

## FRESH FRUIT SMOOTHIES

<b>TROPICAL</b> Orange, banana, pineapple, and mango.	<b>5.50</b>
<b>STRAWBERRY DELIGHT</b> Strawberry and banana.	<b>5.50</b>
<b>SUMMER BREEZE</b> Strawberry, banana, and apple.	<b>5.50</b>
<b>GROOVY GREEN</b> Spinach, mango, orange.	<b>6.00</b>
<b>MANGO TANGO</b> Mango.	<b>5.50</b>

## FRESH FRUIT JUICES

<b>APPLE JUICE / CARROT JUICE</b>	<b>5.50</b>
<b>CARROT APPLE JUICE</b>	<b>5.50</b>
<b>ORANGE JUICE / CARROT ORANGE JUICE</b>	<b>5.50</b>
<b>CARROT APPLE ORANGE JUICE</b>	<b>6.00</b>
<b>CARROT APPLE GINGER JUICE</b>	<b>6.00</b>
<b>FRESH SQUEEZED LEMONADE</b>	<b>4.50</b>

## FRESH VEGGIE JUICES

<b>GO GREEN</b> Spinach, kale, cucumber, and celery.	<b>7.50</b>	
<b>DETOX BLEND</b> Kale, carrot, celery, and parsley.	<b>7.00</b>	
<b>ENERGIZER</b> Carrot, parsley, cucumber, and celery.	<b>6.50</b>	
<b>SWEET GREEN</b> Carrot, green bell pepper, apple, cucumber, and celery.	<b>7.00</b>	
<b>CREATE YOUR OWN JUICE</b> Choose a minimum of 4 and up to 6 items.	<b>8.00</b>	
Spinach	Kale	Parsley
Cucumber	Carrot	Apple
Celery	Ginger	Bell Pepper
Orange	Lemon	Beet

## DESSERTS

<b>CHEESECAKE / LEMON CHEESECAKE</b>	<b>5.00</b>
<b>CHOCOLATE / GREEN TEA CHEESECAKE</b>	<b>5.50</b>
<b>CHOCOLATE CAKE</b>	<b>5.00</b>
<b>ALMOND CHOCOLATE CAKE</b>	<b>5.50</b>
<b>CARROT CAKE</b>	<b>5.50</b>
<b>THAI BANANA ROLLS WITH VANILLA ICE CREAM</b>	<b>6.00</b>
<b>SUNDAE (VANILLA / ALMOND BARK)</b>	<b>4.50</b>

## BURGERS & SANDWICHES

*(Served with fresh fries or salad)*

<b>BUDDHA BURGER</b> Grilled peppered flavored soy steak patty, avocado, lettuce, onions, tomato, pickles, house made vegan mayo, ketchup and mustard.	<b>10.50</b>
<b>HARVEST BURGER</b> Crispy breaded soy protein, lettuce, onions, tomato, pickles, house made vegan mayo, ketchup and mustard.	<b>9.50</b>
<b>BBQ CHICK'UN BURGER</b> Grilled soy chick'un with BBQ sauce, onions, lettuce, tomato, pickles, house made vegan mayo, ketchup and mustard.	<b>10.50</b>

<b>GRILLED PORTABELLA BURGER</b> Grilled portabella mushroom, tomato, avocado, lettuce, onions, and house made vegan mayo, ketchup and mustard.	<b>9.50</b>
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<b>SUPREME BURRITO</b> The ultimate vegan burrito with textured vegetable protein, brown rice, lettuce, guacamole, and pico de gallo, wrapped in whole-wheat tortilla.	<b>9.00</b>
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<b>FAJITA VEGANA</b> Soy protein, red and green bell peppers, onions, pico de gallo, and guacamole wrapped in whole-wheat tortilla.	<b>9.00</b>
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<b>CALIFORNIA CHICK'UN WRAP</b> Grilled soy chick'un, lettuce, red bell pepper, avocado, pico de gallo, and house made vegan mayo, wrapped in whole-wheat tortilla.	<b>10.50</b>
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<b>TACOS VEGANOS</b> Two scrumptious soft taco shells stuffed with textured vegetable protein, shredded lettuce, guacamole, and pico de gallo.	<b>9.00</b>
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<b>TASTE OF PHILLY</b> Textured vegetable protein, onions, mushrooms, red and green bell peppers, vegan mozzarella cheese on French roll.	<b>10.50</b>
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<b>WONDER SUBS</b> Veggie "meatball" sandwich topped with marinara sauce and vegan mozzarella cheese.	<b>11.50</b>
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<b>CLASSIC BURGER</b> Grilled beefless soy patty, lettuce, onions, tomato, pickles, avocado, and house made vegan mayo, ketchup and mustard.	<b>10.50</b>
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<b>CHICK'UN BURGER</b> Crispy breaded chick'un breast, lettuce, onions, tomato, pickles, avocado, and house made vegan mayo, ketchup and mustard.	<b>10.50</b>
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*Prices are subject to change without prior notice.*

## PASTA LOVERS

<b>LASAGNE DI VERDURE</b> Lasagna with eggplant, zucchini, red and green bell peppers, and broccoli served with organic spring mix salad and toasted bread.	<b>13.00</b>
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<b>FETTUCCINE ALFREDO</b> Fettuccine with zucchini, red bell pepper, mushrooms, and soy chick'un in creamy white sauce.	<b>12.00</b>
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<b>PENNE TIRRENE</b> Penne, zucchini, red and green bell peppers, onion, eggplant, celery, and mushrooms in marinara sauce mixed with vegan mozzarella cheese.	<b>12.00</b>
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<b>CHICK'UN PARMIGIANA</b> Breaded soy chick'un breast topped with marinara sauce and vegan mozzarella cheese, served with broccoli and mashed potato.	<b>13.00</b>
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<b>CHOW MEIN (SFO)</b> Stir-fried wheat noodles with tofu, broccoli, cabbage, carrots, and celery.	<b>10.00</b>
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<b>BÚN XÀO (GF/SFO)</b> Vietnamese stir-fried rice noodles with broccoli, cabbage, carrots, red bell pepper, tofu, zucchini, and king oyster mushrooms.	<b>11.00</b>
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<b>CRISPY CHOW MEIN</b> Crispy noodle nest topped with sautéed tofu, onion, cabbage, celery, broccoli, carrots, and cauliflower.	<b>11.00</b>
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<b>GRILLED VEGGIE TERIYAKI AND GOLDEN ROLLS</b> White rice noodles with textured vegetable protein and golden crispy rolls served with Vietnamese vinaigrette, shredded lettuce, bean sprouts, mints, and cucumbers.	<b>10.00</b>
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<b>GOLDEN NOODLE SOUP</b> <i>(Add Wontons - add \$2.00)</i> Flavorful eggless "egg" noodles topped with tofu, soy protein, and steamed veggies.	<b>10.50</b>
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<b>AUTHENTIC HUE NOODLE SOUP (GFO)</b> White rice noodles, textured vegetable protein, tofu, and shiitake mushrooms, bean sprouts, shredded cabbage, and fresh mints, in spicy lemongrass flavored broth.	<b>10.50</b>
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<b>TOMATO DILL NOODLE SOUP (GFO/SFO)</b> Traditional Vietnamese soup with rice noodles, tomato, onions, tofu, king oyster mushrooms, and fresh, aromatic dill leaves.	<b>10.50</b>
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<b>PHO (GFO/SFO)</b> Traditional Vietnamese noodle soup, with fresh basil, tofu, textured vegetable protein, soy ham, and bean sprouts.	<b>10.50</b>
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# Green Earth VEGAN CUISINE



385 Broadview Ave. | Toronto, ON M4K 2M7  
 Mon-Sat: 11:00a - 9:00p | Sun: 2:00p - 8:00p  
 Closed Tuesday  
 (416) 778-9199

[www.greenearthvegan.com](http://www.greenearthvegan.com)

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## STARTERS

**QUINOA SUSHI (GFO/SFO)** **8.00**  
Organic quinoa with carrots, cucumber, avocado, and portabella mushroom wrapped in sushi nori.



**QUESADILLA** **6.50**  
Eggplant, zucchini, red and green bell peppers, and vegan cheese in a folded whole-wheat tortilla served with guacamole and pico de gallo.

**BRUSCHETTA** **4.50**  
Toasted French rolls topped with seasoned tomato, basil, and onion.

**HUMMUS WITH PITA BREAD (SF)** **4.50**  
Traditional organic hummus served with organic wheat pita bread.

**POUTINE** **6.50**  
A take on a Canadian classic of French fries, topped with gravy and vegan cheese.

**FRESH FRIES (GF/SF)** **4.50**  
Fresh cut Yukon Gold potatoes, fried and lightly seasoned.

**EDAMAME (GF)** **4.00**  
Lightly salted boiled green soybeans in the pod.

**SPRING ROLLS (GFO/SFO)** **5.00**  
Textured vegetable protein, lettuce, fresh mint, cucumber, and vermicelli rolled in thin rice paper, served with peanut sauce.



**SUMMER ROLLS (GFO/SFO)** **5.00**  
Shredded carrots and jicama, tofu, soy ham and lettuce, rolled in thin rice paper served with peanut sauce.

**GOLDEN CRISPY ROLLS** **5.00**  
Vietnamese style "egg-less" rolls served with lettuce, cucumber, and Vietnamese vinaigrette.

**CRISPY WONTONS** **5.00**  
Fried wontons filled with water chestnuts, carrots, and soy protein, served with sweet chili sauce.

**NACHOS (GF)** **6.50**  
Corn chips topped with vegan cheddar cheese sauce, served with guacamole, pico de gallo, and jalapeños.

**CRISPY NUGGETS** **6.00**  
Hand-breaded chick'un nuggets served with sweet chili sauce.

**STEAMED VEGGIES (GF/SF)** **4.50**  
Assorted steamed vegetables.

## SOUPS

**HOT & SOUR (GFO/SFO)** **9.50**  
Spicy soup with bamboo shoots, tofu, soy protein, king oyster mushrooms, and shredded carrots.

**TOM YUM (GF/SFO)** **9.50**  
Spicy Thai soup with tamarind-based broth, lemongrass, mushrooms, tofu, cabbage, bamboo shoots, tomato, celery, and fresh basil.



**RAINBOW (GFO/SFO)** **9.50**  
Peas and carrots, tofu, soy protein, king oyster mushrooms, and sushi nori.

**SPINACH ASPARAGUS (GF/SF)** **11.50**  
Soup made with fresh spinach and asparagus purée, and melted vegan mozzarella cheese.



**HARVEST (GF/SF)** **9.50**  
Soup made with fresh kabocha pumpkin purée.

**POTATO CHOWDER (GFO)** **9.50**  
Creamy soup with potato, peas and carrots, tofu, and soy protein.



**WONTON SOUP** **10.00**  
Carrots, broccoli, cauliflower, and dumplings filled with soy protein, water chestnut, and carrots in flavourful vegetable broth.

## ENTRÉE SALADS

**QUINOA FIESTA (GF/SFO)** **11.00**  
Nutrient-packed, warm "salad" made with a medley of organic red and white quinoa, kale, red and green bell peppers, kabocha pumpkin, tofu, and zucchini.

**AVOCADO (GF/SF)** **8.50**  
Mediterranean-style salad with avocado, diced onions, cilantro, tomato, and cucumber.



**ROASTED BEET (GF/SFO)** **8.50**  
Roasted garden beet, organic spring mix, shredded carrots, and grilled tofu.

**KALE-FORNIA (GF/SF)** **9.50**  
Kale, cabbage, diced tomato, onions, cilantro, carrots, avocado, organic red and white quinoa, and grilled kabocha pumpkin.

**YING YANG (GF/SFO)** **8.50**  
Grilled tofu, shredded cabbage, organic spring mix, carrots, cucumber, tomato, and edamame.

**HARVEST (GF/SF)** **8.50**  
Organic spring mix, avocado, tomato, seasonal fruits, peas and carrots.

## RICE CORNER (Served with brown rice)

**GREEN EARTH ROTISSERIE** **12.00**  
Roasted soy chick'un with chef's sauce, served with mixed steamed vegetables.

**CURRY TOFU SCRAMBLE (GF)** **9.50**  
Scrambled tofu with red bell pepper, peas and carrots, and mushrooms with curry spice.

**ORANGE IMAGINATION (GF)** **11.50**  
Golden-battered soy chick'un with orange sauce, served with broccoli.

**SPICY INDIAN CURRY TOFU (GF/SFO)** **9.50**  
(Replace with soy chick'un - Add \$2.50)  
Tofu, potato, zucchini, peas, carrots, and red bell pepper in Indian yellow curry spice mixed with coconut milk.

**VEGETABLE TERIYAKI AND BROCCOLI** **9.50**  
Stir-fried broccoli, carrots, onion, mushrooms, and textured vegetable protein.

**HARMONIC VEGGIE DELIGHT (GFO)** **11.00**  
Stir-fried soy chick'un with pineapple, mushrooms, red bell pepper, celery, carrots, and onion.

**EGGPLANT MEDLEY (GFO)** **9.50**  
Sautéed eggplant, tofu, peas and carrots, and mushrooms.

**SAUTÉED VEGETABLE MEDLEY (GFO/SFO)** **9.50**  
Sautéed broccoli, cauliflower, cabbage, zucchini, onions, celery, carrots, red and green bell peppers, tofu, and mushrooms.

**SWEET AND SOUR SENSATION (GFO)** **10.50**  
Battered soy chick'un with red bell pepper, zucchini, celery, pineapple, carrots, and onions in sweet and sour sauce.

**MONGOLIAN DELIGHT (GF)** **11.50**  
Sautéed soy steak strips, red and green bell peppers, and onions in savory soy-based sauce.

**SPICY LEMONGRASS TOFU (GFO)** **9.50**  
(Replace with soy chick'un - Add \$2.50)  
Tofu sautéed with spicy minced lemongrass, served on top of a bed of lettuce.

**CURRY FRIED RICE (GFO/SFO)** **10.00**  
Fried brown rice with soy protein, mushrooms, peas and carrots, and spicy curry seasoning.

**GOURMET FRIED RICE (GFO/SFO)** **9.50**  
Fried brown rice with peas and carrots, mushrooms, and soy protein.

**HAWAIIAN STYLE FRIED RICE (GFO/SFO)** **10.50**  
Fried brown rice with pineapple, peas and carrots, mushrooms, red bell pepper, and soy protein.

**THREE FLAVORS (GFO/SFO)** **10.00**  
Pumpkin, eggplant, tofu, onion, sweet basil, red bell peppers, and mushrooms stir-fried in chef's sauce.

## BEVERAGES

**AULACESE COFFEE (HOT/COLD)** **3.50**

**HOUSE COFFEE** **1.75**

**ORGANIC SOY MILK** **2.50**

**BOTTLED WATER** **1.50**

**SODA** **1.50**

Coke, Diet Coke, Coke Zero, Sprite, Ginger Ale, Nestea

**HOT ORGANIC TEA** **3.00**

*Regular:* Premium Green, Earl Grey Black & Green, Chai Black & Green, White Tea w/ Mint, Lemon Ginger Green.

*Decaf:* Chamomile Herbal, Vanilla Honeybush Herbal, Cascade Mint Herbal, Premium Green, Lavender Tulsi Herbal.



Three Flavors



Orange Imagination



Eggplant Medley

*Most of the produce we use are locally grown, and the drinking water we serve is filtered on the premise. If you have any special dietary needs, please notify your server so we can accommodate you accordingly.*

**GFO - GLUTEN FREE OPTION**

**GF - GLUTEN FREE**

**SFO - SOY FREE OPTION**

**SF - SOY FREE**