

EN FRANÇAIS  
DE L'AUTRE  
CÔTÉ **FR**



# AUX VIVRES

## Resto Vegan

— since 1997 —

### WELCOME TO AUX VIVRES, MONTREAL'S FIRST VEGAN RESTAURANT

Here at Aux Vivres, we're committed to serving animal-free food that's fresh, filling and delicious. On our menu, you'll find hearty comfort foods alongside delicious ethnic-inspired cuisine and more daring culinary innovations. We strive to incorporate local and organic ingredients, as part of our commitment to sustainable food culture. Whether you're a vegan, a foodie or just a fan of healthy living, you'll love what we're serving up.

**noble bean**

Tempeh is an ancient superfood originating from the islands of Indonesia where it has been served as a staple for generations. Noble Bean Tempeh is handmade in Montreal using local organic soy beans that have been fermented to perfection. The result is a savory, high-protein meat alternative like no other. We invite you to discover this unique delicacy among our appetizers, bowls, salads and sandwiches.

● = not made with products that contain gluten\* ● = contains nuts  
\*any of our products may contain traces of nuts, peanuts, sesame seeds, wheat, soy and gluten

## FRESH JUICES

12 oz 5.95 16 oz 7.50

### POPEYE ●

spinach, celery, cucumber,  
apple, lemon & cayenne

### TONIC ●

apple, lemon & ginger

### NECTAR ●

carrot, apple & beet

### VEGGIE-DELITE ●

tomato, carrot, beet,  
cucumber, hot sauce & spices

### APPLE JUICE ●

freshly pressed

### CARROT JUICE ●

freshly pressed

## ORANGE JUICE

freshly squeezed

12 oz 4.50

16 oz 5.95



## SMOOTHIES

12 oz 4.95 16 oz 6.50

### BOMBAY BANANE ●

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

### MANGO LASSI ●

mango, coconut milk, apple juice,  
agave, lime

### BLUE MONKEY ●

blueberries, banana, orange juice,  
agave

### LE FREESTYLE ●

celery, pineapple, orange juice, apple  
juice, banana, greens supplement

### LE CREAMSICLE ●

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

### TROPICALIA ●

banana, pineapple, berries,  
orange juice, apple juice

### CHOCO-CLASSIQUE ●

soy-coconut chocolate milk, cocoa,  
dates, flax protein



# STARTERS

## SOUP OF THE DAY •

small 4. large 6.50

## TOM YUM SOUP •

Thai soup with lemongrass, coconut milk, sweet potato & rice small 4. large 6.50

## VEGGIE PÂTÉ & CHAPATI

served with pickles 6.99

## CHAPATI

whole grain chapati with Veggie butter 3.99  
add one choice of spread add 2.50  
{veggie lox, tofu cream, olive tapenade, hummus, tzatziki or guacamole}

## CORNBREAD

served with Veggie butter 6.  
or served with guacamole 6.50

## CHANA PARATHA

spiced Indian flatbread topped with chana, sour cream, mint & tamarind chutney 6.50

## PARATHA

spiced Indian flatbread with Veggie butter 5.

## MALAI KOFTA BALLS

spiced chickpea balls in coconut curry sauce 6.95

## TEMPEH SATAY ••

crispy Thai tempeh sticks served with spicy peanut sauce 6.50

## MEDITERRANEAN MEZZE WITH CHAPATI

(FOR 2 PEOPLE) chapati served with Veggie butter hummus, grilled eggplant & roasted red peppers garnished with tomato & cucumber 12.

## GREEK MEZZE WITH CHAPATI

(FOR 2 PEOPLE) chapati served with Veggie butter tzatziki, olive tapenade & roasted red peppers garnished with tomato & cucumber 12.

## AUX VIVRES MEZZE WITH CHAPATI

(FOR 2 OR 3 PEOPLE) chapati served with Veggie butter veggie pâté, veggie lox, tofu cream, hummus & olive tapenade garnished with pickle & capers 14.

# SALADS

## SEASONAL ORGANIC GREENS

### LIVING •

mesclun lettuce, sprouts, cucumber, sauerkraut, red cabbage, wakame, carrot, beet, daikon, house dressing & grilled organic tofu 13.  
or grilled organic tempeh 14.50

### DELUXE •

mesclun lettuce, sprouts, carrot, red cabbage, beet, red pepper, daikon, guacamole, veggie lox, house dressing & grilled organic tofu 14.  
or grilled organic tempeh 15.50

### HERCULES •

mesclun lettuce, tomato, cucumber, red pepper, red onion, olives, tzatziki, Greek dressing & grilled organic tofu 14.  
or grilled organic tempeh 15.50

### CALIFORNIAN •

mesclun lettuce, sprouts, carrot, tomato, cucumber, orange slices, toasted sunflower seeds, toasted pumpkin seeds, ginger dressing & grilled organic tofu 13.  
or grilled organic tempeh 14.50

### BLT CAESAR ••

mesclun lettuce, tomato, smoked coconut bacon, macadamia nut << parmesan >> cheese, capers, Caesar dressing & grilled organic tofu 14.  
or grilled organic tempeh 15.50

### SMALL HOUSE •

with house dressing 6.

### SMALL WAKAME •

Japanese seaweed salad with Buddha sauce 6.

# SOUL FOOD

## KOSMOS PLATE

souvlaki-style tempeh, tzatziki, salad, potato wedges & pita 14.95

## MUMBAI THALI

chickpea and potato curry, paratha, rice, salad & chutneys 13.95

## CHILI •

house chili & guacamole with corn chips & sour cream small 6.50 large 10.

## CHILI FRIES •

roasted potatoes topped with house chili & sour cream 10.

## MEXICALI PLATE •

house chili, organic brown rice, guacamole, sour cream, grilled corn tortillas & salad 13.95

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## BOWLS

OUR BOWLS ARE SERVED ON ORGANIC BROWN RICE

### DRAGON •

shredded beet, carrot, red cabbage, daikon, lettuce, sprouts, dulse,  
toasted sesame seeds, Dragon sauce & grilled tofu **12.25**  
or grilled tempeh **13.75**

### THAI ••

steamed bok choy, pickled carrot & daikon, lettuce, shredded carrot, peanuts,  
coriander, Thai peanut sauce & grilled tofu **12.25**  
or grilled tempeh **13.75**

### CALIFORNIA •

steamed spinach, lettuce, sprouts, carrot, sauerkraut, tomato, cucumber,  
orange slices, toasted sunflower seeds, California sauce & grilled tofu **13.**  
or grilled tempeh **14.50**

### BUDDHA •

steamed organic broccoli, shredded carrot, cucumber, toasted sesame seeds,  
grilled pumpkin seeds, Buddha sauce & grilled tofu **13.**  
or grilled tempeh **14.50**

OUR SANDWICHES ARE  
SERVED IN HOMEMADE  
CHAPATI

## SANDWICHES

### BLT

coconut bacon, lettuce, tomato & mayo

### VEGGIE LOX

veggie lox, tofu cream, mayo, lettuce & capers

### VEGGIE PÂTÉ

veggie pâté, mayo, tomato, lettuce & pickles

### SIROCCO

grilled eggplant, hummus, roasted red peppers, lettuce & olive tapenade

### MEKONG •

tofu or grilled tempeh **(1.50)**, pickled carrot & daikon, mint, coriander, lettuce & Thai peanut sauce

### CHANA

chickpea & potato curry with coriander & apple-date chutney

### DRAGON SANDWICH

tofu or grilled tempeh **(1.50)**, shredded beet, carrot, red cabbage, daikon, lettuce, sprouts & Dragon sauce

### GYRO

souvlaki-style tempeh, tzatziki, tomato, lettuce  
- available in pita only



IN CHAPATI **11.25**

## BURGERS

OUR BURGERS ARE SERVED WITH ROASTED POTATO WEDGES, COLESLAW & CHIPOTLE KETCHUP

### AUX VIVRES BURGER

hearty garden patty served on a whole-wheat bun with caramelized onions,  
mustard, tomato, lettuce, pickle & chipotle mayo **13.25**

### TEMPEH BURGER

our famous Noble Bean tempeh grilled and served on a whole-wheat  
bun with caramelized onions, tomato, lettuce, pickle & chipotle mayo **13.25**

### LATKE BURGER

roasted beet and sweet potato patty served on a whole-wheat bun with  
caramelized onions, tomato, lettuce, pickle & tzatziki **13.25**

REPLACE  
POTATO WEDGES  
WITH SALAD!  
1.50

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# WEEKEND BRUNCH

AVAILABLE BETWEEN 10AM & 4PM SATURDAY AND SUNDAY  
INCLUDES ORGANIC FAIR-TRADE COFFEE OR CHAI LATTE

## BLUEBERRY PANCAKES •

two organic blueberry pancakes,  
cashew cream, organic maple syrup  
& seasonal fruit **12.95**

## LA POLENTA •

fried polenta, black bean refritos,  
tofu scramble, salsa, guacamole  
& salad **12.95**

## HUEVOS RANCHEROS •

corn tortillas, black bean refritos,  
tofu scramble, sour cream, salsa,  
guacamole & sweet potatoes **12.95**

## LE COMPLET

tofu scramble, tempeh bacon,  
cornbread, sweet potatoes  
& salad **12.95**

## GRANOLA BOWL •

homemade granola, organic soy yogurt,  
& seasonal fruit **small 6.50 large 10.**

# DRINKS

ORGANIC TEAS - PLEASE ASK FOR OUR ORGANIC TEA MENU

organic beer **8.**

red wine **8.**

white wine **8.**

hibiscus cocktail **8.**

filter coffee **1.95**

espresso **2.50**

allongé **2.75**

cappuccino **2.95**

latte **3.95**

cereal coffee **2.95**

hot chocolate **2.95**

chai **2.95**

kombucha **4.95**

sparkling water **2.50**

soda **3.95**

hibiscus limonade **4.**

## SAUCES

1.

chipotle ketchup •

mayo •

chipotle mayo •

mint chutney •

tamarind chutney •

sour cream •

## PREMIUM SAUCES

2.

Veggie butter •

Thai peanut •

California •

Dragon •

Buddha •

## DRESSINGS

1.

sweet ginger •

{ginger, rice vinegar & maple syrup}

house •

{dill, green onion & garlic}

Caesar •

{garlic, capers, mayo & lemon}

Greek dressing •

{olive oil, red wine vinegar & oregano}

## SPREADS

3.

veggie lox •

veggie pâté •

tofu cream •

hummus •

guacamole •

tzatziki •

apple-date chutney •

olive tapenade •

## SIDES

• organic brown rice **3.25**

• smoked coconut **3.25**

• pickled daikon & carrots **2.**

• sprouts **3.25**

• souvlaki-style tempeh **4.25**

• organic grilled tofu **4.25**

• organic grilled tempeh **4.25**

• chick pea curry **4.25**

• steamed bok choy & organic

broccoli with California sauce **6.**

• roasted red peppers **3.25**

• coleslaw **2.**

• sauerkraut **2.**

• roasted potato wedges & chipotle  
mayo or ketchup **4.25**

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