauce, plant-based parmesan 20.50

SPELT RIGATONI ALLA NORMA

Eggplant, cherry tomatoes, chillies, garlic, red wine, tomato sauce 18.75

MANICOTTI

Pumpkin & plant-based ricotta filled manicotti with cashew cream & tomato sauce 20.00

SUPER GREEN CASARECCIA

Sicilian twisted tube shaped pasta with super green pesto, black olives, artichoke hearts, cherry tomatoes & baby spinach, finished with plant-based parmesan, **pesto contains pumpkin seeds* 20.50

BURGER

"BEYOND BEEF" VEGETARIAN BURGER

A quarter pound, plant-based patty on a sesame bun with avocado, lettuce, roasted red pepper aioli & caramelized onions 17.35
additional vegan topping: vegan cheddar (nut free) add 2.50

Served with sweet potato fries OR our Avocado Cashew Caesar Salad
additional non-vegan toppings: white cheddar OR gorgonzola add 2.00

**please note that the oil in which our fries are fried is also used for other menu items*

WINTER PRIX FIXE

Plant-based prix fixe dinner starting
January 20, 2020

\$33 Dinner

Our Vegan Smoked Salmon
and Vegan Sausage Pizzas
have been featured in
Toronto Life

BREAKFAST

served daily from 10:30am
featuring Eggs Venny

APPETIZERS

ZUPPA

Tuscan chickpea & farro soup with tomato, kale, winter vegetables, plant-based parmesan 7.50

VEGAN GREEK SALAD

Mixed greens, plant-based feta, cucumber, tomatoes, olives, red wine vinaigrette 10.75/16.25

INSALATA MISTA

Baby arugula & mixed lettuce, radicchio, fennel, cherry tomatoes, Peruvian peppers, white balsamic honey vinaigrette 9.75/14.95
contains honey

AVOCADO CASHEW CAESAR

Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese 10.75/16.35

VEGAN ARANCINI

Classic Italian rice balls stuffed with Earth Island mozzarella, peas, lightly fried & served with marinara sauce 11.50

PIZZA **not available with \$12 pizza special*

*whole wheat multi grain crust add \$2.00 | mini gluten free crust add \$2.00
please see our core menu for additional plant-based toppings*

VEGAN SMOKED SALMON PIZZA

Pizza bianco with olive oil, smoked carrot, cashew based cream cheese, capers, red onions & dill 18.25

VEGAN PESTO PIZZA

Super green pesto, cashew based cheddar cheese, roasted cauliflower, red onions, baby kale, *pesto contains pumpkin seeds* 18.25

VEGAN PIZZA BIANCO E FUNGHI

Pizza Bianco with mushrooms, rosemary, black olives, arugula, pine nuts, truffle oil, cashew cheese sauce 18.25

VEGAN GREEK PIZZA

Tomato sauce, Earth Island mozzarella, tofu feta, black olives, spinach, red onions 18.25

VEGAN SAUSAGE PIZZA

Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.25

VEGAN PEPPERONI PIZZA

Tomato sauce, Earth Island mozzarella, pepperoni, onions, green pepper 18.25

VEGAN PIZZA MELANZANE

Tomato sauce, Earth Island mozzarella, eggplant, olives, tomatoes 18.25

VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 17.25

VEGAN PIZZA CARCIOFI

Tomato sauce, Earth Island mozzarella, artichoke hearts, roasted red peppers, black olives, basil 18.25

== OUR PIZZA DOUGH & TOMATO SAUCE ARE 100% VEGAN ==

 contains nuts

PASTA

spelt rigatoni add \$2.00 | rice flour fusilli pasta add \$2.25

VEGAN RIGATONI BOLOGNESE

Lentil & mushroom bolognese sauce 20.50

SPAGHETTI A LA MARGIE

With peas, sautéed spinach, plant-based parmesan in a sweet potato cream sauce 20.50

VEGAN AGNOLOTTI

Agnolotti filled with our tofu, cashew based ricotta in a vegan butter sauce with vegetables 20.50

VEGAN ORECCHIETTE

Cashew truffle cream sauce & sautéed spinach, plant-based parmesan 19.50

PLANT-POWERED CLASSIC LASAGNA

Artisanal creamy cashew almond mozzarella, tofu ricotta & kale marinara sauce, plant-based parmesan 20.50

SPELT RIGATONI ALLA NORMA

Eggplant, cherry tomatoes, chillies, garlic, red wine, tomato sauce 18.75

MANICOTTI

Pumpkin & plant-based ricotta filled manicotti with cashew cream & tomato sauce 20.00

SUPER GREEN CASARECCIA

Sicilian twisted tube shaped pasta with super green pesto, black olives, artichoke hearts, cherry tomatoes & baby spinach, finished with plant-based parmesan, *pesto contains pumpkin seeds* 20.50

BURGER

"BEYOND BEEF" VEGETARIAN BURGER

A quarter pound, plant-based patty on a sesame bun with avocado, lettuce, roasted red pepper aioli & caramelized onions 17.35
additional vegan topping: vegan cheddar (nut free) add 2.50

Served with sweet potato fries OR our Avocado Cashew Caesar Salad
*additional non-vegan toppings: white cheddar OR gorgonzola add 2.00
substitute non-vegan brioche bun at no additional charge*

**please note that the oil in which our fries are fried is also used for other menu items*

WINTERLICIOUS

*returns January 31 - February 13, 2020
with plant-based prix fixe menus*

\$23 Lunch / \$33 Dinner

*Our Vegan Smoked Salmon
and Vegan Sausage Pizzas
have been featured in
Toronto Life*

PLANT-BASED BRUNCH

*served daily 11am - 2:30pm
featuring Eggs Venny*

APPETIZERS

ZUPPA

Please ask your server 7.95

VEGAN GREEK SALAD

Mixed greens, plant-based feta, cucumber, tomatoes, olives, red wine vinaigrette 10.75/16.75

INSALATA MISTA

Baby arugula & mixed lettuce, radicchio, fennel, cherry tomatoes, Peruvian peppers, white balsamic honey vinaigrette 10.75/15.35 contains honey

AVOCADO CASHEW CAESAR

Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese 10.75/16.75

VEGAN ARANCINI

Classic Italian rice balls stuffed with Earth Island mozzarella, peas, baked in our oven & served with marinara sauce 11.50

PIZZA

whole wheat multi grain crust add \$2.00 | mini gluten free crust add \$2.00
please see our core menu for additional plant-based toppings

VEGAN SMOKED SALMON PIZZA

Pizza bianco with olive oil, smoked carrot, cashew based cream cheese, capers, red onions & dill 18.25

VEGAN PESTO PIZZA

Super green pesto, cashew based cheddar cheese, roasted cauliflower, red onions, baby kale 18.25 *pesto contains pumpkin seeds

VEGAN PIZZA BIANCO E FUNGHI

Pizza Bianco with mushrooms, rosemary, black olives, arugula, pine nuts, truffle oil, cashew cheese sauce 18.25

VEGAN GREEK PIZZA

Tomato sauce, Earth Island mozzarella, tofu feta, black olives, spinach, red onions 18.25

VEGAN SAUSAGE PIZZA

Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.25

VEGAN PEPPERONI PIZZA

Tomato sauce, Earth Island mozzarella, pepperoni, onions, green pepper 18.25

VEGAN PIZZA MELANZANE

Tomato sauce, Earth Island mozzarella, eggplant, olives, tomatoes 18.25

VEGAN PIZZA MARGHERITA

Tomato sauce, Earth Island mozzarella, fresh basil 17.25

VEGAN PIZZA CARCIOFI

Tomato sauce, Earth Island mozzarella, artichoke hearts, roasted red peppers, black olives, basil 18.25

== OUR PIZZA DOUGH & TOMATO SAUCE ARE 100% VEGAN ==

 contains nuts

PASTA

spelt rigatoni add \$2.00 | rice flour fusilli pasta add \$2.25

VEGAN RIGATONI BOLOGNESE

Lentil & mushroom bolognese sauce 20.50

SPAGHETTI A LA MARGIE

With peas, sautéed spinach, plant-based parmesan in a sweet potato cream sauce 20.50

VEGAN AGNOLOTTI

Agnolotti filled with our tofu, cashew based ricotta in a vegan butter sauce with vegetables 20.50

VEGAN ORECCHIETTE

Cashew truffle cream sauce & sautéed spinach, plant-based parmesan 20.50

SPELT RIGATONI ALLA NORMA

Eggplant, cherry tomatoes, chillies, garlic, red wine, tomato sauce 18.75

MANICOTTI

Pumpkin & plant-based ricotta filled manicotti with cashew cream & tomato sauce 20.00

SUPER GREEN PENNE

Penne with super green pesto, black olives, artichoke hearts, cherry tomatoes & baby spinach, finished with plant-based parmesan 20.50

*pesto contains pumpkin seeds

BURGER

"BEYOND BEEF" VEGETARIAN BURGER

A quarter pound, plant-based patty on a sesame bun with avocado, lettuce, roasted red pepper aioli & caramelized onions 17.35

additional vegan topping: vegan cheddar (nut free) add 2.50

Served with our Avocado Cashew Caesar Salad or Insalata Mista

additional non-vegan toppings: white cheddar OR gorgonzola add 2.00

CATERING

delivered to your home or office



Our Vegan Smoked Salmon
and Vegan Sausage Pizzas
have been featured in
Toronto Life

DELIVERY

available through
UBER & FOODORA

APPETIZERS

- SOUP OF DAY**.....9.00
Ask your server for details
- BRUSCHETTA POMODORO**.....9.95
Grilled ciabatta topped with olive oil, garlic, tomatoes, basil
- GREEK SALAD**.....9.75/14.95
Mixed greens, plant-based feta, cucumber, tomatoes, olives, red wine vinaigrette
- AVOCADO CASHEW CAESAR**.....9.75/14.95
Crispy romaine with an avocado, cashew, lemon juice based dressing topped with our plant-based parmesan cheese, *contains nuts*

PIZZA GLUTEN FREE CRUST ADD \$3.95

- VEGAN SAUSAGE PIZZA**.....20.00
Tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil
- PIZZA VEGANO**.....19.00
Tomato sauce, Earth Island mozzarella, spinach, caramelized onions, roasted red peppers, black olives
- VEGAN GREEK PIZZA**.....19.00
Tomato sauce, Earth Island mozzarella, tofu feta, black olives, spinach, red onions
- PIZZA VARESE**.....19.25
Tomato sauce, Earth Island mozzarella, roasted red peppers, grilled zucchini, oregano, arugula
- PIZZA RAPINI**.....18.50
Tomato sauce, garlic, oregano, rapini, caramelized onions, pepperoncino, extra virgin olive oil

OUR PIZZA DOUGH AND TOMATO SAUCE ARE
100% VEGAN

MAINS

- ADD VEGAN SAUSAGE TO ANY PASTA 4.50
- SPAGHETTI BOLOGNESE**.....19.00
With a lentil & mushroom bolognese sauce
- FUSILLI (gluten-free)**.....19.00
With green peas, cherry tomatoes, spinach, eggplant, black olives, garlic & olive oil
- AGNOLOTTI IN BUTTER SAUCE**.....20.75
Agnolotti filled with our tofu, cashew based ricotta in a vegan butter sauce with rapini, asparagus & mushrooms, *contains nuts*
- PLANT-POWERED CLASSIC LASAGNA**.....19.95
Artisanal creamy cashew almond mozzarella, tofu ricotta & kale marinara sauce, *contains nuts*
- ORECCHIETTE**.....18.00
Cashew truffle cream sauce & sautéed spinach, *contains nuts*
- SPAGHETTINI ALLA TRAPANESE**.....19.75
Basil & almond pesto, tomatoes, plant based parmesan cheese, pine nuts, *contains nuts*

GLUTEN-FREE VEGAN OPTIONS

Vegan Fusilli Pasta (rice flour) 2.00

DESSERTS

- SORBET**.....7.25
Limone or frutti di bosco
- HAZELNUT GELATO**.....7.25
Made with Italian rice milk, *contains nuts*
- VEGAN CHOCOLATE COCONUT CAKE**.....9.25
Finished with berries & coconut whipped cream

APPETIZERS

BRUSCHETTA POMODORO

Toasted Calabrese bread with olive oil, garlic, tomatoes, basil 9.50
add Earth Island mozzarella 2.00

VEGAN CAESAR

Crispy romaine with an avocado, cashew, and lemon juice based dressing topped with our own plant based parmesan cheese and croutons 10.25/14.25

contains nuts

add avocado slices to any salad 2.50

INSALATA NIZZARDA

Romaine and iceberg lettuce, avocado, green beans, tomatoes, chickpeas, potatoes, baked olives (with pits), red onion, lemon vinaigrette 13.95

PIZZA

gluten free crust add 3.95

PIZZA MARGHERITA

San Marzano D.O.P. tomato sauce, Earth Island mozzarella, basil 15.75

PIZZA IOSA

San Marzano D.O.P. tomato sauce, Earth Island mozzarella, mushrooms, artichoke hearts, black olives 17.95

PIZZA VARESE

San Marzano D.O.P. tomato sauce, Earth Island mozzarella, roasted red peppers, grilled zucchini, oregano, arugula, black olives 18.50

PIZZA VEGANO

San Marzano D.O.P. tomato sauce, Earth Island mozzarella, grilled zucchini, grilled eggplant, roasted red peppers, arugula 18.50

PIZZA MARINARA

San Marzano D.O.P. tomato sauce, herbs, garlic (no cheese) 13.95

PIZZA RAPINI

San Marzano D.O.P. tomato sauce, garlic, oregano, rapini, caramelized onions, pepperoncino, extra virgin olive oil 17.85

VEGAN SAUSAGE PIZZA

San Marzano D.O.P. tomato sauce, Earth Island mozzarella, fennel sausage, roasted red peppers, basil 18.95

OUR PIZZA DOUGH AND TOMATO SAUCE ARE

= 100% VEGAN =

18% gratuity added to groups of 8 or more

Please inform your server of any food allergies - there are nuts on the premises

PASTA

gluten free pasta add 2.25

SPAGHETTINI E RAPINI

Rapini, chilli flakes, aglio e olio 16.95

PENNE PRIMAVERA

Pomodoro sauce, zucchini, peppers, spinach, broccoli 17.95

SPAGHETTINI ALLA TRAPANESE

Basil and almond pesto, tomatoes, plant based parmesan cheese 18.95
contains nuts

PENNE ALL'ARRABBIATA

Spicy pomodoro sauce with garlic, hot peppers 16.95

RISOTTO VEGANO

Carnarolli rice, wild mushrooms, spinach, caramelized onion, pine nuts, plant based parmesan cheese 21.95

contains nuts

PENNE ALLA NORMA

Eggplant, cherry tomatoes, garlic, chillies, red wine, pomodoro sauce, plant based parmesan cheese 18.95
contains nuts

DOLCI

TORTA DI POLENTA

Warm orange, almond flour, and cornmeal polenta cake, orange caramel sauce 9.00

contains nuts

SORBETTO

Frutti di Bosco 7.50

