



The HOT And COLD CAFE

SOUPS

Made from scratch with earthwise ingredients!

Yellow Coconut Curry

Carrots, yams, celery, potatoes, onions, and garlic w/ sweet coconut curry garnished with fresh cilantro.

Cup w/ Bread or Rice **\$9**
Bowl w/ Bread or Rice **\$11**
Take-out Litre (No side) **\$17**



Sub Gluten-free Bread **+\$2**

Chicken Pozole Blanco

Chicken broth & meat with white hominy corn, onions & garlic, garnished with cabbage, cilantro & chili oil.

Cup w/ Bread or Rice **\$10**
Bowl w/ Bread or Rice **\$12**
Take-out Litre (No side) **\$18**



Sub Gluten-free Bread **+\$2**

RICE BOWLS

Served with lime leaf-scented jasmine rice!

Cook St. (Yellow) Curry

House-made yellow coconut curry served with pickled carrots, shredded cabbage, cucumber, salted peanuts, cilantro, & chili oil.



Cup **\$13** Bowl **\$16**



Beef Panang Curry

Tender beef with carrots, yams, onions, potatoes, & garlic in a coconut panang sauce w/ cilantro, cashews, shredded cabbage & chili oil.



Cup **\$14** Bowl **\$17** Take-out Litre (No side) **\$20**



KIDS MEAL

Yummy and healthy!



Soup Meal

Cup of Yellow Coconut Curry soup, served with a side of rice and veggies (cucumber & carrots).



Sub Chicken Pozole Soup **+\$1**

Sandwich Meal

Grilled cheese sandwich made with fresh focaccia bread, served with a side veggies (cucumber and carrots).

Sub Gluten-free bread **+\$2**

SANDWICHES

Fresh ingredients on house-made focaccia!

Add Chicken to any sandwich: **+\$6**

Baked Brie

House-made olive oil mayo, tomato, fresh basil, sea salt, baked brie and mixed springs.

Half: **\$12** Full: **\$16**
Add Avocado **+\$4**



Classic Veggie

House-made olive oil mayo & grainy Dijon, cucumber, tomato, red pepper, red onion, pickles, havarti cheese, sea salt, herbs, and cracked pepper.

Half: **\$11** Full: **\$15**
Add Avocado **+\$4**



Creamy Almond Veggie

House-made creamy almond spread, grainy dijon mustard, cucumber, tomato, red pepper, red onion, mixed greens, alfalfa sprouts, avocado, sea salt, herbs and cracked pepper.

Half: **\$12** Full: **\$16**



Curried Egg Salad & Avocado

House-made olive oil mayo and egg salad, coupled with red onion, avocado, and alfalfa sprouts

Half: **\$12** Full: **\$16**



Sweet Chili Chicken

Grilled chicken topped with house-made sweet chili sauce, house-made almond mayo, red pepper, mixed springs, cucumber, cilantro, and avocado.

Half: **\$12** Full: **\$16**



Sweet Chili Smoked Tofu (Veg)

Smoked Tofu topped with house-made sweet chili sauce, house-made almond mayo, red pepper, mixed springs, cucumber, cilantro, and avocado.

Half: **\$12** Full: **\$16**



Add Chicken to any salad: **+\$6**

SALADS

All prepared with gluten free & vegan dressings!

Green Salad

Alfalfa sprouts, red pepper, cucumber, shredded carrots, apple, sunflower & pumpkin seeds. Your choice of dressing: Maple Balsamic, Creamy Tahini, Creamy Dill, Curried Almond or Miso Sesame Ginger.

Half: **\$12** Full: **\$18**



Divinity Salad

Pink sauerkraut, pickled beets, shredded carrots, goat cheese, avocado & slivered almonds with maple balsamic dressing.

Half: **\$13** Full: **\$19**



Greek God Kale

Massaged kale tossed with fresh tomato, red onion, oregano and tahini dressing on artisan greens with alfalfa sprouts, cucumber, Kalamata olives, roasted red peppers, feta cheese, basil, and fresh mint.

Half: **\$13** Full: **\$19**



Goddess Salad

Pink Sauerkraut, alfalfa sprouts, apple, avocado, sunflower & pumpkin seeds with creamy tahini dressing.

Half: **\$13** Full: **\$19**



Creamy Curried Kale & Spirulina Salad

Massaged kale tossed with avocado, apple, red onion, spirulina and curried almond dressing on artisan greens with alfalfa sprouts, cucumber, red pepper and hemp hearts.

Half: **\$13** Full: **\$19**



Vegan Kale Caesar

Mixed greens and kale tossed with a tangy Caesar dressing. Topped with capers, alfalfa, chickpea croutons, vegan nut 'parm', and pea shoots.

Half: **\$13** Full: **\$19**



COMBO

Add a soup and save!

Make it a Combo

Add a cup or bowl of soup to any sandwich or salad, and save \$!



Yellow Curry Combo

Cup **\$7**
Bowl **\$9**



Chicken Pozole Combo

Cup **\$8**
Bowl **\$10**



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INDIAN CURRY BOWLS

Flavorful curries served with basmati rice

Add Naan bread to any bowl: +\$2

Butter Chicken

Boneless chicken pieces cooked in a creamy, spiced tomato and onion gravy.

Regular **\$15**
Large **\$18**



Chana - Chickpea (VEGAN)

A garbanzo bean curry made with tomatoes, onions, and spices.

Regular **\$14**
Large **\$17**



Chicken Tikka Masala

Boneless chicken pieces in a spiced sauce made of tomatoes, cream, roasted bell peppers, onions, and masala mix.

Regular **\$15**
Large **\$18**



Rajma - Red Kidney Bean (VEGAN)

A vegan red kidney bean curry, made in a thick gravy, seasoned with a blend of spices.

Regular **\$14**
Large **\$17**



Lamb Curry

Lamb pieces cooked in a deliciously seasoned curry sauce and cilantro. Served with rice.

Regular **\$17**
Large **\$20**



VEGAN Dal Makhani

A vegan remake of the classic Dal Makhani made with black lentils, kidney beans, & a perfect blend of spices.

Regular **\$14**
Large **\$17**



HOT & COLD DRINKS & DESSERTS

Chai (Indian Hot Tea) \$4.5

Brewed black tea with spices, sugar and milk



Mango Lassi \$6

Delicious traditional yogurt-based drink with mango pulp



Gulab Jamun \$5

Fried dough balls soaked in a sweet, rose-flavored syrup



Hot Tea \$3.5

Tea bags served with hot water. Several choices available.



Juice Bottle \$4

Oasis Apple & Orange Juice.



Coconut Water \$5

Vita Coco Coconut Water



Sparkmouth Water \$3

Sparkmouth waters in Lemon and Strawberry flavours.



Soda Can \$3

Coke
Diet Coke



WRAPS

Fresh ingredients in a 12" tortilla



Fresh ingredients in a 12" tortilla

Chicken Wrap \$14

Chicken, lettuce, tomatoes, ranch, and cheese



Greek Wrap \$14

Lettuce, chicken, tomatoes, onions, cucumbers, Feta cheese, olives, with Greek dressing



Spicy Chicken Wrap \$14

Chicken, lettuce, tomatoes, Havarati cheese, buffalo-ranch



Veggie Wrap \$13

Lettuce, tomatoes, cucumbers, olives, and mixed cheese



Chicken Caesar Wrap \$14

Chicken, lettuce, tomatoes, parmesan, Caesar dressing



BAKED GOODS

House-made Scones and Desserts

Daily Scone \$4

A small unsweetened biscuit-like cake made from flour and milk

Cheddar & Green Onion/Herb Scone \$5

A scone made with cheddar cheese, green onions, and fresh herbs

Double Chocolate Chip Cookie \$4

A cookie made with chocolate-flavored dough and extra chocolate chips

Gf Chocolate Chip Cookie \$5

A chocolate chip cookie made with gluten-free flour



Gf Carrot Cake Energy Balls \$5

A bite-sized dessert made from carrot cake rolled with coconut flakes



Gf Vegan Energy Balls \$6

A bite-sized dessert made from gluten-free flour, nuts, oats, raisins, and honey



COFFEE

Hot & fresh!

Fernwood Drip Coffee

Medium roast or Decaf
Small (8 oz.): **\$3.5**
Medium (12 oz.): **\$3.75**
Large (16 oz.): **\$4**



SIDES

Bread **\$1.5**

Chicken **\$4**

Dressing **\$2**

Egg Salad **\$4**

Gluten-free Bread **\$2**

Rice **\$4.5**

TAKE HOME

Take Home Litre - Yellow Curry **\$17**

Take Home Litre - Chicken Pozole **\$18**

Take Home Litre - Beef Panang Curry **\$20**

Take Home Dressing (8 oz.) **\$7**