


BREAKFAST

SMASHED AVOCADO 14.25
seasoned mashed avocado with
freshly sliced avocado


WAFFLES 15.35
two giant waffles topped with butter,
served with seasonal fruit

PANCAKES 14.25
three large pancakes topped with butter, served
with maple syrup and seasonal fruit

MORNING WRAP  10.95
scrambled tofu, black beans, sliced avocado

OVERNIGHT OATS 8.75
oats hydrated to perfection with coconut milk
and chia seeds, sweetened with banana and
maple syrup, sprinkled with cinnamon

VEGGIE OMELETTE 16.45
Our egg-less omelette, folded with swiss chard,
mushrooms, sauteed veggies and tomato,
topped with sliced avocado, micro - greens and
drizzled crema. Served with mesclun salad


SIMPLY BREAKFAST  15.35
Scrambled tofu with sweet potato fries, sauteed
greens and our homemade maple sauzage

EGG & CHEEZE 10.95

BAGEL & LOX 9.85
choice of bagel with carrot lox, sliced tomato
and red onion, cream cheeze and capers




AVOCADO TOAST
topped with sliced avocado and alfalfa sprouts

BREAKFAST EXTRAS 3 - 5

Cream Cheeze 
Strawberry
Blueberry
Scallion
Jalapeno
Plain

Chia Jams
Mozzarella
Ricotta


Cheeze 
Mozzarella
Cashew Ricotta
Blue Cheese

Protein
Maple Sauzage
Tempeh Bacon 
Lox
Scrambled Tofu 
Almond Butter 

Sides
Za'atar Pita Chips
Rosemary Potato Fries
Sweet Potato Fries
Bread
Baked Onion Rings

STARTERS

BUFFALO CAULIFLOWER 14.25
air-fried cauliflower florets coated with a spicy
sauce, served with celery and carrots sticks
with our homemade creamy herb dressing


PUREGANIC CAPRESE  9.50
Our version of this classic dish, made with
avocado topped with cubed mozzarella, basil
and balsamic glaze

MEDITERRANEAN SAMPLER 14.25
A mixed appetizer plate with hummus, stuffed
grape leaves, babaganoush, lentil rolls, quinoa
tabouli and marinated kalamata olives

SWEET POTATO NACHOS 15.50
Thinly sliced layers of sweet potato smothered in
melty cheeze, topped with black beans, fresh
avocado, kalamata olives, pico de gallo,
guacamole and sprinkled cilantro


MEAT-LESS TOSTADA 15.95
you've never had meatless like this!

PIZZA PIES 15.50

VEGGIE 
vegan mozzarella pie topped with onion,
portobello mushrooms and green and red pepper

SAUZAGE & PEPPERS 
vegan mozzarella pie topped with sweet and
spicy sauzage, red and green peppers

PESTO 
made with house made pesto

MARGHERITA 
marinara topped with vegan mozzarella, basil
and EVOO drizzle

TRUFFLE MUSHROOM 
almond-ricotta pie topped with portobello
mushrooms, drizzled with truffle oil

TOPPING ADD ONS 3-5

Black Beans	Nut-pram
Onion	Red Pepper
Black Olives	Green Pepper
Romaine Lettuce	Pesto
Chopped Tomato	Basil
Garlic	Tempeh Bacon
Spinach	Sauzage
Artichoke	

FRESH MADE PASTA

all pastas made with choice of quinoa or
chickpea pasta

ADD: Garlic Bread \$1.50

PENNE A LA BOLOGNESE 15.50
made with mushroom-lentil bolognese

WHITE BEAN PASTA 15.50
spinach, cherry tomato, garlic and EVOO

SPAGHETTI A LA PUTTANESCA 15.50
cherry tomato, olives, red pepper flakes, capers,
garlic, EVOO and miso

PESTO PENNE 15.50
basil, garlic, hemp hearts and EVOO

BIG BOWLS

TACO BOWL 🌱 14.25

romaine topped with red quinoa, pico de gallo, avocado mash, black beans and freshly sliced avocado served in a crisp tortilla bowl and drizzled with crema

KALE CAESAR 🥑 14.25

bite-sized pieces of kale served with house made Caesar dressing, topped with nut-parm and garlic croutons

SUSHI BOWL 🌱 16.50

topped with tofu, carrot, broccoli, edamame, ginger and nori vinaigrette sprinkled with black and white sesame

RAMEN SALAD BOWL 15.50

millet ramen noodle, Napa cabbage, purple cabbage, carrots and watermelon radish, topped with alfalfa sprouts and house made ginger dressing

FALAFEL BOWL 15.50

house baked falafel over avocado-dressed kale, cauliflower rice, artichoke spread, shredded pickled turnip, cucumber and tomato, topped with tahini dressing

SUPERBOWL 🌱 16.50

choice of tofu or portobello with sauerkraut or kimchi over a mix of sauteed onion, garnet quinoa, collard greens and red cabbage, topped with crispy sweet potato

TOPPING: tofu-portobello, kimchi-sauerkraut

HARVEST SALAD BOWL

kale, spinach, vegetable kasha, miso-maple glazed roasted butternut squash, pumpkin seeds and dried cranberry dressed with maple vinaigrette

ADD ONS

Tofu 5
Black Beans 3
Tempeh Bacon 5
Lentils 3
Sauzage 3

BURGERS

all of our buns and patties are housemade

DOUBLE STACKED BURGER 16.45

two black bean patties layered with buns, lettuce, tomato, onion and aioli, served with baked onion rings

LENTIL BURGER 15.35

lentil patty topped with lettuce, tomato and onion, served with a side of beet ketchup

WHITE BEAN BURGER 15.35

white bean patty topped with lettuce, tomato, caramelized onion and cranberry relish

FOCACCIA PANINI 🌱 16.45

tofu or portobello on a house baked focaccia stuffed with roasted green and red peppers, eggplant and tomato, drizzled with balsamic glaze and finished with fresh basil leaves

CHOICE OF: tofu, portobello

MUSHROOM CHEEZESTEAK 16.45

portobello steak topped with sautéed onion, green and red peppers and smothered in melty cheeze

FALAFEL WRAP 12.25

house baked falafel served with tomato, mesclun greens, and almond hummus

QUINOA VEGGIE SANDWICH 14.25

the perfect quinoa and vegetable patty with mesclun greens, tomato and hummus

THE ULTIMATE QUESADILLA 🥑 14.85

the ultimate vegan quesadilla packed full with housemade refried beans, sautéed veggies, guacamole and nut cheeze, served with a side of house made coleslaw

FRESCO BURRITO 🌱 15.35

baked tofu, cherry tomato salsa, mesclun greens, garnet quinoa and spicy aioli

\$5 ADD ONS:

Sweet Potato Fries
House Made Coleslaw
Sautéed Seasonal Vegetables
Rosemary Fries
Baked Onion Rings
Small Soup Cup

Pureganic Cafe

MENU

CONTACT US

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All of our ingredients are vegan,
gluten-free and kosher.

contains SOY = 🌱 NUTS = 🥑