

STARTERS

QUINOA SUSHI (GFO/SFO) 9.50
Organic quinoa with carrots, cucumber, avocado, and portabella mushroom wrapped in sushi nori.



QUESADILLA 7.50
Grilled eggplant, zucchini, red and green bell peppers, and vegan cheese, in a folded, whole-wheat tortilla, served with pico de gallo, and guacamole.

POUTINE 7.50
A take on the Canadian classic of French fries, topped with gravy and vegan cheese.

NACHOS (GF) 7.50
Corn chips and melted vegan cheddar cheese served with guacamole, pico de gallo, and jalapeños.

CRISPY WONTONS 6.00
Fried wontons filled with water chestnuts, carrots, and soy protein, served with sweet chili sauce.

SPRING ROLLS (GFO/SFO) 6.00
Textured vegetable protein, fresh mint, lettuce, cucumber, and vermicelli rolled in thin rice paper served with peanut sauce.



SUMMER ROLLS (GFO/SFO) 6.00
Shredded carrots and jicama, tofu, soy ham and lettuce, rolled in thin rice paper served with peanut sauce.

GOLDEN CRISPY ROLLS 6.00
Vietnamese style "eggless" rolls served with lettuce, cucumber, and Vietnamese vinaigrette.

DRUMSTICKS 8.00
Crispy breaded drumsticks served with carrots, celery sticks, and ranch dipping sauce.

CRISPY NUGGETS 7.50
Hand-breaded chick'un nuggets served with sweet chili sauce.

FRESH FRIES 5.50
Fresh cut Yukon Gold potatoes, fried and lightly seasoned.

SWEET FRIES 6.00
Fried sweet potato fries.

SOUPS

HOT & SOUR (GF/SFO) 12.00
Spicy soup with bamboo shoots, tofu, soy protein, shiitake mushroom, and shredded carrots.



TOM YUM (GF/SFO) 12.00
Spicy Thai soup with tamarind-based broth, lemongrass, mushrooms, tofu, cabbage, bamboo shoots, tomato, celery, and fresh basil.

HARVEST (GF/SF) 12.00
Soup made with fresh kabocha pumpkin purée.

POTATO CHOWDER (GFO) 12.00
Creamy soup with potato, peas and carrots, tofu, and soy protein.



WONTON SOUP 12.50
Carrots, broccoli, cauliflower, and dumplings filled with soy protein, water chestnut, and carrots in flavorful vegetable broth.

KIMCHI SOUP (GF/SFO) 12.50
A take on the Korean kimchi-jjigae with fermented vegetables, tofu, green and white onion, and sushi nori in hearty, spicy, savory vegetable broth.

ENTRÉE SALADS

QUINOA FIESTA (GF/SFO) 13.00
Nutrient-packed, warm "salad" made with organic white quinoa, kale, red and green bell peppers, pumpkin, tofu, and zucchini.

KALE-FORNIA (GF/SF) 11.50
Kale, cabbage, diced tomato, onions, cilantro, carrots, avocado, organic white quinoa, and grilled kabocha pumpkin.

AVOCADO (GF/SF) 11.00
Mediterranean-style salad with avocado, diced onions, cilantro, tomato, and cucumber.



ROASTED BEET (GF/SFO) 11.00
Roasted garden beet, organic spring mix, avocado, shredded carrots, cucumber, bean sprouts, and grilled tofu.

RICE CORNER

(Served with brown rice)

SPICY INDIAN CURRY TOFU (GF/SFO) 11.50
(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.

GREEN EARTH ROTISSERIE 14.00
Roasted soy chick'un with chef's sauce served with mixed steamed vegetables.

CURRY TOFU SCRAMBLE (GF) 11.50
Scrambled tofu with red bell pepper, peas and carrots, and mushroom with curry spice.

HARMONIC VEGGIE DELIGHT (GFO) 12.50
Stir-fried soy chick'un with pineapple, mushroom, red bell pepper, celery, carrots, and onion.

SAUTÉED VEGETABLE MEDLEY (GFO/SFO) 11.50
Sautéed broccoli, cauliflower, cabbage, zucchini, onion, celery, carrots, red and green bell peppers, tofu, and mushroom.

SWEET AND SOUR SENSATION (GFO) 12.50
Battered soy chick'un with red bell pepper, zucchini, celery, pineapple, carrots, and onions in sweet and sour sauce.

MONGOLIAN DELIGHT (GFO) 13.50
Sautéed soy steak strips, red and green bell peppers, and onions in savory soy-based sauce.

EGGPLANT MEDLEY (GFO) 11.50
Sautéed eggplant, tofu, peas and carrots, and shiitake mushroom.

ORANGE IMAGINATION 13.50
Golden-battered soy chick'un with orange sauce, served with broccoli.

VEGETABLE TERIYAKI AND BROCCOLI 11.50
Stir-fried broccoli, carrots, onion, mushroom, and textured vegetable protein.

GREEN CURRY (GF/SFO) 12.50
Tofu, green bell pepper, broccoli, eggplant, zucchini, and bamboo shoots in Thai curry paste mixed with coconut milk.

SPICY LEMONGRASS TOFU (GFO) 11.50
(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) 12.00
Fried brown rice with soy protein, mushroom, peas and carrots, and spicy curry seasoning.

KIMCHI FRIED RICE (GFO/SFO) 12.50
Fermented vegetables with brown rice, tofu, green and white onion, and sesame seeds

HAWAIIAN STYLE FRIED RICE (GFO/SFO) 12.50
Fried brown rice with pineapple, peas and carrots, shiitake mushroom, red bell pepper, and soy protein.

THREE FLAVORS (GFO/SFO) 12.00
Pumpkin, eggplant, tofu, onion, sweet basil, red bell peppers, and mushroom stir-fried in chef's sauce.

BEVERAGES

AULACESE COFFEE (HOT/COLD) 3.50

HOUSE COFFEE 2.00

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.



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 OPTIONAL **GF - GLUTEN FREE**
SFO - SOY FREE OPTIONAL **SF - SOY FREE**

FRESH FRUIT SMOOTHIES

TROPICAL Orange, banana, pineapple, and mango.	6.50
STRAWBERRY DELIGHT Strawberry and banana.	6.50
SUMMER BREEZE Strawberry, banana, and apple.	6.50
GROOVY GREEN Spinach, mango, orange.	7.00
MANGO TANGO Mango.	7.00

FRESH FRUIT JUICES

APPLE JUICE / CARROT JUICE	6.50
CARROT APPLE JUICE	6.50
ORANGE JUICE / CARROT ORANGE JUICE	6.50
CARROT APPLE ORANGE JUICE	7.00
CARROT APPLE GINGER JUICE	7.00
FRESH SQUEEZED LEMONADE	5.50

FRESH VEGGIE JUICES

GO GREEN Spinach, kale, cucumber, and celery.	8.50
DETOX BLEND Kale, carrot, celery, and ginger.	8.50
SWEET GREEN Carrot, green bell pepper, apple, cucumber, and celery.	7.50
CREATE YOUR OWN JUICE Choose a minimum of 4 and up to 6 items.	9.00

Spinach	Kale	Apple
Cucumber	Carrot	Bell Pepper
Celery	Ginger	Beet
Orange	Lemon	

DESSERTS

CHEESECAKE / LEMON CHEESECAKE	6.00
CHOCOLATE / GREEN TEA CHEESECAKE	6.50
CHOCOLATE CAKE	6.00
ALMOND CHOCOLATE CAKE	6.50
CARROT CAKE	6.50
THAI BANANA ROLLS WITH VANILLA ICE CREAM	7.00
SUNDAE (VANILLA / ALMOND BARK)	5.00
GLUTEN FREE CHOCOLATE CAKE	7.00
GLUTEN FREE ALMOND CHOCOLATE CAKE	7.50

BURGERS & SANDWICHES

(Served with fresh fries or salad)

BUDDHA BURGER Grilled pepper-flavored soy steak patty, avocado, lettuce, onion, tomato, pickles, house made vegan mayo, ketchup and mustard.	12.50
HARVEST BURGER Crispy breaded soy protein, lettuce, onion, tomato, pickles, house made vegan mayo, ketchup and mustard.	11.50
BBQ CHICK'UN BURGER Grilled soy chick'un with BBQ sauce, onion, lettuce, tomato, pickles, house made vegan mayo, ketchup and mustard.	12.50
GRILLED PORTABELLA BURGER Grilled portabella mushroom, tomato, avocado, lettuce, onion, and house made vegan mayo, ketchup and mustard.	11.50
CHICK'UN BURGER Crispy breaded chick'un breast, lettuce, onion, tomato, pickle, avocado, and house made vegan mayo, ketchup and mustard.	13.00
CLASSIC BURGER Grilled beefless soy patty, lettuce, onion, tomato, pickles, avocado, and house made vegan mayo, ketchup and mustard.	13.00
JACKFRUIT BURGER Seasoned young jackfruit, lettuce, onion, tomato, pickles, avocado, housemade vegan mayo, ketchup, and mustard.	12.50
GOURMET BURRITO The ultimate vegan burrito with textured vegetable protein, brown rice, lettuce, guacamole, and pico de gallo, wrapped in whole-wheat tortilla.	11.00
FAJITA VEGANA Soy protein, red and green bell peppers, onion, pico de gallo, and guacamole wrapped in whole-wheat tortilla.	11.00
CALIFORNIA CHICK'UN WRAP Grilled soy chick'un, lettuce, red bell pepper, avocado, pico de gallo, and house made vegan mayo, wrapped in whole-wheat tortilla.	13.00
TACOS VEGANOS Two scrumptious soft taco shells stuffed with textured vegetable protein, shredded lettuce, guacamole, and pico de gallo.	11.00
TASTE OF PHILLY Textured vegetable protein, onion, mushroom, red and green bell peppers, vegan mozzarella cheese on French roll.	12.50
WONDER SUBS Veggie "meatball" sandwich topped with marinara sauce and vegan mozzarella cheese.	13.50



Prices are subject to change without prior notice.

PASTA CORNER

LASAGNE DI VERDURE Lasagna with eggplant, zucchini, red and green bell peppers, and broccoli served with organic spring mix salad and toasted bread.	15.00
FETTUCCINE ALFREDO Fettuccine with zucchini, red bell pepper, mushroom and soy chick'un in creamy white sauce.	14.00
CHICK'UN PARMIGIANA Breaded soy chick'un breast topped with marinara sauce and vegan mozzarella cheese, served with broccoli, and mashed potato.	15.00
CHOW MEIN Stir-fried wheat noodles with tofu, broccoli, cabbage, carrots, and celery.	12.00
CRISPY CHOW MEIN Crispy noodle nest topped with sautéed tofu, onion, cabbage, celery, broccoli, carrots, and cauliflower.	13.00
GRILLED VEGGIE TERIYAKI AND GOLDEN ROLLS White rice noodles with textured vegetable protein and golden crispy rolls served with Vietnamese vinaigrette, shredded lettuce, bean sprouts, mints, and cucumbers.	13.00



BÚN XÀO (GF/SFO) Vietnamese stir-fried rice noodles with broccoli, cabbage, carrots, red bell pepper, tofu, zucchini, and mushroom.	13.00
PAD THAI (GFO/SFO) Stir-fried rice noodle, tofu, mushroom, carrots, bean sprouts, broccoli, garlic, flavored with tamarind, and topped with toasted peanuts.	13.00
AUTHENTIC HUE NOODLE SOUP (GFO) White rice noodles, textured vegetable protein, tofu, and shiitake mushroom, bean sprouts, shredded cabbage, and fresh mints, in spicy lemongrass flavored broth.	12.50
TOMATO DILL NOODLE SOUP (GFO/SFO) Traditional Vietnamese soup with rice noodles, tomato, onions, tofu, mushroom, and fresh, aromatic dill leaves.	12.50
PHO (GFO/SFO) Traditional Vietnamese noodle soup, with fresh basil, tofu, textured vegetable protein, soy ham, and bean sprouts.	12.50
UDON NOODLE SOUP (SFO) A fusion of Japanese and Vietnamese soup with udon noodles, mushroom, carrots, green onion, tofu, cilantro, and white onion.	13.00



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Green Earth VEGAN CUISINE



804 Danforth Ave. | Toronto, ON M4J 1L2
Mon-Thu: 11:00a - 9:00p | Sun: 2:00p - 9:00p
Fri-Sat: 11:00a - 10:00p | Closed Tuesday
(416) 778-9199

www.greenearthvegan.com

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