



NOURISH BISTRO

VEGAN
 GLUTEN FREE

() Substitution - Can be made Vegan or GF. Please ask your server.

GO VEG

GO VEGAN

NOURISHING



SINCE 2005

GO GREEN

GO ECO

[BITES & NIBBLES]

- BREAD. Oil. SALT.** | H 5.55/ F 8.88
 Warm Artisan buns with **Evolution™** gourmet butter oil and salt of the day
- RIB BITES** | 8.88
 Chunks of pulled BBQ jackfruit ribs drizzled with blueberry BBQ sauce.
- SPICED CAULIFLOWER BITES** | 13.13
 Cauliflower pieces seasoned with a dry rub of paprika, cumin, garlic, onion and chickpea flour. Baked and served with house made red pepper aioli.
- ERRUPTING ORBS** | 7.77
 Semolina puffs filled with crispy socca noodles, potato, pomegranate, house made tamarind chutney served with cilantro and mint verdita. A literal flavour explosion!!! **add cheese \$2.22**
- SUNFLOWER PATE** | 14.14
 Sunflower seed and lentil pate served with house made red wine raspberry jelly and grilled herbed focaccia*
- GYOZA** | 14.14
 Grilled dumplings stuffed with mushrooms, cabbage, carrot and bean sprouts, Served with a chilli sesame dipping pot.
- JALAPENO POPPERS** | 7.77
 Oven baked jalapeno halves filled with house vegan cream cheese and served with tzatziki and lemon.
- LET-US-WRAP** | 16.16
 A deconstructed platter of butter leaf, sauteed sweet chilli vegetables, mixed nuts, roasted red pepper hummus and a peanut mango chilli dipping sauce.
- POUTINE** | 14.14
 Roasted curry fries covered with shredded cheese* curds* drenched in a curry sauce, grilled to perfection and topped with our strawberry pineapple salsa.
- SOCCA PIZZA** | 15.15
 Turmeric chickpea socca with house marinara, topped with roast veg, goat cheese*, fresh basil, seeds and tzatziki sauce. - **add vegan tofu feta \$3.33**
- WORLD FAMOUS NACHOS** | H 18.18/ F 25.25
 Oh you haven't heard??? Our nachos come fully loaded with over 28 ingredients. Everything from beans and quinoa to dill pickles and strawberries. Topped with vegan or dairy cheese. You haven't had nachos till you've tried our nachos!
- A SAVOURY AFFAIR** | 25.25
 An assortment of **Glowfood™** and house raw cheeses, raw crackers, raw bread, herbed focaccia, kale salad, marinated olives, roasted red pepper hummus and smokey blazed carrots.

[SOUPS & SALADS]

- MARKET SALAD** | H 9.99/ F 15.15
 Leafy greens, seeds, nuts, fruit.. Fresh creations daily.
- FALAFEL SALAD** | 16.16
 Grilled chickpea and fava bean falafel on a bed of greens with carrots, beets, cucumber, tomato and garlic dill pickles. Topped with roasted red pepper hummus, tzatziki sauce and strawberries. - **add goats cheese/ tofu feta \$3.33**
- NOURISHMENT BOWL** | 22.22
 Warm basmati rice and quinoa with roasted veg and garlic. Crowned with spiraled carrots and beets, nuts, chia seeds and house made nutritional yeast dressing. - **add char siu tofu \$4.44**
- DAILY SOUP** | 5.55/11.11
 We let our chefs run wild with their imagination. Try a cup to start or a bowl with herbed focaccia*.

[DECADENT DESSERTS]

- CHEESE-LESS CAKE** | 14.14
 Raw, vegan, creamy cashew cheese filling on a soft almond date crust. Rotating flavour.
- RAW VEGAN TRUFFLES** | 12.12
 Rich chocolate, lemon coconut and apple cinnamon. One of each. ***May contain nuts**
- SORBETTO DREAMS** | 11.11
 Assorted vegan flavour served with fresh and dried fruits. 2 scoops per serve.
- RAW CHIA MOUSSE** | 11.11
 Rotating berry flavour. ***May contain nuts.**
- NANAIMO BAR** | 8.88
 Raw chocolate and vanilla cream over an almond coconut brownie base.
- BANANA DATE PUDDING** | 13.13
 Raw banana and date pudding, coated in vegan caramel sauce and served warm with VEGAN vanilla sorbetto, fruits and nuts.

[EXTRAS]

- FOCACCIA BREAD w HERB OIL 3.33
- STRAWBERRY PINEAPPLE SALSA 5.55
- HOUSE RAW BREAD 5.55
- CHAR SIU TOFU 5.55
- GUACAMOLE 4.44

[SHARABLE MAINS]

- WILD MUSHROOM RAVIOLI** | 26.26
 An exotic mix of portobello, shiitake, lobster, oyster, porcini and trompette mushrooms with ricotta cheese, simmered in a red pepper, garlic, and lavender cream sauce with herbed focaccia.
- JACKED UP RIBS** | 26.26
 Pulled BBQ jackfruit "ribs" on a bed of garlic mash, accompanied by house slaw, green beans, vegan mushroom gravy served with horseradish sauce.
- MAC & SQUEEZE** | H 17.17/ F 25.25
 Gluten free quinoa noodles in a red pepper coconut cream cheese* sauce with roasted veg, kale crisps and tomato. Vegan gnocchi by request.
- CURRY LAKSA** | H 17.17/ F 25.25
 Stringed spaghetti squash served in a aromatic Malaysian style curry broth with fresh vegetables, green chilli, ginger, lemongrass and mixed nuts. **Add char siu tofu \$4.44**
- BEAR ST BURGER** | 22.22
 Beyond meat patty topped with smokey blazed carrots, grilled cheese*, halloumi*, mixed greens, tomato and pickles on a gourmet brioche bun with your **Choice of side; curry fries, market salad or soup.**
- CRISPY FARMHOUSE BURGER** | 20.20
 Breaded and grilled to a golden brown, topped with lettuce, tomato, onion, cheese and drizzled with red pepper aioli on a gourmet brioche bun with your **Choice of Side; curry fries, market salad or soup. Add avocado \$2.22**
- KING KONG NOODLES** | H 17.17/ F 25.25
 Angel hair vermicelli rice noodles in a delicious coconut chilli peanut sauce topped with mandarins, sesame seeds, fresh veg, mixed nuts and micro greens. **Add char siu tofu \$4.44**
- MEDITERANIAN MEZZE** | 21.21
 Grilled chickpea and fava bean falafel wrapped with roasted red pepper hummus, fresh veg, tofu feta cheese dressed with house tzatziki sauce. Sliced sushi style(6 pcs)
- BEAUTIFUL BURRITO** | 20.20
 Seasoned seven bean blueberry blend with basmati rice and roasted veg, wrapped and rolled in sun-dried tomato tortilla, baked and sliced into 4 pieces and topped with strawberry pineapple salsa, guacamole, strawberries and seeds. **Add cheese* \$3.33**

- HALLOUMI CHEESE 5.55
- RAW CRACKERS 6.66
- RAW KALE CHIPS 5.55
- VEGAN QUESO/ CHEDDAR CHEESE 3.33
- GLOWFOOD RAW CASHEW CHZ 6