

# The Desert Rose Café



Beautiful homemade vegetarian, vegan  
and Gluten-Free Cooking!

SINCE 1979

Cafe • Events • Meals-to-Go • Catering • Baking  
Cookbook • Gift Certificates • Parties

# Starters

     	<b>Soup of the Day</b> <b>V</b> <b>DF</b> <b>GF</b>	5.25
	with bread	6.50
	with bread & cheese	7.75
	with 1/2 sandwich	8.95
	<b>Smoked Salmon Spirals</b>	8.25
	smoked salmon and a blend of cream cheese, capers, fresh dill and red onion wrapped in a flour tortilla	
	<b>Salad Spring Rolls</b> <b>V</b> <b>DF</b> <b>GF</b>	8.25
	three rice wraps filled with rice vermicelli and fresh veggies, served cold with Thai dipping sauce	
	<b>The Quick Fix</b> <b>V</b> <b>DF</b> <b>GF</b>	7.95
	our yummy hummus, flatbreads & olives	
	<b>Nachos</b>	half order <b>9.95</b> full <b>17.50</b>
	served with our homemade salsa and cheese	
	<b>ADD</b> extra cheese	<b>3.00</b>
	<b>ADD</b> bean dip, sour cream	<b>2.00</b> each
	<b>ADD</b> mushrooms, peppers, onion, olives, jalapeños, pineapple	<b>1.50</b> each

# Salads

	<b>Mumbo Jumbo</b> <b>V</b> <b>DF</b> <b>GF</b>	<b>10.95</b>
	our house salad is a big bowl of mixed greens, loads of chopped veggies and our own honey tarragon vinaigrette	
	<b>Greek Salad</b> <b>V</b> <b>DF</b> <b>GF</b>	<b>10.95</b>
	english cucumber, tomato, red onion, red peppers, feta cheese and kalamata olives on a bed of greens with our olive oil & oregano dressing	
	<b>Green Goddess Salad</b> <b>V</b> <b>DF</b> <b>GF</b>	<b>10.95</b>
	Kale, beets, red onion, mandarin oranges, toasted pecans & goat cheese with our sesame ginger dressing	
	<b>Salade Nicoise</b> <b>V</b> <b>DF</b> <b>GF</b>	<b>10.95</b>
	green beans, potato, artichoke hearts, tomato, peppers, tuna, olives on a bed of mixed greens with olive oil & balsamic vinaigrette	

# Sides & Substitutions

Side green salad	4.25
Side specialty salad	6.25
Organic kimchi	2.95
Smoked salmon	3.25
Tuna	3.25
Feta cheese	2.75
Gluten-free substitution where possible	2.00

# Sandwiches



**Egg & Almond** 7.75  
**Tuna Salad** 7.75

**Bagel Deluxe** **DF GF** 11.95  
toasted bagel with cream cheese, smoked salmon,  
capers & red onions

**Toasted Eastern** 8.25  
our twist on the traditional western: onions, peppers, tomato &  
coconut bacon (!) scrambled in 2 eggs (not available as  
1/2 sandwich)

*all sandwiches served on 7 grain or rye bread*

# Entrées

**Quiche of the Day** 8.25  
with house side salad 12.25

**Black Bean Chili** **V DF GF** 11.95  
served with corn chips or toast, our own salsa, and sour cream

**Desert Rose Bean Burger** **DF GF** 12.95  
our soybean patty topped with Resa's own relish, melted  
cheese, lettuce, tomato

**Felafel** **DF** 12.95  
spiced chick pea patties, panfried and stuffed in pita with  
mixed greens, tomato-cucumber salad and tahini yogurt sauce

**Mexican Burrito** **V DF GF** 11.95  
our own refried pinto beans wrapped in a whole wheat tortilla,  
baked, and served with cheese, our salsa & sour cream

**Make it Breakfast?** Add two scrambled eggs **DF GF** 12.95

**Moussaka** 12.95  
a meatless variation of the Greek classic of roasted eggplant,  
layered with mushroom tomato sauce and a cream bechamel sauce

**Avocado Supreme** **DF GF** 11.95  
a Desert Rose favourite: a hot, open-face sandwich on rye  
bread with tomato, avocado, tuna & melted cheese



**V** foods that are or can be vegan

**DF** foods that are or can be dairy free

**GF** foods that are or can be gluten-free

# Beverages

## NON-ALCOHOLIC

house-brewed iced tea (seasonal)	3.00
natural soft drinks & spritzers	3.00
live kombucha drink	4.00
natural juices	3.00
regular & organic herbal tea (ask your server for our selection)	3.00
planet bean fair trade coffee	3.00
non-alcoholic beer	4.00

## ALCOHOLIC

<b>domestic beer</b>	5.25
Coors Light	
<b>premium beer</b>	6.75
Sleeman Cream Ale, Honey Brown or Dark	
Mill St. Organic	7.75
<b>imported beer</b>	7.75
Stella Artois , Corona	
Mott's Clamato Caesar	7.25

house white and red wine  
litre / half litre / glass  
**26.95      16.95      7.50**  
ask your server for our wines available  
by the glass and bottle

Ask about our delicious selection of desserts and take home treats!

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Find us on Facebook!

*all prices do not include 13% h.s.t.*