

Mondragon

*Lovingly & Carefully Prepared From Scratch
- All Vegan All The Time -*

Early Risers

Available throughout the day!

TOFU SCRAMBLE savoury seasoned tofu scrambled served with smoky maple tofu bacon, wedges, fruit & organic Tall Grass bread. Perfect with a cup of our freshly brewed house coffee. **8.95**

BREAKFAST BURRITO seasoned tofu scramble with peppers, onions & black beans; wrapped with lettuce, tomato, red onion & topped with salsa & vegan sour cream. Served with a side of organic corn chips & fruit. **9.95**
Add cheese for \$1

BREAKFAST BAGEL local organic spelt bagel spread with Earth Balance, & topped with a our famous tofu scramble, red onion & fresh tomato. **5.95**
Add cheese for \$1

GRANOLA organic granola served with cold or steamed organic soy milk & fresh fruit. **5.95**

ORGANIC SPELT BAGEL local organic spelt bagel spread with Earth Balance & your choice of vegan cream cheese, peanut butter & jam, or hummous. **4.95**

ORGANIC TALL GRASS TOAST local organic whole wheat toast spread with Earth Balance & your choice of organic jam, hummus or peanut butter. **4.95**

STICKY BUN a warm & gooey sticky bun cut in half & lightly toasted with Earth Balance. **2.85**

GLUTEN FREE STICKY BUN a warm & gooey gluten-free sticky bun cut in half & lightly toasted with Earth Balance. **3.35**

MUFFINS a different kind made fresh each day, sweetened with maple syrup. Served up warm with Earth Balance & choice of jam. Get one before they're gone **2.95**

Appetizers

SOUTHERN FRIED TOFU STRIPS famously seasoned, crispy coated tofu served with maple dill dipping sauce. **4.95**

STARVING COURIER zesty black beans & brown rice, heaped with salsa & vegan sour cream. **4.95**

SAMOSAS two crispy, flaky pastries stuffed with cumin & coriander spiced potatoes, peas & onions served with homemade tamarind sauce. **4.95**

CURRY IN A HURRY mixed seasonal curried vegetables, chickpeas & potatoes over brown rice with our homemade tamarind sauce & cilantro. **5.95**

PUPUSAS two handmade Salvadorian soft corn flour shells stuffed with spiced black bean filling; topped with cortido, salsa & sour cream. **8.95**
Add cheese for \$1

QUESADILLA refried beans, tomatoes, onions, peppers & daiya cheese melted between a crispy tortilla with guacamole, salsa & sour cream. **8.95**

NACHOS cheesy-layered organic corn chips topped with peppers, tomatoes, onions, & refried beans, served with guacamole, salsa & sour cream. **10.95**

HUMMUS PLATTER chickpea, garlic & lemon spread with seasonal vegetables, pickles, corn chips & toasted pita wedges for dipping. **10.95**

CHIPS & SALSA organic corn chips served with our home made salsa. **2.95**

Salads & Bowls

All of our salads are made with organic & seasonally available local greens & vegetables.

HOUSE seasonal greens tossed in our creamy garlic dressing, topped with shredded carrots & beets, pepitas, cucumber & marinated tofu. *Raw option available!* **10.95**

CAESAR crisp romaine, homemade croutons tossed in our tangy tahini-garlic dressing, topped with local hemp seeds and a lemon wedge. **10.95**

CHIKKEN CAESAR our classic caesar topped with crispy southern fried tofu strips **12.95**

TEMPEH RANCH crisp green lettuce, tomatoes, red onion, cucumber, pumpkin seeds, topped with bbq tempeh & creamy ranch dressing **12.95**

DRAGON BOWL our popular high-energy meal in a bowl. An organic salad of kale, chard, collards, spring greens, cabbage, carrots & fresh beets tossed in a sesame-miso dressing. Topped with hemp seeds & marinated tofu, served on a bed of seasoned, steamed brown rice. **11.95**

DELUXE DRAGON the classic dragon bowl you know & love, but with steamed greens, roasted beets, sweet potatoes, as well as avocados, bean sprouts, raw carrot & bbq tempeh. **12.95**

JUSTICE BOWL a nice healthy portion of organic, brown rice, seasoned with brags & nutritional yeast. Topped with fresh avocado, bean sprouts, tomatoes, cucumber, steamed vegetables, organic hemp seeds & hummus. **10.95**

Sandwiches & Wraps

*All sandwiches & wraps come with a choice of side:
-potato wedges—coleslaw—salad—soup--steamed veggies –
additional sides 3.95-
Add hummous or cheese to any sandwich for \$1*

HUMMUS WRAP homemade hummus rolled up in a pita with lettuce, tomato, onion, pickles, hot peppers, cucumber, shredded beets, carrots & tamarind. **9.95**

SOUTHERN FRIED TOFU our famous shake-n-bake tofu on a toasted organic bun with lettuce, tomato, red onion, & vegan mayo. **9.95**

THE TWISTER a twist on our southern fried tofu sandwich; everything wrapped with hot peppers and caesar dressing in a tortilla. **9.95**

BLT sweet baked smoky herbed tofu. Dressed with lettuce tomato & vegan mayo on organic bread. **9.95**

VEGGIE BURGER a patty of whole grains, veggies & beans, baked to a golden crisp & dressed with our house sauces, lettuce, tomato, red onion, pickles, & banana peppers. All on a toasted, organic bun. **9.95**

ROASTED VEGETABLE roasted beets, sweet potatoes, red onions, green peppers & mushrooms faced on an organic baguette with fresh tomato, guacamole & ranch dressing. **10.95**

CLUBHOUSE classic southern fried tofu, sweet & smoky maple tofu bacon layered double-decker style with lettuce, tomatoes, onions, pickles, nayo, ranch dressing & Dijon mustard. **10.95**

PHILLY CHEESE STEAK juicy zesty vegan philly steak strips with roasted peppers, onions & mushrooms, vegan mayo & mozza cheese on a toasted organic baguette. **10.95**

BBQ TEMPEH REUBEN tangy house made BBQ tempeh, served hot on organic sourdough bread with homemade saurkraut, fresh tomatoes and thousand island dressing. **11.95**

BURRITO WITH CHIPS our seasoned black beans & rice wrapped up with avocado, lettuce, tomato, onion topped with salsa & vegan sour cream. **11.95**

Add southern fried strips or seitan steak for \$2.
Add cheese for \$1

ROTI chickpea potato curry with mixed seasonal vegetables in a warm wheat & chickpea flour flatbread. Served with homemade tamarind sauce. **11.95**

Soup of the Day

Our soup is made from scratch with love. Gluten free options daily.

10 oz 4.95

16 oz with two slices of organic whole wheat bread from Tallgrass Prairie Bakery. 7.95

Specials

SPECIAL OF THE DAY ask about our delicious, healthy inspiration created by our chef.
price as marked

Sweet Finales

Vegan delights baked fresh on site with only the finest ingredients including local. organic flour, fair-trade sugars & chocolate & non-hydrogenated shortening.

Check out our dessert fridge to see the different cakes, pies & dainties we have baked off. Cookies, muffins & sticky buns are available fresh every day!

Drinks

BEER & WINE

LOCAL BEER Half Pints St. James Pale, Stir Stick Stout, Little Scrapper IPA, Bulldog Amber Ale. Fort Garry dark or pale. 4.69

HOUSE WINE Organic and fair trade red or white. 4.73
Ask us about our wide selection of specialty & imported beers.

COLD

HOUSE ORGANIC ICED TEA raspberry hibiscus iced tea with fair trade cane sugar. 2.95

HOMEMADE LEMONADE 2.95

HOMEMADE KOMBUCHA 2.95

ICED CHAI our delicious homemade chai blend with organic soymilk. 3.25

FRESHLY SQUEEZED JUICES your choice of organic Orange, Grapefruit, or Apple Juice.
5.95 reg. or 6.95 lg

DELUXE JUICES your choice of Red Moon Rising (Beet, Apple, Ginger), Critical Carrot (Carrot, Apple, Ginger), or Green Dragon (Kale/Chard, Apple, Ginger).
5.95 reg. or 6.95 lg.

Check our drink cooler for our wide assorted of bottled drinks.

Coffees with Conscience

Besides being organic & 100% dairy free, our coffees are certified fair trade or purchased directly from the farmers; that is, they are produced by worker owned co-ops & traded at prices that are economically just & environmentally sustainable.

FAIR TRADE COFFEE (also available in decaf). **2.00** Refill **1.00**

LATTE or MOCHALATTE **3.95**

CAPPUCINO or MOCHACCINO **3.95**

ESPRESSO **2.23**

DOUBLE ESPRESSO **3.13**

Our teas are organic, fairly traded & many are blended locally or on-site to provide you with a variety of balanced flavours.

TEAS chamomile, Echinacea, ginger, raspberry leaf, peppermint, northwest blackberry, orange pekoe, earl grey, decaf earl grey, English breakfast, jasmine green, simply green. **\$1.95**

HOLLOW REED LOOSE TEAS ask about about our assortment of wonderful blended teas. **\$2.50**

MATÉ earthy, mildly caffeinated Peruvian tea. **\$2.50**

CHAI a spiced, lightly sweet black tea, served as a latte. **\$3.25**

HOT CHOCOLATE organic hot chocolate with your choice of soy, rice, or almond milk. **\$2.95**