

## The Carriage Room Presents:

**“Manna 4 You” - Vegetarian and Vegan creations from fresh organic ingredients served in a casual fine dining atmosphere.**

### Appetizers

**Soup du Jour \$8**

*Deeply satisfying recipes from homemade stocks*

**Red Beet and Sprout Salad \$9**

*Creamy beet and sprout salad soulfully balanced with hints of garlic, ginger and cashews*

**Cabbage Leaf Roulade \$11**

*Carrot, Celery, Pepper, Avocado, Sunflower and Pumpkin seeds rolled in Cabbage leaf with Orange Tahini dressing*

**Asian Pate with Sea Vegetable and Sprout Salad \$12**

*Ground Almonds, Red & Green Peppers, Celery, Scallions, Celery and Cilantro flavoured with garlic, white Miso, fresh Lemon juice and Sesame oil. Delicious. You'll never know it's good for you.*

**Manna Antipasto Platter \$14**

*House marinated red, green & yellow pepper salad, bruschetta, Kalamata Olive tapenade, Guacamole, Hemp seeds and Tofu bread sticks. This is a perfect dish to share.*

### Entrees

**The Sun Garden Burger \$17**

*Pecans, Scallions, celery, zucchini, carrot, ginger, sunflower seeds and smoked Tomato salsa served on a Portobello bun with a piquant maple syrup coleslaw. Divine.*

**Pesto Pasta Primavera \$19** \*add grilled Chicken \$6, seared Ahi tuna \$9, Tofu \$6

*An eminently satisfying mélange of coloured pastas tossed with crisp grilled Vegetables, Kalamata Olives, fresh Basil Pesto, Heirloom Tomatoes and Maple, Balsamic glaze.*

**Buddha Favourite \$17** \*add grilled Chicken \$6, seared Ahi Tuna \$9, Tofu \$6

*Curry, Cumin and Lime seasoned brown Rice with roasted Cashews, Celery, Carrot, Peppers, Zucchini, Red Onion and Beet served in a Papadom bowl. You'll discover hints of Curry, Honey and Cumin.*

**Fuji's Nori Roll \$15** \*add grilled Chicken \$6, seared Ahi Tuna \$9, Tofu \$6

*Grilled Manna Marinade Tofu, Brown Rice, Carrot, Avocado, Green Onion, Cucumber, Ginger and Sprouts with our Wasabi dressing. Discover Almond and Tahini flavours. Simply life supporting.*

**The Trust Me Platter \$20** \*add grilled Chicken \$6, seared Ahi Tuna \$9, Tofu \$6

*A creative opportunity for our chef. A sample platter of everything that's fresh, crisp and cleansing. Two people can share this platter as an appetizer.*

### Convert a Carnivore!

**Bring a carnivore friend to the Carriage Room on Wednesday nights. Both you and your friend will receive a 20% discount on your dinners.**

**Remember; always Chew your Liquids and Drink your Solids!!!**

## **Carriage Room**

### ***Desserts to soothe your soul***

#### **Wild Berry Tart    \$7**

*Strawberries, Blackberries, Raspberries and Blueberries infused with Maple syrup,  
Almonds, Figs and fresh Mint.*

#### **Granitee    \$5**

*This cool sweet is made in house from fresh ingredients*

#### **Freedom Chocolate Cheesecake    \$8**

*Decadent Dark Chocolate and fresh Mint Tofu on an Almond and Fig crust  
drizzled with Wildberry Coulis*

#### **Granny Smith Apple Salad    \$7**

*Bright green Granny Smith apples freshly peeled and shredded tossed with shredded Coconut,  
Lime and Honey*

*Ask about our fresh squeezed Juices and Smoothies*