

## ..... Smoothies .....

16 oz 8.25

### BOMBAY BANANA

banana, soy-coconut milk, ginger, dates & masala

### MANGO LASSI

mango, coconut milk, apple juice, agave nectar & lime

### CREAMSICLE

orange juice, coconut milk, vanilla, mango

### CHOCO-CLASSIC

soy-coconut chocolate milk, cocoa, dates & flax seeds



## ..... Juice .....

LOCAL, ORGANIC & COLD PRESSED BY DOSE JUICE

10 oz 7.25

### TAXI

pineapple, apple, lime & mint

### ZEST

orange, grapefruit, lemon & cardamom

### SAMBA

apple, beet, carrot, cucumber, orange, kale, lemon & ginger

### YOGI - 3g of sugar

cucumber, celery, kale, spinach, lemon, parsley, ginger & chlorophyll

## ..... Wine & Beer .....



SEE OUR WINE & BEER MENU

## ..... Coffee & Drinks .....

filter coffee 2.50	matcha or chai latte 5.
espresso 2.75	kombucha 5.
allongé 3.	hibiscus lemonade 6.
cappuccino 3.50	with oat milk .50
latte 4.	with maple syrup .50

## ..... Starters .....

### THAI TACOS ••

3 corn tortillas served with organic tempeh satay, marinated red onion, pickled carrot & daikon served with Thai peanut sauce 15.

### CHANA PARATHA

puffed Indian bread topped with chickpea & potato curry, sour cream, mint & tamarind chutneys 11.

### AUX VIVRES MEZZE & CHAPATI

tzatziki, veggie pâté, guacamole, faux salmon spread & tofu cream served with freshly baked chapati & veggie butter 16.

### SPICY BUFFALO BITES •

organic tempeh bites tossed in spicy buffalo sauce 10.

### MALAI KOFTA

baked spiced chickpea balls in coconut curry sauce 10.

### TEMPEH SATAY ••

two organic Thai tempeh skewers served with Thai peanut sauce 9.

### ROASTED POTATO WEDGES •

served with chipotle ketchup or chipotle mayo 7.50

### PAKORAS

fried spiced chickpea balls with mint & tamarind chutneys 8.

### DAHL SOUP •

Indian spiced soup with lentils & coconut milk 7.50

### CHAPATI

hand-rolled Indian flatbread with veggie butter 6.50 & small dahl soup 11.

### CORNBREAD

served with veggie butter & guacamole 10. & small soup 14.50

### PARATHA

puffed Indian bread with veggie butter 7.50 & small soup 12.

### SMALL AUX VIVRES SALAD •

organic greens, shredded beet, carrot & red cabbage, sprouts & green dressing 10.



## AUX VIVRES Resto Végane

### WELCOME TO MONTREAL'S FIRST VEGAN RESTAURANT

For over 25 years we've been serving animal-free meals that are fresh, filling, and delicious. Our menu features a variety of options from internationally inspired cuisine, and hearty diner classics to colorful bowls, smoothies, and delectable cakes. Whichever meal you choose, one thing is for sure, you'll be leaving here feeling happy, healthy, and satisfied. Our passion for sustainable food culture inspired our sister company **Noble Bean Tempeh**, where locally grown organic soybeans are fermented into a protein-packed meat alternative that grills up beautifully. Visit our boutique for a variety of gourmet sauces, spreads, cookies, and other tasty eats.

We've partnered with Trees for the Future to plant a tree for every Dragon Bowl we serve. To learn more visit [auxvivres.com](http://auxvivres.com) and [trees.org](http://trees.org)



## ..... Sandwiches .....

SERVED IN HAND-ROLLED CHAPATI WITH VEGGIE BUTTER 15.50

### BLT

smoked coconut bacon, lettuce, tomato & mayo

### VEGGIE PÂTÉ

veggie pâté, mayo, tomato, lettuce & pickle

### LOX

faux smoked salmon spread, tofu cream, mayo, lettuce & capers

### DRAGON SANDWICH

shredded beet, carrot & red cabbage, daikon, lettuce, sprouts, dragon sauce & grilled organic tempeh

### MEKONG •

pickled carrot & daikon, mint, coriander, lettuce, Thai peanut sauce & grilled organic tofu

### GYRO

organic tempeh souvlaki, tzatziki, tomato, pickled red onion, lettuce NOW SERVED ON CHAPATI



## ..... Comfort Food .....

### MALAI KOFTA THALI

delicately spiced chickpea balls in a coconut curry sauce, organic brown rice, chickpea & potato curry, salad & paratha 19.

### MEXICALI BURRITO PLATE

whole-wheat tortilla stuffed with house chili, organic brown rice & sour cream, served with salad, guacamole & picco de gallo salsa 22.

### MUMBAI BOWL

organic brown rice, chickpea & potato curry, delicately spiced pakoras, paratha, mint & tamarind chutneys, garnished with carrot & coriander 22.

### CHILI •

house chili, guacamole, corn chips & sour cream garnished with shredded carrot & coriander  
small 11. large 18.



## ..... Tea & Tisanes .....

ORGANIC 5.0

camomile mint sencha raspberry leaf yerba mate  
fennel ginger nettle rooibos earl grey

● = not made with products that contain gluten ● = contains nuts

ALLERGY ALERT: Aux Vivres stocks a variety of nuts, seeds, wheat flour and other potential allergens in our kitchen. We cannot guarantee that any meal will be allergen free and will not assume any liability for allergies or intolerances.

## ..... Bowls .....

### DRAGON •

organic brown rice, shredded beet, carrot & red cabbage, daikon, lettuce, sprouts, dulse, toasted sesame seeds, dragon sauce & grilled organic tofu 16.50 or grilled organic tempeh 18.50



### THAI ••

organic brown rice, steamed bok choy, pickled carrot & daikon, lettuce, shredded carrot, peanuts, coriander, Thai peanut sauce & grilled organic tofu 17.50 or grilled organic tempeh 19.50

### BUDDHA •

organic brown rice, steamed broccoli & bok choy, shredded carrot, cucumber, lettuce, daikon, toasted sunflower & pumpkin seeds, Buddha sauce & grilled organic tofu 17.50 or grilled organic tempeh 19.50

### CALIFORNIAN •

organic greens, shredded carrot, cherry tomato, cucumber, orange slices, toasted sunflower & pumpkin seeds, sprouts, ginger dressing & grilled organic tofu 17.50 or grilled organic tempeh 19.50

### BACON CAESAR ••

organic greens, smoked coconut bacon, cashew parmesan cheese, shredded carrot, cherry tomato, capers, Caesar dressing & grilled organic tofu 17.50 or grilled organic tempeh 19.50

### DELUXE •

organic greens, shredded beet, carrot & red cabbage, guacamole, faux salmon spread, cucumber, red pepper, toasted sunflower & pumpkin seeds, sprouts, green dressing & grilled organic tofu 17.50 or grilled organic tempeh 19.50

### LATKE

organic brown rice topped with a crispy beet & organic tofu patty, lettuce, shredded carrot, beet, red cabbage & pickled onion. Served with cucumber tzatziki, green dressing & gomazio 21.

### OKONOMIYAKI

organic brown rice topped with a crispy organic tofu & shiitake mushroom patty, steamed broccoli & bok choy, lettuce, pickled carrot & daikon, cucumber, shredded beet & toasted sunflower & pumpkin seeds. Served with Buddha sauce 21.

## ..... Burgers .....

SERVED WITH ROASTED POTATO WEDGES, COLESLAW & CHIPOTLE KETCHUP OR SMALL SALAD 3.

### AUX VIVRES BURGER

hearty garden patty served with tomato, caramelized onions, lettuce, pickle & chipotle mayo 18.



### LATKE BURGER

crispy beet & organic tofu patty served with tomato, lettuce, pickle & tzatziki 19.

### SPICY BUFFALO BURGER

grilled tempeh topped with spicy buffalo sauce, lettuce, red cabbage spread, tomato & pickle 20.

### OKONOMIYAKI BURGER

crispy shiitake mushroom & organic tofu patty served with lettuce, tomato, pickle, sprouts, mayo & creamy sesame Buddha sauce 20.

### KIDS' BURGER

organic tofu, tomato, lettuce, pickle & mayo served with roasted potato wedges 11.

## ..... Desserts .....

### CAKE & PIE

peanut chocolate uncheesecake • 8.50  
berry uncheesecake • 8.50  
chocolate banana pie • 7.50  
chocolate apple cake 8.50  
carrot cake • 8.50



### COOKIES 3.25

oatmeal chocolate chip  
double chocolate  
energy cookie  
ginger

### BROWNIES

walnut brownie • 5.  
spicy brownie 6.

## ..... BRUNCH .....

SERVED SATURDAY + SUNDAY  
UNTIL 4PM

SEE OUR WEEKEND BRUNCH MENU

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