



## **Whitby's first Vegetarian restaurant**

**Vegan Friendly and Gluten-free choices included**

Take-out available

Hours:

Monday-Friday: 11:30 AM to 9:00 PM

Saturdays: 3:00 PM to 9:00 PM

Sundays: Closed

Freshly prepared - worth the wait.

## Appetizers - \$5.99

### **Hummus and pita (Vegan Friendly).**

Creamy, homemade hummus served with toasted whole wheat pita.

### **Spring rolls (Vegan Friendly. Gluten-Free).**

Thai spring rolls stuffed with fresh vegetables, marinated in our own spicy ginger sauce and served with a delicate sweet & spicy Thai dipping sauce.

### **Black Bean dip (Vegan Friendly).**

Mildly spicy, served with toasted whole wheat pita.

## Soup - \$3.99

### **Lentil soup (Vegan Friendly. Gluten-Free).**

Hearty soup with lentils, potatoes, carrots, and celery

## Salads - \$6.75

### **Strawberry spinach salad (Vegan Friendly without cheese. Gluten-Free).**

Baby spinach leaves with freshly sliced strawberries, red onions, and crumbled feta cheese served with a tasty homemade vinaigrette dressing.

### **Caesar Salad**

Romaine lettuce with delicious homemade croutons smothered in dressing.

### **Shaved carrot/zucchini & pear salad (Vegan Friendly. Gluten-Free).**

With delicious homemade dressing.

### **Chickpea tomato and cucumber salad (Vegan Friendly. Gluten-Free).**

Drizzled with delicious homemade dressing.

### **Mango salad (Vegan Friendly. Gluten-Free).**

Fresh mango with lettuce, red onions, sweet peppers, and complemented with delicious homemade dressing.

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## Entrées - \$13.95

**Children's portion \$9.99 (10 yrs and under, dine-in only)**

- 1) **The Jasmine Garden Jambalaya (Vegan Friendly. Gluten-Free).** Stir-fried Louisiana Creole style with tofu, rice, tomatoes, sweet peppers, greens, onions, garlic, & Cajun spices – delightful!
- 2) **Mixed Vegetable and Chickpea Curry (Vegan Friendly. Gluten-Free when served with rice).** Delicately infused in Indian spices and served with aromatic Basmati rice **or** warm naan bread (extra naan/rice \$2.75)
- 3) **Chinese-style Stir-fried Noodles (Vegan Friendly).** Delectably stir-fried with fresh vegetables and, either tofu or vegetarian chicken, all cooked together with fresh onions, garlic, and ginger root.
- 4) **Chinese-style Stir-fried Rice (Vegan Friendly. Gluten-Free when cooked without Soy Sauce).** Delectably stir-fried with fresh vegetables and, either tofu or vegetarian chicken, all cooked together with fresh onions, garlic, and ginger root.
- 5) **Pasta and Sauce (Vegan Friendly, without parmesan cheese).** Scrumptious dish of pasta cooked in our homemade Italian herbed garden vegetable tomato sauce, with optional garnish of parmesan cheese and served with warm, crusty garlic bread.
- 6) **Lentil/Basmati Rice & Grilled Vegetables (Vegan Friendly. Gluten-Free).** Lentils & rice tastefully blended with a subtle hint of creamed coconut and served with grilled herbed seasonal vegetables.
- 7) **New Orleans-style Red Beans & Rice (Vegan Friendly. Gluten-Free).** The southern taste of red beans with vegetarian chicken gently sautéed in onions, garlic and spices, and served on a bed of rice with sautéed seasonal greens.
- 8) **Chunky tofu (Vegan Friendly. Gluten-Free).** Pieces of tofu simmered in a tasty sauce of tomatoes, mushrooms, onions and garlic, served on a bed of rice complemented with crunchy cabbage lightly sautéed in onions and garlic.
- 9) **Thai style stir-fried rice noodles. (Vegan Friendly. Gluten-Free).** This dish is a harmonious blend of rice noodles stir-fried with vegetables in a tasty curry sauce and creamed coconut mixture, and either tofu **or** vegetarian chicken, all cooked in fresh ginger, garlic & onions - delightfully pleasing to the palate.

Menu, prices, and business hours subject to change

Taxes Not Included

Freshly prepared - worth the wait.

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## Desserts - \$5.50

**Ice cream** - double scoop of delicious chocolate or vanilla

**Vegan Friendly ice cream or gluten-free rice cream** - double scoop, delicious & creamy

**Ice cream waffle** - Chocolate or vanilla ice cream on a warm crispy waffle topped with delicious homemade fruit sauce

**Chocolate-banana cake** - mouth-watering moist cake topped with warm chocolate sauce  
(Sauce can be made Vegan Friendly; please request)

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## Non-alcoholic Beverages

Bottled water \$1.95

Perrier \$2.75

**Soft drink** \$1.95

- Coke
- Diet Coke
- 7-up
- Diet 7-up
- Ginger Ale
- Soda/tonic water

Orange juice \$2.75

Cranberry juice \$2.75

Coffee \$1.95

Tea \$1.95

Soy Milk \$2.95

**Premium Teas** \$2.95

- Ginger Mint
- Jasmine
- Peppermint
- Chai Tea

**Smoothies** \$4.50

- Strawberry banana
- Pineapple, orange, banana
- Blueberry banana

## Alcoholic Beverages

**Beer – Domestic** \$3.99

- Coors Light
- Canadian

**Beer - Premium** \$4.99

- Heineken
- Corona

**Whiskey 1¼oz.** \$4.25

- Jack Daniel's
- Wiser's
- Grant's

**Gin 1¼ oz.**

- Beefeaters \$4.25

**Vodka 1¼ oz** \$4.25

- Absolut

**Rum 1¼ oz.** \$4.25

- Bacardi gold
- Bacardi white

**House Wine** \$4.95

- White
- Red

**Bottle (750ml)** \$25.00

- White, Red, Rose

**Liqueur 1½ oz.** \$4.25

- Kahlua
- Baileys
- DiSaronno

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