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*1997*

# AUX VIVRES

## *Resto Végane*

WELCOME TO AUX VIVRES,  
Montreal's first vegan restaurant.

Since opening our doors over twenty years ago, we've been dishing out animal-free meals that are fresh, filling and delicious. Our menu is unique, yet accessible for all. From hearty, homey comfort foods, internationally inspired cuisine, and delish diner classics to our notorious bowls, smoothies, and heavenly cakes, you'll be leaving here feeling happy, healthy and satisfied. We believe that good food is simple food, made with high quality ingredients. Our passion for sustainable food culture inspired the creation of our sister company, Noble Bean Tempeh, located right here in Montreal.



Feeling adventurous? Discover our take-out store  
to stock up on all of your Aux Vivres favorites.

## FRESH JUICES

16 oz 7.50

### POPEYE

spinach, celery, apple,  
cucumber, lemon  
& cayenne

### TONIC

apple, lemon & ginger

### NECTAR

carrot, apple & beet

### VEGGIE-DELITE

tomato, carrot,  
beet, cucumber,  
sriracha & spices

### ORANGE JUICE

fresh squeezed

6.50



## SMOOTHIES

16 oz 6.50

### BOMBAY BANANA

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

### MANGO LASSI

mango, coconut milk,  
apple juice, agave & lime

### FREESTYLE

celery, pineapple, orange juice,  
apple juice, banana & spinach

### CREAMSICLE

coconut milk, orange juice,  
carrot juice, dates & vanilla

### CHOCO-CLASSIC

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

## DESSERTS

### CAKE & PIE

6.

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

### BROWNIES

walnut brownie •

4.

spicy brownie

4.50

### COOKIES

2.50

oatmeal chocolate chip  
double chocolate  
maple flax  
ginger



• = not made with products that contain gluten\* • = contains nuts

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## STARTERS

### DAHL SOUP •

Indian spiced soup  
with lentils & coconut milk 4.

### CHAPATI

hand-rolled Indian flatbread with veggie butter 4.  
& small soup 7.50

### CORNBREAD

served with veggie butter  
& guacamole 6.50  
& small soup 10.

### ROASTED POTATO WEDGES •

served with chipotle ketchup or chipotle mayo 5.

### PARATHA

puffed Indian bread with veggie butter 5.  
& small soup 8.50

### CHANA PARATHA

puffed Indian bread topped with chickpea  
& potato curry, sour cream, mint  
& tamarind chutneys 6.50

### TEMPEH SATAY ••

two Thai tempeh skewers served  
with Thai peanut sauce 6.50

### THAI TACOS ••

two corn tortillas, tempeh satay,  
pickled carrot & daikon served  
with Thai peanut sauce 7.

### MALAI KOFTA

baked spiced chickpea balls in  
coconut curry sauce 7.50

### PAKORAS

fried spiced chickpea balls with  
mint & tamarind chutneys 6.

### AUX VIVRES MEZZE & CHAPATI

tzatziki, veggie pâté, guacamole,  
faux salmon spread & tofu cream  
served with freshly baked chapati  
& veggie butter 14.

## SALADS

SEASONAL ORGANIC GREENS WITH GOURMET AUX VIVRES DRESSINGS

### 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 13.50  
or grilled organic tempeh 14.50

### SMALL AUX VIVRES SALAD •

organic greens, shredded beet, carrot  
& red cabbage, sprouts  
& green dressing 6.

### CALIFORNIAN •

organic greens, shredded carrot, cherry tomato,  
cucumber, orange slices, toasted sunflower  
& pumpkin seeds, sprouts, ginger dressing  
& grilled organic tofu 13.50  
or grilled organic tempeh 14.50

### BACON CAESAR ••

organic greens, smoked coconut bacon,  
cashew parmesan cheese, shredded carrot,  
cherry tomato, capers, Caesar dressing  
& grilled organic tofu 13.50  
or grilled organic tempeh 14.50



# BURGERS

SERVED WITH ROASTED POTATO WEDGES, COLESLAW & CHIPOTLE KETCHUP 13.50

## AUX VIVRES BURGER

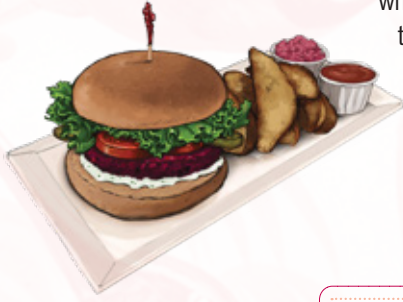
hearty garden patty served on a whole-wheat bun with caramelized onions, tomato, lettuce, pickle & chipotle mayo

## TEMPEH BURGER

organic Noble Bean Tempeh grilled & served on a whole-wheat bun with caramelized onions, tomato, lettuce, pickle & chipotle mayo

## LATKE BURGER

sweet potato & beet patty served on a whole-wheat bun with tomato, lettuce, pickle & tzatziki



## KIDS' BURGER

organic tofu, tomato, lettuce, pickle & mayo on a whole-wheat bun served with roasted potato wedges 10.

# SANDWICHES

SERVED IN HAND-ROLLED CHAPATI WITH VEGGIE BUTTER 11.50

## BLT

smoked coconut bacon, lettuce, tomato & mayo

## VEGGIE PÂTÉ

veggie pâté, chipotle 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 & lettuce  
- available in pita only



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## BOWLS

SERVED ON ORGANIC BROWN RICE WITH ORGANIC TOFU OR ORGANIC TEMPEH



### DRAGON •

shredded beet, carrot & red cabbage, daikon, lettuce, sprouts, dulse, toasted sesame seeds, dragon sauce & grilled tofu **12.75**  
or grilled tempeh **13.75**

### THAI ••

steamed bok choy, pickled carrot & daikon, lettuce, shredded carrot, peanuts, coriander, Thai peanut sauce & grilled tofu **13.**  
or grilled tempeh **14.**

### BUDDHA •

steamed broccoli & bok choy, shredded carrot, cucumber, lettuce, daikon, toasted sunflower & pumpkin seeds, Buddha sauce & grilled tofu **13.50**  
or grilled tempeh **14.50**

## COMFORT FOOD

### CHILI •

house chili, guacamole, corn chips & sour cream garnished with shredded carrot & coriander  
small **7.** large **11.**

### MEXICALI BURRITO PLATE

whole-wheat tortilla stuffed with house chili, organic brown rice & sour cream, served with salad, guacamole & salsa  
**15.**

### DOUBLE LATKE PLATE

two fried sweet potato & beet patties, tzatziki, organic brown rice, salad & green dressing  
**16.**

### MUMBAI BOWL

organic brown rice, chickpea & potato curry, pakoras, paratha, mint & tamarind chutneys, garnished with carrot & coriander  
**15.**



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## WEEKEND BRUNCH

INCLUDING ORGANIC FAIR-TRADE COFFEE OR CHAI LATTE 13.75  
OR WITH 16 oz FRESH JUICE OR SMOOTHIE 18.50

### **GOLDEN PANCAKES •**

two golden pancakes, cashew cream, organic maple syrup & seasonal fruit

### **HUEVOS RANCHEROS •**

corn tortillas, black bean refritos, tofu scramble, roasted potato wedges, sour cream, salsa, guacamole, salad & green dressing

### **LA POLENTA •**

fried polenta, black bean refritos, tofu scramble, salsa, guacamole, salad & green dressing

### **LE COMPLET**

tofu scramble, tempeh bacon, cornbread, roasted potato wedges, salad & green dressing

ADD TWO STRIPS OF TEMPEH BACON TO ANY BRUNCH 2. •



AVAILABLE UNTIL 4PM ON SATURDAY & SUNDAY

## ORGANIC TEAS

POT OF TEA 4.

camomile  
fennel  
mint  
ginger

nettle  
raspberry leaf  
rooibos  
darjeeling

sencha  
genmaicha  
yerba mate  
earl grey

## COFFEE & DRINKS

PLEASE SEE OUR BEER & WINE LIST

filter coffee 2.50  
espresso 2.75  
allongé 3.  
cappuccino 3.50

latte 4.  
chai 3.50  
matcha latte 5.  
hot chocolate 3.50

soda 4.  
kombucha 5.  
hibiscus lemonade 4.  
sparkling water 2.50

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