













COLD MENU ITEMS

 VEGAN  EGGS  DAIRY

-  **Arame Seaweed Salad**
Seaweed marinated in our tamari vinaigrette. Fat free can be delicious.
-  **Sprouts**
Sprinkle our always fresh organic sprouts over any dish.
They are packed with goodness.
-  **Hummus**
An old Middle Eastern chickpea dip brings new life to bread, pita or raw veggies.
-  **Tabouli Salad**
We modestly admit that our tabouli is simply the freshest and the best in the city.
We dare you to try it,
-  **Chickpea Salad**
Native to Turkey, our chickpeas are flavoured with mint, basil and an array of spices.
A new Turkish delight.
-  **Veggie Pate**
Calling all pate lovers. Creamed vegetables, herbs and spices challenge your assumptions about vegetarian!
-  **Tempeh Salad**
From the islands of Indonesia, we've tossed these soya beans with mayo, cucumber and peas. Wow.
-  **Chicory and Pear Salad**
Take your vitamins – in this pear salad exotically flavoured with chicory, raisins and Grenoble walnuts.
-  **Quinoa Salad**
From the Andes of South America, this refreshing grain salad is infused with ginger and delightful spices.
-  **Raspberry Dressing**
Raspberries, maple syrup and tamari. Fresh garlic, basil and ground mustard.
All dressed up and ready to go!

- U Tahini Dressing**
Creamy sesame seed paste and tahini blend effortlessly to create an exotic and tantalizing flavour.
- L Greek Salad**
Kalamata olives and fresh rennet-free feta spice up this traditional Mediterranean marvel.
- U Lemony Fennel Salad**
Mediterranean fennel lends an aromatic anise flavour to noodles and pasta. Um-um good.
- U Grains and Beans**
Curry, raisin and zucchini set in bulgar and brown rice, kamut and navy beans. What a beautiful setting!
- U Potato Salad**
Our distinctive interpretation of this old classic comes from our lemon and cider vinaigrette.
- U Soya Sprout Salad**
Five spice dressing generously enriches sprouts, cabbage and peppers. Too good!
- U Mixed Bean Salad**
Tahini dressing enlivens chick peas, red kidneys, Romano and black eyed beans. Have you bean here?
- U Chinese Salad**
Our most popular salad. Hand picked spinach and julienne of sweet red pepper, crispy mung bean sprouts and cashew nuts tossed in tamari and garlic.
- U Beet and Apple Salad**
Ruby sweet beets mingle with tart green apples then lightly dressed in lemon vinaigrette. Vibrant and refreshing anytime.
- U Avocado in Capers Vinaigrette**
Beautiful avocados bask in a fine capers vinaigrette made from sweet scallions, fresh lemon juice with a touch garlic and olive oil.
- U Caesar Salad**
Capers, scallions and organic soya mayonnaise make this a special salad. Top with house baked organic croutons.