

APPETIZERS

SEITAN WINGS \$16/20

Our signature seitan wings tossed in your choice of sauce: Classic BBQ, Maple Garlic, Sesame Ginger, Buffalo, or Spicy Jerk. Split your sauces half & half for +\$1.25!

POTATO WEDGES * \$12

Crispy russet potato wedges served with chipotle aioli dipping sauce.

Make it a poutine for +\$5!
Supreme your wedges for +\$5!

STUFFED MUSHROOMS * \$16

Marinated cremini mushrooms stuffed with dill cashew cheese & topped with sunflower seed pesto.

CHEESY GARLIC PULL-APART BREAD \$18

Herb foccacia smothered in garlic butter and baked with mozzarella shreds & topped with sunflower parm.

WARM SPINACH & ARTICHOKE DIP * \$16

Marinated cremini mushrooms stuffed with cashew cheese & topped with sunflower seed pesto.

SOUP & SALAD

add gf grilled tofu, gf crispy tofu, crispy seitan or Beyond Chicken tenders to any salad for +\$4!

KALE CAESAR SALAD * \$12/16

Kale tossed in a creamy lemon garlic dressing and topped with sunflower seeds & croutons. Deluxe your caesar & add bacon & parm for +\$3!

ROOT & FETA SALAD * \$14/18

Kale, roasted sweet potato, pickled beets, candied pecans, cranberries & pumpkin seeds tossed in a cider vinaigrette & topped with almond feta.

TEMPEH TACO SALAD * \$14/18

Romaine, tomato, green onion & radish tossed in an avocado dressing and topped with cheddar, crushed chips, marinated tempeh & crispy jalapenos

SOUP OF THE DAY * \$10/12

Ask your server for details!

RISE ABOVE

100% vegan restaurant

SANDWICHES & WRAPS

All of our sandwiches & wraps are a la carte. To add a side, check out our Sides & Add-Ons section.

KILLER CRUNCHWRAP \$15

Refried beans, cheddar, sour cream, lettuce, tomato, taco sauce & crispy tostada folded in a flour tortilla.

CRISPY SEITAN WRAP \$15

Crispy seitan dumplings (think popcorn chicken!) with lemon garlic aioli, onion, lettuce & tomato in a flour tortilla.

Add an extra sauce for +\$1.25!

PHILLY STEAK WRAP \$15

Beyond Steak tips tossed in gravy with mozza shreds & sautéed peppers & onions rolled in a flour torilla.

SWEET POTATO BURGER * \$14

A sweet potato & black bean patty topped with crispy jalapeños, chipotle aioli, lettuce & corn guacamole.

BEET BURGER * \$14

A beet & lentil patty topped with caramelized onion, fresh greens & a creamy blue cheese dressing.

BEYOND MEAT BURGER * \$14

A 4oz Beyond Meat patty topped your way. Options include tomato, lettuce, onion, pickles, ketchup, mayo & mustard.

Add cheese or bacon for +\$2 each

PESTO GRILLED CHEESE * \$14

Creamy cashew mozza, pesto & roasted red peppers on buttered & toasted sourdough bread

BLT \$14

King's bacon, lemon garlic aioli, lettuce & tomato on buttered & toasted sourdough bread.

MAINS

CHEDDAR MAC & CHEESE * \$14/18

Macaroni noodles tossed in a creamy cashew cheddar sauce & topped with a buttery broccoli crumb topping.

Add Buffalo sauce for \$1.25!

EGGPLANT PARM \$22

Crispy eggplant medallions smothered in cashew mozza on a bed of spaghetti tossed with marinara & parm.

FALAFEL BOWL * \$22

Falafel, tomatoes, cucumbers, olives & roasted garlic hummus on a bed of brown rice & topped with tzatziki & a parsley/kale salad.

Add toasted pita for +\$2!

SESAME GINGER NOODLE BOWL * \$22

Sautéed bok choy & broccoli, grilled tofu & rice noodles in a creamy sesame sauce & topped with fresh slaw, sesame seeds & green onion.

COMFORT BOWL \$24

Mashed potatoes, garlic kale, corn, cheddar shreds & crispy seitan smothered in rich gravy.

SIDES & ADD-ONS

CUP OF SOUP * \$5

POTATO WEDGES * \$5

ONION RINGS \$5

SIDE CAESAR SALAD * \$5

SIDE TEMPEH TACO SALAD * \$7

SIDE ROOT & FETA SALAD * \$7

SIDE POUTINE * \$7

SIDE WEDGES SUPREME * \$7

MOZZA STIX \$8

SIDE GRAVY * \$3

* DENOTES SOMETHING THAT IS EITHER GLUTEN-FREE OR CAN BE MADE GLUTEN-FREE

EVERYTHING ON OUR MENU IS 100% VEGAN

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES