

the social gardener café.

We are 100% plant-based and use locally sourced and organic ingredients wherever possible. We even grow our own produce on our roof! As part of a non-profit social enterprise, all proceeds go to our initiatives to support marginalized women and youth.
Thank you for your support!

MAINS

Cheesy Enchiladas 11.5

Two flour tortillas primed with pumpkin seed spread & stuffed with seasoned rice, beans, & cheese. Baked in enchilada sauce & topped with salsa verde & more cheese for good measure. GFO NF

Make it 3 enchiladas! + 5

Breakfast Burrito 12

Miso marinated tofu coated in our tasty turmeric tahini dressing, wrapped in a whole wheat tortilla with pumpkin seed spread, sesame mayo, & spinach. GFO NF

Warm Noodle Bowl 13

A bed of wilted spinach & warm soba noodles topped with miso marinated tofu & roasted veggies in a sweet soy glaze. Topped with roasted peanuts, wood ear mushrooms, edamame, black sesame, & peanut sauce.

Maple Tahini Harvest Bowl 14.5

Roasted sweet potato, peppers, & onion atop a bed of rye berries & spinach. Topped with toasted almond & pumpkin seeds, dried cranberries, & maple tahini dressing. GFO NFO

Mediterranean Super-Grain Bowl 14.5

A well of house-made hummus with spicy red pepper sauce surrounded by millet, quinoa, & rice. Served on a bed of wilted spinach & topped with roasted veggies, feta, & sunflower seeds. GF NFO SF

House-made Pita Chips & Hummus 7.5

A creamy house-made chickpea hummus served with salted crispy pita chips. NF SF

Daily Soup w/ Toasted Focaccia 8.5

Hot soup served with thick, toasted focaccia. Check out our board for today's flavour! GFO

Pizza Pocket 8.5

Pizza dough made from scratch filled with tomato sauce, cheese, & your choice of filling: Pepperoni OR Veggies. Served with house-made ranch dip.

Feta & Greens Phyllo Pastry 7

A crispy phyllo pastry pocket filled with feta, greens, roasted peppers, & spices. SF

STUSH Jamaican Pattie 6

A delicious flaky pastry warmed to perfection. Made by a small local producer!

Choose your filling:

Ackee & Salted Tofu NF

Jerk Soy Chic NF

Lentils & Veggie NF

GF / GFO = Gluten Friendly/ Gluten Friendly Option (+ \$1.25)*

NF / NFO = Nut Friendly/ Nut Friendly Option*

SF = Soy Friendly*

*We cannot guarantee a 100% gluten, nut or soy free meal since we work with these ingredients. Please speak to our staff about any allergy concerns.

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HOT DRINKS

Coffee

Espresso - single/double	2.5 / 3.5
Americano	3.5 / 4 / 4.5
Latte	4.5 / 5.25 / 5.75
Cortado	3.75
Cappuccino	4.25 / 5 / 5.75
Macchiato - single/double	3 / 4
Mocha	4.75 / 5.5 / 6
Misto	4 / 4.5 / 5
Shot in the Dark	4 / 4.5 / 5
Drip	2 / 2.5 / 3

Tea

Steeped Tea 2.5 / 2.75 / 3

*Check out our board for our current offerings!

Tea Latte 4.75 / 5.5 / 6

*Turn any loose leaf tea into a tea latte!

Matcha Latte 4.75 / 5.5 / 6

Hot Cocoa

*Made with house-made cocoa syrup and choice of milk

Traditional 4 / 4.5 / 5

SMOOTHIES

Black Forest 7.5 / 8.5 / 9.5

Dark chocolate, cherries, oats, banana, chia, almond milk.

Tropical 8 / 9 / 10

Pineapple, mango, orange, banana, turmeric, coconut milk.

Green Superfood 7.5 / 8.5 / 9.5

Greens, sprouts, hemp hearts, banana, turmeric, cinnamon, soy milk.

Peanut Butter Banana 7.5 / 8.5 / 9.5

Natural peanut butter, banana, chia, soy milk.

FRESHLY BAKED

Muffin GF 2.75

Almond Butter Banana Bread GF SF 4

Cookie GF 2.25

Seasonal Coffee Cake 4

Cookie-Brownie NF 4.25

Chocolate PB Crispy Square 4.25

*Check out our counter for more specials! *



Milk Options:

- Soy
- Almond
- Oat
- Coconut