

VEGANOPOLIS

Breakfast

Available Always

Breakfast Sandwiches

Our breakfast sandwiches are made to order and served with a side of sliced fresh fruit.

The Canadian 5.50

Grilled canadian vegan bacon, house organic mayo, lettuce, and tomato on a sprouted english muffin. Add avocado and soy cheese .75 each.

Breakfast Sam 5.50

Grilled vegan ham and cheese on a sprouted english muffin with tomato and onion. Add avocado .75.

The Garden 4.95

Raw organic tahini on wheat toast with cucumber, tomato, spinach and avocado.

The Elvis 4.50

Organic peanut butter and banana on grilled white or wheat bread.

Sides

A light bite a la carte, or a perfect compliment to one of our breakfast sandwiches.

Vegan Toast 2.50

Two slices of toast with vegan spread, with or without organic jam.

Grilled Vegan Links or Bacon .60

Delicious grilled vegan sausage links, or try our grilled vegan bacon.

Fresh Fruit Bowl 3.00

A changing assortment of fresh sliced fruit.

Granola with Rice or Soy Milk 3.50

Available Sat & Sun Only

Saturday Breakfast Buffet 6.95 / lb

Join us every Saturday morning for our classic vegan breakfast buffet. These are a few of the items featured on our buffet:

Savory Bread Pudding

Leeks, mushrooms, soy cheese slices and fresh herbs on a baguette with faux egg batter.

Organic Tofu Scramble

Faux egg scramble with tri-colored peppers.

Roasted Potatoes

With Fresh Rosemary and Garlic

Spelt Biscuits and Gravy

Ham and cheese biscuits and green onion biscuits. Served with a side of house gravy.

Red Flannel Hash

Yam turnip rutabaga root vegetable hash with onion kidney beans, dill, and spices

Fresh Fruit Bowl

A changing assortment of fresh sliced fruit.

Vegan Links and Vegan Smoked Ham

Delicious grilled vegan sausage links, or try our grilled vegan smoked ham.

Beverages

Fresh beverages made here every morning.

Check out our espresso menu for a full selection of vegan espresso-based drinks.

Glass of Rice or Soy Milk 1.50

Fresh Squeezed Orange Juice 1.95 / 2.25

Brewed House Coffee 1.50 / 1.95

Organic Tea 1.50