

Vegetarian Eatery

Breakfast 8.30 am - 11.00 am

Mediterranean Breakfast G	11
Feta cheese-quenelles infused in herbs & extra-virgin olive oil mix, Egyptian fava beans, slices of boiled free-range eggs, cucumber and tomato. Served with pita bread and Arabian date.	
Waffles with Maple Syrup	8
Fresh Belgian-style waffles served with organic maple syrup and exotic fruit.	
Spanish Omelette G	9.50
Free-range egg omelette baked to perfection in the oven with potatoes, parmesan, onions, spinach, and herbs. Served with organic whole grain toast, butter and fruit.	
Tofu 'Egg' Salad Wrap v	8
Scrambled tofu, red cabbage, carrots, leek, and cream cheese served cold in a spinach wrap, with fruit on the side.	
Venus Granola v	8
Gourmet house-blend of ancient grains, honey oats, cranberries, shaved coconut, and sunflower seeds. Served with whole, skim, soy, or almond milk. Comes with honey and fruit on the side.	
The Morning Bagel v	8
Grilled multigrain bagel with cream cheese, avocado, tomato and lettuce. Served with fruit. Hummus or salad substitute for vegans.	
Side Orders/Extras	
Whole Grain Toast	1
Focaccia	2.5
Gluten Free Bread	1.5
Feta Cheese	3
Jam or Butter	.5

Lunch 11.00 am - 5.00 pm

Soup of the Day G v	6 small 7.50 large
Made from scratch with fresh BC vegetables and herbs. Served with organic multigrain bread & butter. Please ask about today's choice.	
Bamboo Steamed Veggies G v	9.5
Broccoli, cauliflower, carrot, sugar-snaps, bok choy, lemongrass and ginger. Tossed in sesame oil and toasted sesame seeds. Served with steamed rice.	

Tapas G v 3 for 11 or 1 for 4
Generous Serving with Pita Bread

Organic House Hummus
Marinated Olives and Feta Cheese
House Babaganoush
Egyptian Fava Bean Pate

Salads 7.25 starter 9.75 main
Served with House Focaccia

Pink Quinoa G v
Organic quinoa marinated in beet juice, fresh mango slices on a bed of organic green salad, served with our sweet and sour dressing.

Chickpea Avocado G v
Organic chickpeas, golden baked tempeh, and avocado on a bed of organic baby spinach salad with house lemon dressing.

Green Queen G v
Green papaya, shredded red cabbage, toasted pumpkin seeds, and organic Spring greens with house sweet and sour dressing.

Greek Salad G
Red & green peppers, feta cheese, cucumber, Kalamata olives, herbs and mint, served with lemon dressing.

Sandwiches

Served with Organic Salad & Balsamic Vinaigrette

Oyster Mushroom v 10.50
Grilled local oyster mushrooms seasoned with thyme, garlic and olive oil on a bed of watercress with cream cheese. Served in a focaccia panini.

Tofu Chicken Focaccia v 10.50
Local organic tofu marinated in soy, breaded in a nutritional yeast & cornmeal mix layered over lettuce and cream cheese. Very popular.

Veggie Kebab v 10.50
House-made organic seitan gently cooked in soy and thyme in a cumin-tahini sauce. Served in a Focaccia panini with roasted pepper, eggplant and zucchini.

Pear-Roquefort Ciabatta G 9.50
Sliced pears and avocado compliment the strong flavor of blue cheese in a hearty grilled Italian bread.

Taxes not included.

G Gluten free bread (.50 for substitute) and vegan v options available where indicated.

Brie Mango Quesadilla ^G 9.50

One of our most popular dishes. Melted brie on layers of avocado and mango slices in a green quesadilla. Served with organic salad.

House Quiches 9.50

Served with organic salad

Red Pepper

Roasted sweet red pepper, parmesan, ricotta, and fresh thyme in a French brisee.

Spinach & 3 Cheeses

Spinach, fenugreek, feta cheese, ricotta, and parmesan in French brisee.

Lasagna 9.50

Spinach and ricotta cheese in delicate layers of pasta sheets, topped with parmesan and homemade Italian style tomato sauce.

***Kids Menu** Served all day*

Cream Cheese Toast 6

Local cream cheese on multigrain toast, with freshly cut apples on the side

Peanut Butter & Jam Sandwich 6

Peanut butter spread on multigrain bread with jam and fresh strawberries on the side

Kids Pasta 6

Italian style kids pasta bowl with delicious plain house tomato sauce

House Desserts

Oma's Chocolate Cake 5.50

Our grandma's secret gluten-free recipe, with dark Belgian chocolate and almond flour.

Carrot Cake 4.90

Gluten-free carrot cake (made with almond flour) with a delectable lemon glaze finish.

Swiss Apple Pie 5.25

Layers of apples with raisins and nuts. Served warm with whip cream on the side.

Sallie's Cranberry or Raisin Scones 3.75

Fluffy fresh scones. Served warm with whip cream and jam on the side.

More pastries available from the fridge.

Beverages

Organic Loose Leaf Tea

Please make your selection at the tea bar or from our tea list.

China Teapot Service

For one 4.50 For Two 7.95
For Three 11.50 For Four 15

Tea Mug 2.75

Kids Tea

2.90

Tea Lattes Medium Large

Chai Latte 4 4.75
London Fog 4.75 5.50
Matcha Latte 4.85 5.60
Rooibos Latte 4.40 5.15
Any Tea Latte 4 4.75

Coffee Medium Large

Espresso 2.50 3
Americano 2.50 3
Fresh Brew 2.50 --
Cappuccino 3.55 4.30
Latte 3.75 4.50
Mocha (with whip) 4.50 5.25

Other Medium Large

Hot Chocolate 4 4.75
Steamed Milk 3 4

Extras

Add Flavor Shot .65
Espresso Shot .65
Soy or Almond Milk .50
Whip Cream .50

Cold Drinks

Perrier 2.50
Apple Juice 2.50
Orange Juice 2.50
Ginger Ale 2.75
Root Beer 2.75
Sanpellegrino Lemon/Orange 2.75
Seasonal House Ice Tea 2.75

Smoothies 5.50

Tropical Sunshine

Pineapple, mango, strawberries, pomegranate, lemongrass & ginger

Wild Berry

Blackberries, raspberries, Acai berries, and strawberries

Taxes not included.

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