



Vegan Menu

2% OF ALL PROCEEDINGS IS DONATED TO OUR SISTER CHARITY

HOT LUNCH

PRICED PER TRAY
EACH TRAY SERVES 10-12



CURRY

CHANNA MASALA 70

TENDER CHICKPEAS SLOW-COOKED IN A
FRAGRANT, SPICED TOMATO SAUCE.



THAI TOFU CURRY 75

SOFT TOFU IN A FRAGRANT COCONUT
CURRY WITH THAI HERBS AND SPICES.

TOFU TIKKA MASALA 70

MARINATED TOFU SIMMERED IN A
CREAMY, AROMATIC TOMATO SAUCE.

STEW PEAS 70

TENDER KIDNEY BEANS SIMMERED IN A
RICH, SPICED COCONUT BROTH.

BERBERE SPICED LENTILS 95

RED LENTILS SLOW-COOKED WITH
BOLD EAST AFRICAN CHILI PASTE.

NOODLE & PASTA

STIR FRIED CHOW 50 MEIN

CHEWY NOODLES STIR-FRIED WITH
FRESH VEGGIES AND SEITAN IN A SWEET-
SPICY SAUCE.

VEGGIE LO MEIN 50

SOFT NOODLES TOSSED WITH INARI AND
FRESH VEGGIES IN A SWEET SESAME SAUCE.

RASTA PASTA 75

PENNE PASTA TOSSED IN A RICH
CASHEW-TOFU CREAM SAUCE WITH BELL
PEPPERS, ONIONS, AND VEGGIES.

LENTIL MEAT BALLS 70

WITH SPAGHETTI AND TOMATO SAUCE



ALL CURRIES SERVED WITH RICE OR PARATHA +\$1

COLD LUNCH

PRICED PER ITEM
MINIMUM 10



BOWLS

MOROCCON COUSCOUS 13

COUSCOUS WITH ROASTED VEGGIES, CRISPY CHICKPEAS, FRESH HERBS AND FRIED ONIONS.

BURRITO BOWL 14

COCONUT BLACK RICE, CHIPOTLE BLACK BEANS, GUAC, CORN, SWEET POTATO, PICKLED ONION, FRESH HERBS, TORTILLA CHIPS.

FALAFEL 14

FRESH HUMMUS, BAKED FALAFEL, CRISPY CHICKPEAS, PICKLED VEGGIES, SWEET POTATO, PITA, PEPPERS.

JERK BBQ MUSHROOMS 14

COCONUT BLACK RICE, JERKED OYSTER MUSHROOMS, SPICY BLACK BEANS, FRIED PLANTAINS, ROASTED PEPPERS, MANGO SLAW, CILANTRO AND CHIPOTLE CREMA.

BUDDHA BOWL 14

BLACK RICE, CABBAGE SLAW, CARROTS, PICKLED VEG, CRISPY CHICKPEAS, PEANUT-SESAME TOFU, PEANUT SAUCE.

SWEET SESAME TOFU 14

COCONUT BLACK RICE, MANGO SLAW, FRIED TOFU, FRESH VEGGIES, CRISPY CHICKPEAS, FRESH HERBS.

BEET POKE 14

BLACK RICE, SHOYU MARINATED BEETS, GREEN ONION, FRESH VEGGIES, POMEGRANATE, SEAWEED, SESAME SEEDS, FRESH HERBS.



COLD LUNCH

PRICED PER TRAY
EACH TRAY SERVES 12



SANDWICHES

JERK BBQ MUSHROOM 95 BURRITO

WHOLE WHEAT TORTILLA, SPICY BLACK BEANS,
PLANTAIN, COCONUT RICE, CHIPOTLE CREMA

CAJUN SHROOM 40 HOAGIE

CAJUN FRIED OYSTER MUSHROOMS,
REMOULADE, COLESLAW, LETTUCE, &
TOMATO ON SOFT BAGUETTE.

FALAFEL 95

ON LAVASH WITH PICKLED VEG, HUMMUS,
TAHINI, FRESH HERBS

TOFU BAHN MI 60

MARINATED BAKED TOFU, SPICY MAYO,
PICKLED VEG, JALAPENO & CILANTRO ON
BAGUETTE.

ALOO-CHANNA 80 KATHI ROLL

AROMATIC CHICKPEA AND POTATO WITH SPICES,
FRESH HERBS & CILANTRO CHUTNEY ON PARATHA.

ALOO TIKKI 150

AROMATIC SPICY POTATO PATTIES ON
POTATO BUN WITH TAMARIND AND GREEN
CHUTNEY.

HUMMUS AND GRILLED 70 VEG

HUMMUS, GRILLED VEGGIES, FRESH HERBS &
SPICY MAYO ON WHOLE GRAIN BREAD.

ASSORTED 150 SANDWICHES

ASSORTED SANDWICHES

Behind serve2nourish, **Romina and O'mar** bring over 30 years of combined experience in the culinary industry, blending the rich flavors and **traditions** of **West Asia** and the **Americas**. Romina's expertise **infuses** every dish with the bold, authentic tastes of her **Asiatic** roots, while O'mar draws from his **Moorish American** background to shape an experience that's deeply rooted in **community** and **connection**. Together, they craft a vibrant **culinary** journey that **unites** people through the **celebration** of diverse cultures and **time-honored traditions** in every **bite**.



Want something not on here?
Ask us about it.

DELIVERY IN THE GTA

