

100% ORGANIC · VEGAN · GLUTEN FREE · SOY FREE · NO SEED OILS

MENU AND PRICES ARE SUBJECT TO CHANGE DUE TO THE AVAILABILITY OF FRESH AND ORGANIC PRODUCE

TRILOGY SANCTUARY

NIBBLE, TASTE & SHARE

- VEGA-NACHOS** \$16.9
These are the yummiest nachos you will ever try! Organic blue corn chips covered in quinoa chili, cashew cheeze sauce, cashew sour cream with pico, hemp seeds and avocado.
- SEARED SPRING ROLLS** \$15
Mango mint quinoa & cucumber slices wrapped in brown rice paper, gently seared with the best peanut sauce in this world. Topped with hemp seeds and shredded carrots. Comes with a side of peanut sauce.
- DREAM SHROOMS** \$15
Baked button mushrooms filled with a butternut & rosemary cheese filling, drizzled with pine nut pesto. The dreamiest dish around.

SALADS, WRAPS & LIGHT BITES

- GREEN GODDESS SALAD** \$16
Fresh spring greens, spinach, kale, chopped cucumber, grated beets & carrots. Topped with avocado & eggplant bacon. Tossed in balsamic dressing. A raw dish.
- FALAFEL WRAP** \$16.9
Raw coconut wrap, filled with homemade falafel, roasted peppers, sliced cucumber, mixed greens, with turmeric hummus and caesar dressing. NUT FREE
- SUNFLOWER CAESAR SALAD** \$16.5
Deliciously fresh crisp lettuce tossed with our creamy sunflower caesar dressing. Served with fresh tomato, grain free Pacha Bread croutons and a sprinkle of sunflower seeds and our superfood parmesan.
- SUNSHINE SALAD** \$17
Chopped romaine, strawberries, cucumbers, avocado and spiced walnuts tossed with a refreshing and summery mango ginger vinaigrette. A raw dish.
- RAW WRAP** \$16.9
Coconut wrap with avocado, kale, peppers, beet & red cabbage sauerkraut and coconut yoghurt tzatziki, with a healthy drizzle of pine nut pesto. A raw dish.
- TROPICAL LETTUCE CUPS** \$16.5
Three romaine lettuce cups filled with a light and fresh coconut ceviche with mango salsa. A raw dish.

BOUNTIFUL BOWLS

- QUINOA BOWL** \$16
Quinoa steamed with onions, carrots and celery with kale, butternut squash and broccolini. Topped with your choice of almond love sauce and cashew sour cream OR peanut sauce.
- GAIA BOWL** \$17.9
Mango mint quinoa, turmeric hummus, cucumbers with a splash of pine nut pesto, roasted red peppers, avocado and warm pita bread. Served over a bed of spring mix and topped with lemon tahini dressing.
- NOURISH GREEN BOWL** \$17.9
A grain free bowl: sauteed broccolini, kale, and spinach. Served over a bed of cauliflower rice topped with avocado and coconut amino roasted cashews. Served coconut aminos.
- MISO BOWL** \$16.9
A healthy serving of brown rice, garbanzo beans, roasted peppers, broccolini, cabbage, spinach, fresh basil and cilantro. All tossed in a ginger garbanzo bean sauce and topped with coconut amino cashews.
- PLANT POWER BOWL** \$17.5
A vibrant and hearty bowl with brown rice, mung & black bean tempeh, mushrooms, zucchini, roasted butternut squash, avocado and beet sauerkraut - all drizzled with a delicious cilantro lime dressing.

YAMAZING BOWL

A vibrant bowl with sweet baked yam, comforting quinoa & bean chili, sauteed zucchini and probiotic rich Sauerkraut. Drizzled with cashew sour cream and topped with a sprinkle of green onions.

ADORA BOWL

Spiced red & green lentil dahl over brown rice with probiotic rich coconut yoghurt tzatziki with beet & red cabbage sauerkraut and fresh cilantro.

SIDES & ADD-ONS			
Avocado	\$3	Mushroom Asada	\$4
Brown Rice	\$3	Grain-Free Pacha Bun	\$5
Buckwheat Pita	\$3	Maple Mashed Yams	\$3
Eggplant Bacon	\$3	Rosemary Potatoes	\$4
Mushrooms	\$3	Sweet Potato Wedges	\$4
Cauliflower Rice	\$4	Broccolini	\$4
Quinoa	\$4	Burger Patty	\$5
Falafel	\$5	Side Salad	\$5
Tempeh - Black & Mung	\$5	Loaded Potatoes	\$6.5
Buckwheat Pita w/ Hummus	\$7.5	Chili Bowl w/ Sour Cream	\$8.5

ENTREES

- TRILOGY CHEEZE BURGER** \$17
A hearty burger made with brown rice, black beans & mushrooms grilled with cashew cheeze. Topped with fresh tomato slices, lettuce & caramelized onions served on our buckwheat pita with our sun-dried tomato cashew aioli and a side of sweet potato wedges.
Optional Buns/Wraps: Grain-Free Bun or a Crisp Lettuce Wrap
Add: Eggplant Bacon, Avocado or Mushrooms \$3
- TRILOGY LOADED BURGER** \$17.9
Our unique tempeh patty is made from mung & black beans, served on a grain free Pacha bun, loaded with grilled onions, roasted peppers, lettuce, avocado, and drizzled with cilantro lime dressing and tahini. Served with our sun-dried tomato cashew aioli and rosemary potato wedges.
- ENTICING EGGPLANT** \$18
Delicious garlic roasted portobello mushrooms, rolled up inside three roasted eggplant blankets and grilled with cashew cheeze sauce. Served over maple mashed yams, broccolini and topped with hemp seeds and our pine nut pesto.
- ZEN ZOODLES** \$17
Raw zucchini noodles and chopped cucumber tossed with our cilantro lemon dressing, served over a bed of sliced tomatoes, topped with cashew sour cream and fresh cilantro. A raw dish.
- MAC N CHEEZE** \$17.9
Brown rice elbow macaroni smothered in our rosemary cashew cheeze sauce. Baked and served in a cast iron skillet. Topped with pesto and eggplant bacon.

ENCHILADAS

Homemade tortillas filled with mushrooms, sautéed onions and red bell peppers over brown rice. Covered in our savory mole sauce and topped with pumpkin seeds, cashew sour cream, pico de gallo, hemp seeds, avocado and sunflower sprouts.

SAUCES, DRESSINGS & DIPS

Almond Love Sauce, Cashew Sour Cream, Cashew Cheeze, Peanut Sauce, Pine Nut Pesto, Cilantro Lime, Caesar Dressing, Turmeric Hummus, Lemon Tahini Dressing, Balsamic Dressing, Mango Ginger Vinaigrette.

TACOS

- TWO PERFECT TACOS** \$16.9
Two of our house-made red corn tortillas filled with homemade quinzito, avocado, eggplant bacon, pico and mildly spicy almond love sauce. Served with a side salad.
- FALAFEL TACOS** \$16.9
Our house-made buckwheat pita with a light olive tapenade spread, grilled falafel bites, chopped spinach, bruschetta and lemon tahini dressing. Served with a side salad.
- SUNSET TACOS** \$16.9
House-made corn tortillas, mole marinated jackfruit, roasted red peppers, chopped kale, chipotle roasted corn. Drizzled with a creamy cilantro lime sauce and sour cream, topped with fresh cilantro and poppy seeds. Served with a side salad.
- MUSHROOM ASADO TACOS** \$16.9
House-made red corn tortillas filled with crimini mushroom and walnut asada, topped with cashew sour cream and mango salsa. Served with a side salad.

PACHA TOASTS

- AVOCADO CAPRESE** \$13
Grain Free Pacha bun with cashew sour cream spread, fresh basil, sliced tomato, avocado and drizzled with pesto.
- AVOCADO BRUSCHETTA** \$13
Grain Free Pacha Bun topped with avocado, pesto, hemp seeds, bruschetta, and seasonal sprouts.
- HAPPY TUMMY TOAST** \$13
Grain Free Pacha bun, topped with probiotic rich coconut yoghurt tzatziki, avocado and our beet sauerkraut.
- STRAWBERRY FIELDS** \$12
Grain Free Pacha bun topped with deliciously sweet cashew cream, fresh strawberries and a sprinkle of crunchy cacao nibs.
- GONE BANANAS** \$12
Grain Free Pacha bun, topped with a mix of peanut butter and our house-made chocolate hazelnut spread, sliced bananas and a sprinkle of hemp seeds.

