

STARTERS

COZY SOUP 6

made fresh with love

LAVISH LOADED AVOCADO 5

grilled avocado • tomatillo salsa • coconut bacon • sriracha

HUMBLE LOADED HUMMUS 7

sesame ginger hummus • fried chickpeas • sesame seeds • scallions • cucumbers • corn chips

BELLE POUTINE

SMALL 7 • SHARING 12

hand-cut french fries • mushroom gravy • cheese curds or cashew cheese
(+) goddess greens 2

CAREFREE TACOS 8

chef's feature filling • fresh accoutrements • corn tortilla
(+) a taco 4
(+) a salad 4

RADICAL CAULIFLOWER WINGS 13

korean bbq • scallions • cilantro • sesame seeds
or
buffalo hot sauce • scallions • ranch dressing

DIVINE DUMPLINGS 11

shiitake mushrooms • tofu • scallions • dynamite sauce

TREMENDOUS TOSTADAS 9

black bean • avocado • tomatillo salsa • cauliflower ceviche • fried corn tortilla

tofu + tempeh

all of our tofu and tempeh is local and organic

SALADS

FRESH 10

mixed greens • carrots • cherry tomatoes • cucumber • pickled red onion • herb vinaigrette

TRANSFORMED 12

kale • red cabbage • coconut bacon • corn tortilla croutons • seed parmesan • caper vinaigrette

LIBRE 14

mixed greens • quinoa • black beans • tomatillo salsa • avocado • corn chips • tomato • chipotle lime sauce

TANTALIZING 14

mixed greens • edamame • cucumbers • mango salsa • lemongrass tofu • thai basil • lime coconut vinaigrette

additions

(+) tempeh steaks 3
(+) tofu steaks 2
(+) dumplings 4
(+) falafel 3
(+) grilled avocado 3
(+) raw avocado 3
(+) kimchi 2
(+) sauerkraut 2
(+) goat cheese 3

WRAPS & SANDWICHES

served with

salad or fries
a little bit of both (+) 1
daily soup
or upgrade poutine 3

DEVOTED BAHN MI 14

lemongrass tofu • daikon slaw • cucumber • thai basil • garlic aioli • ciabatta bun

PEACEFUL FALAFEL 14

falafel • tomato • cucumber • greens • pickled turnip • pickles • garlic sauce • lemon tahini sauce • flour tortilla

LIBERTY BUFFALO CAULIFLOWER 14

deep fried cauliflower • buffalo hot sauce • ranch dressing • pickles • tomatoes • carrots • greens • flour tortilla

CHEERFUL BLT 14

tempeh bacon • tomato • avocado • garlic aioli • lettuce • ciabatta bun

please ask your server

about gluten-free options

additions

(+) aged cheddar 2
(+) goat cheese 3
(+) vegan cashew cheese 2
(+) garlic aioli 1
(+) sauces 1

BURGERS

served with

salad or fries
a little bit of both (+) 1
daily soup
or upgrade poutine 3

ROYALE WITH CHEESE 16

mushroom walnut patty • pickles • onion • lettuce • russian dressing • cheddar or cashew cheese

SUMMER FUN TIME 15

sweet potato patty • chipotle lime sauce • coconut bacon • tomato • sunflower sprouts

please ask your server

about gluten-free options

additions

(+) aged cheddar 2
(+) goat cheese 3
(+) vegan cashew cheese 2
(+) garlic aioli 1
(+) sauces 1

BOWLS

SMALL 14 • REGULAR 18

sub out your grains

greens 3
cauliflower rice 3

MYSTICAL

black beans • mango salsa • avocado • jicama slaw • scallion • chipotle lime sauce • rice

IGNITE BIBIMBAP

crispy tofu • korean bbq • cucumber • daikon slaw • kimchi • spinach • gochujang sauce • rice

GOOD KARMA

sauerkraut or kimchi • kale • red cabbage • broccoli • summer squash • grilled avocado • white beans • lemon tahini sauce • quinoa

FANTASTIC

lemongrass tofu • broccoli • red peppers • kale • red cabbage • scallions • cilantro • roasted peanuts • peanut sauce • rice noodles

additions

(+) tempeh steaks 3
(+) tofu steaks 2
(+) dumplings 4
(+) falafel 3
(+) grilled avocado 3
(+) raw avocado 3
(+) kimchi 2
(+) sauerkraut 2
(+) goat cheese 3

LEGEND

 contains nuts  spicy item
 contains gluten  MealShare. Buy one, give one.

FROM SCRATCH

We are proud to be a scratch kitchen.
All menu items are made fresh, using whole natural ingredients.



PURE KITCHEN

LOCATIONS

340 Elgin Street (613) 233-7873
357 Richmond Road (613) 680-5500

SOCIAL

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