

University of Victoria

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Starters All menu items are vegan

Kettle Chips 4.50 with Chipotle Dip 6.25

Made to Order Rotates weekly

Kung Pao Cauliflower Bowl 9.00

Chana Masala Curry 8.50

Tex Mex Wrap **OPTION** 9.00

Gluten Friendly

OPTION Ask for Gluten Friendly Option

Meal 12.00 Includes entrée & 2 sides

Lunch served 11am-2:30pm

Smoky Quinoa Hemp Cakes 7.00

Balsamic Mushrooms & Green Beans 3.00

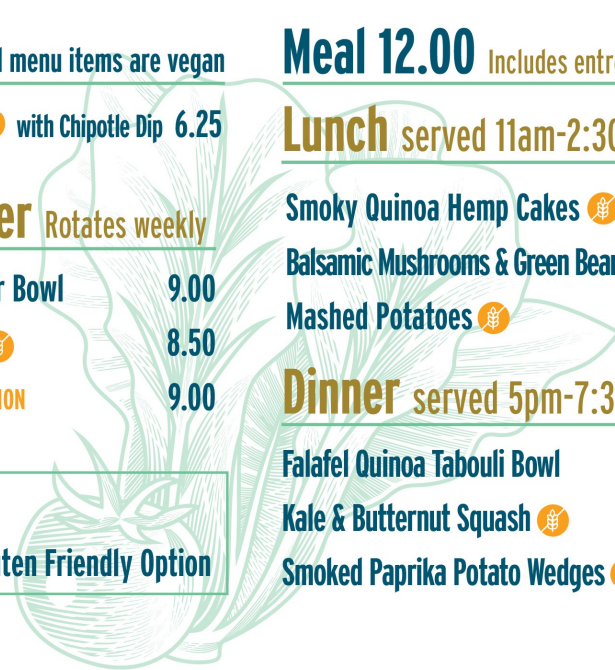
Mashed Potatoes 3.00

Dinner served 5pm-7:30pm

Falafel Quinoa Tabouli Bowl 7.00

Kale & Butternut Squash 3.00

Smoked Paprika Potato Wedges 3.00



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BURGERS & MORE **vegan**

Quinoa Burger 8.50

50/50 Burger Half pea protein & half beef 8.50

Chicken Strips includes one dip 8.00

Poutine 8.00

Onion Rings 6.50

French Fries 4.00

ADD ONS

Side Salad 3.00

Side Fries 3.00

Side Onion Rings 4.00

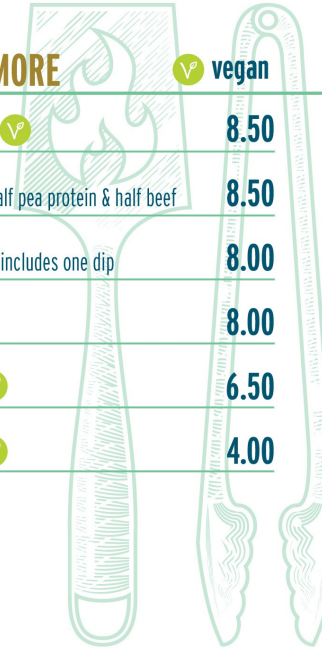
Add Avocado (smashed) 2.00

Add Cheese 1.50

Add Gravy 2.50

Add Bacon 1.50

Add 50/50 Patty 5.00



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SALADS

Roasted Quinoa & Kale Salad	🌱🌾	6.50
Falafel Salad	🌱	10.95
Chicken Shawarma Salad	🌾	10.95

SANDWICHES

Mushroom Shawarma	🌱	9.50
Falafel	🌱	9.50
Chicken Shawarma		10.95

SIDES

Hummus	🌱🌾	1.50
Pita	🌱	1.00
Falafel	🌱	4.95
Pickled Vegetables	🌱🌾	1.00
French Fries	🌱🌾	3.00

Fried in same deep fryer as gluten items

🌱 vegan
🌾 gluten friendly



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STIR FRY 12.00 Choose your Sauce, Noodle & Protein

🌱 vegan
🌾 gluten friendly

1. CHOOSE A SAUCE

Tamarind Pad Thai	Authentic Pad Thai	🌾
Mongolian Black Bean	Sweet & Salty Ginger Sesame	🌱
Green Thai Curry	Coconut Curry with Lime & Chili	🌱🌾
Red Thai Curry	Mild Spiced Coconut Curry	🌱🌾
Panang Curry	Medium Spiced, Sweet & Salty	🌱🌾

2. CHOOSE NOODLES OR RICE

Brown Rice	🌾	Rice Noodles	🌾
Shanghai Noodles			

3. CHOOSE A PROTEIN

Marinated Tofu	🌱🌾
Stir Fried Chicken	🌾
Marinated Grilled Pork	🌾
Shrimp	🌾

ADD ONS

Extra Protein	4.29
Extra Noodles or Rice	2.99
Extra Sauce	1.79