



All of our menu items are **gluten free** and **vegan**. 90% of the ingredients we use are **organic** or sourced **locally**. Menu items change on a regular basis so we can always include the **freshest** produce and incorporate what is **in season**.

STARTERS

Sweet & Spicy Broccoli

Sauteed in a tamari ginger sauce and topped with a tahini drizzle.

\$11

Spring Roll

Fresh seasonal veggies rolled in rice paper served with tamari.

\$11

Tostada

Topped with ground chorizo sausage, cheese, fresh in house made guacamole, lettuce, tomatoes & cilantro lime sour cream.

\$11

Fig Crostini

Thornbury Bakery crostini's topped with caramelized onion aioli, dried figs, balsamic reduction and pine nuts.

\$11

Kettle Chips & Dip

Chips served with your choice of two daily in house made dips. Choose from sun-dried tomato & artichoke, tzatziki, caramelized onion, chipotle or roasted garlic.

\$10

Daily Soup

Served with a crostini.

\$7.50

SALADS -\$12-

Beet & Arugula Salad

McBrides organic beets with maple infused goat cheese and trail mix topped with a balsamic reduction.

Thai Salad

Julienne of napa cabbage, peppers, red cabbage & kale, tossed with cucumber, green onions, edamame & cashews in a sweet and spicy Thai dressing.

Caesar

Romaine with croutons, coconut bacon, almond 'parm' and our in house made dressing.

Smokey Salad

Grilled bell peppers and thinly sliced portobello mushrooms with romaine tossed in a maple dijon dressing, finished with fresh herbs and pumpkin seeds.

SHARING BOARD FOR 2 -\$22-

Mushroom Board

A collection of sautéed wild mushrooms with arugula, cherry tomatoes and balsamic reduction served with crostinis.

BOWLS - \$14.50-

Fall Power Bowl

Sweet potato noodles tossed with quinoa and roasted butternut squash, topped with pumpkin seeds, sultan raisins and an apple cider vinaigrette.

Skillet Gnocchi

Seared gnocchi and shiitake mushrooms tossed with a smoked delicata squash cream sauce topped with organic confit tomatoes and onions.

Coconut Curry Cauliflower Bowl

Roasted cauliflower with spinach & basmati rice.

Falafel Bowl

Baked in house made falafel served on a bed of fresh zucchini noodles tossed in a roasted red pepper lentil sauce topped with tzatziki.

Asian Noodle Bowl

Vermicelli noodles tossed in a tahini ginger sauce with water chestnuts, peppers, shiitake mushrooms, edamame, carrots & broccoli topped with alfalfa sprouts and sesame seeds.

TACOS -2 FOR \$12 / 3 FOR \$16-

Pulled Pork with pickles, shredded lettuce & a grainy mustard drizzle.

Curry Cauliflower with fresh tomatoes, slaw and a lime cilantro yogurt.

SHINERS - \$12-

Two sandwiches "shiners" served on Thornbury Bakery's gluten free baguette with soup, salad or chips. Have two of the same or two different. Choose from;

- Grilled veggie with sundried tomato & artichoke spread
- Spicy Italian Sausage with grilled pepper & caramelized onion aioli
- Cumin spiced sweet potato with hummus and caramelized onions
- Falafel with tzatziki sauce

BETWEEN THE BUN - \$14-

All served with soup, salad or chips.

Falafel Burger

In house made burger topped with a kalamata olive tapenade, cucumbers, lettuce and tzatziki.

Pierogie Grilled Cheese

Served on Thornbury bread with thinly sliced mini potatoes, caramelized onions, maple bacon and cheddar cheese served with chipotle mayo.

Broccoli & Sundried Tomato Grilled Cheese

Served on Thornbury bread with roasted garlic aioli.

SIDES

Add an extra to your favourite meal.

Falafel	\$4
Avocado	\$4
Chickpeas	\$4
Dip & Sauces	\$2

Choose from sundried tomato & artichoke, tzatziki, chipotle, caramelized onion or roasted garlic.

Our fall menu includes local produce from McBride's Organic Farm, Rama Community Farm, Pinecone Organics & Orchard Fruit Market

TAKE OUT

705-327-7227

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