



# VEGOUT

VEGAN RESTAURANT

519.850.8688 646 RICHMOND ST. LONDON, ON

[www.vegoutrestaurant.com](http://www.vegoutrestaurant.com)

## LUNCH

### APPETIZERS

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**Curried Potato Cutlets** \$8  
South Indian panko-crusteD fritters served with tomato chutney.

**Brie en Croute** \$12.50  
*Nuts for Cheese* cashew brie and rotating house jam baked in a flakey puffed pastry. Served with crostini.

⊗ **Daily Soup** \$7.50  
A delicious soup every day. Served with bread.

⊗ **Tempeh Wings** Small \$8 / Large \$11  
Spicy or mild, these wings are a Veg Out favourite.

⊗ **Poutine** \$10  
Fresh-cut fries topped with Daiya cheese and shiitake mushroom gravy.

### SALADS

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⊗ **Thai Style Glass Noodle**  
Sweet potato glass noodles, fresh vegetables, peanuts, herbs, chillies, and ginger lime dressing.

**Tomato and Bread**  
Torn fresh bread, olives, tomatoes, basil, artichokes, red wine vinegar, olive oil, and mixed greens.

**Small \$8.50 Large \$10**

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**Caesar**  
Classic Caesar salad topped with carrot bacon, sesame parmesan, and croutons.

⊗ **Bowl of Plenty**  
Greens, seasonal veggies, sprouted lentils, pumpkin seeds, flax seeds, sesame seeds, and apricots.

⊗ **wheat-free**

## SANDWICHES

\$9

add a soup or side for \$4

### Chick-Pea-Nut Burger

A chickpea, green pea, peanut butter patty topped with caramelized onions, avocado, tomatoes, pickles, and Sriracha mayo. Served on a multigrain kaiser bun.

### Paté Sandwich

Sunflower seed paté, avocado, pickles, tomatoes, hot peppers, mayo, and lettuce on toasted multigrain bread.

### Bacon Mushroom Melt

Sautéed cremini mushrooms, spinach, tomatoes, caramelized onions, and chipotle mayo with melty Daiya cheese and tempeh bacon on toasted multigrain bread.

### Bahn Mi

Vietnamese-style sub. Fried tofu, avocado, romaine, cucumbers, cilantro, kimchi, and mayo.

## ENTRÉES

### World Famous "Fish" and Chips \$17

Beer battered soy fillets, fresh-cut fries, tartar sauce, ketchup and lemon. Served with creamy coleslaw.

### ⊗ Shepherd's Pie \$17

Savoury tempeh and roasted vegetables topped with whipped butternut squash. Served with kale slaw and shiitake mushroom gravy.

### Ramen Bowl \$16

Kombu dashi and miso broth, ramen noodles, tofu, enoki, shimji, and shiitake mushrooms, seasonal vegetables, and scallions.

### Dinner Special \$18

A new creation every day.

## SIDES

\$4.50

### ⊗ Creamy Coleslaw

### ⊗ Mixed Greens

### Sweet Potato Corn Bread

### ⊗ Fresh-Cut Fries

### ⊗ Sweet Potato Wedges

⊗ **wheat-free**

*If you are celiac or have any other allergies, please let our staff know and we will be happy to make accommodations. Unfortunately, our deep-fried options are not celiac-friendly.*