



NATEURE'S PLATE

PLANT-BASED EATERY & BAR

— EST. 2018 —

APPETIZERS

Loaded Fries *Gluten free option*

Topped with queso, Nateure's ground beef, salsa fresca & sour cream, garnished with green onion. /15

Nachos *Gluten free option*

Topped with salsa fresca, feta cheese & sour cream. /13 Add pulled jack or beef / 5

Mozzarella Sticks

Herbed panko breaded mozzarella with house marinara. /9

Fresca Flat Bread

Topped with salsa fresca, feta cheese, red wine reduction & whipped lime leaf olive oil. / 14

Roasted Garlic & White Bean Dip

Gluten free option

Garnished with chili oil and garlic chips. Served with fresh veg & grilled pita. / 14

TACOS

Fish Tacos (3)

Flakey fillets topped with coleslaw, tartar sauce & mango salsa. /13

Beef Tacos (3) *Gluten free option*

Nateure's ground beef, salsa fresca, lettuce, queso, & sour cream./13

Jack Tacos (3) *Gluten free option*

Pulled jack, coleslaw, bbq sauce & pineapple salsa. /13

PASTA

Mac Attack

Mac & cheese garnished with garlic-panko crumble & parmesan. Served with garlic bread. /14

Chicken Parmesan

Herbed panko breaded chicken topped with marinara & melted mozzarella, on a bed of spaghetti. Served with garlic bread. /18

SALADS/BOWLS

Caesar Salad *Gluten free option*

Romaine lettuce, tossed in our creamy caesar dressing, croutons, parmesan & bacon bits. /11

Add grilled chicken /5

Greek Salad *Gluten free*

Tomato, cucumber, olives, onion & feta on greens dressed in lemon-sherry vinaigrette./11

Cobb Salad

Bed of romaine & iceberg lettuce tossed in a red wine vinaigrette topped with blu' cheese, bacon, cherry tomato, red onion, avocado, hard boiled egg and a grilled chicken breast. / 17

Burrito Bowl *Gluten free option*

Bed of greens & seasoned rice topped with corn, black beans, pinto beans, salsa fresca, guacamole & sour cream. Garnished with crispy tortilla strips.

Choose your protein; chicken, pulled jack or beef./15

Harvest Bowl

Kale massaged with cranberry vinaigrette topped with puffed farro, rosemary butternut squash, free the goat cheese, candied walnuts & apple chips. /15

Ramen

Ramen noodles, a soft-boiled egg, grilled leeks, pickled daikon & garlic chips in a house-made ramen broth garnished with chilli oil, green onion and sesame seeds. With your choice of miso trumpet mushrooms or grilled pork rib./15

WINGS

Breaded Wings 6 pc /12 | 12 pc /19

Tossed in your choice of:

Buffalo, Honey Garlic, Garlic Parmesan, Sweet Thai Chilli, Honey Mustard, Salt & Vinegar, Barbeque, Hot Honey

Our menu is entirely plant-based

All of our plant based meats, cheeses & sauces are made in house, from scratch.

We proudly source our ingredients locally when possible

Please note our kitchen contains nuts, gluten, soy & other allergens. We cannot guarantee certain items are free of these allergens. If you have a food allergy or intolerance, please notify your server. We do not use any animal products in our food or drinks, although we do purchase ingredients that may be produced in the same facility as products that contain animal by-products. An 18% gratuity will be automatically added to parties of 8+



SANDWICHES/BURGERS

Comes with your choice of house salad or fries.

Upgrade to a Caesar salad, Greek salad, Garlic Parm fries or
Salt & Vinegar fries. /**3.50**
Gluten free bun /**2**

BBQ Pulled Jack Sandwich

Gluten Free Option

Smoked jack drizzled with bbq sauce topped with grilled pineapple & coleslaw. /**15**

Grilled Chicken Club

Grilled chicken, bacon, lettuce, tomatoes & mayo on house made bread /**15**

The Reuben

Thinly sliced corned beef, swiss cheese, sauerkraut & russian dressing on marbled rye bread. /**16**

Crispy Chicken Caesar Wrap

Romaine lettuce tossed in our creamy caesar dressing, bacon bits with crispy chicken, wrapped in a soft tortilla shell. /**14**
Tossed in buffalo sauce. /**1**

Gruyere Grilled Cheese

Gluten Free Option

Gruyere cheese, onion jam & bacon. /**14**

Chicken Burger

Crispy breaded chicken topped with mayo, lettuce & pickles /**15**

Buffalo Bacon Chicken Burger

Crispy breaded chicken tossed in buffalo sauce topped with lettuce, bacon and ranch. /**18**

Nature's Burger

Gluten Free Option

5 oz burger patty topped with tomato, lettuce, onion, pickles & mayo. /**15**

The Goat Burger

Gluten Free Option

5 oz burger patty topped with free the goat cheese, onion jam & sprouts. / **18**

Mozza Mushroom Melt Burger

Gluten Free Option

5 oz burger patty topped with grilled miso trumpet mushrooms, mozzarella cheese, bbq sauce & crispy onion. /**18**

The Blu Buffalo Burger

Gluten Free Option

5 oz burger patty topped with lettuce, blu cheese, bacon, garlic mayo & buffalo sauce. /**18**

The Zac Burger

Two 2.5 oz burger patties, cheddar cheese, pickles, shredded lettuce & onion, topped with our special sauce stacked between a double decker sesame seed bun. /**18**

Bacon Cheese Burger

Gluten Free Option

5 oz burger patty topped with lettuce, onion, bacon, cheddar cheese & smoky mayo. /**18**

Our menu is entirely plant-based

All of our plant based meats, cheeses & sauces are made in house, from scratch.

We proudly source our ingredients locally when possible

Please note our kitchen contains nuts, gluten, soy & other allergens. We cannot guarantee certain items are free of these allergens. If you have a food allergy or intolerance, please notify your server. We do not use any animal products in our food or drinks, although we do purchase ingredients that may be produced in the same facility as products that contain animal by-products. An 18% gratuity will be automatically added to parties of 8+

Vodka

Caesar

Vodka, Singers clamato juice, Worcestershire and hot sauce. Topped with olives & pickled beans /10

Cosmopolitan

Vodka, fresh lime, triple sec & cranberry juice/9

Moscow Mule

Vodka, fresh lime juice & ginger beer served in a copper cup. /10

Tequila

Casamigos Blanco / Casamigos Reposado

Per ounce /9

Black widow

Tequila, blackberries, basil, fresh lime, agave & ginger beer. /9

Margarita

Tequila, fresh lime juice, simple syrup and orange liqueur / 12

Gin

Gin Punch

Gin, fresh basil & lemonade /7

Negroni

Gin, Campari and sweet vermouth /10

The Gimlet

Canadian gin, fresh lime juice and simple syrup/ 9

Rum

Coconut Mojito

Mojito with a twist. rum, mint leaves, coconut syrup & ginger beer /9

Mojito

Rum, mint leaves, sugar & ginger beer /8

Rye/Whisky/Bourbon

Makers Mark Bourbon

Per ounce / 7

Woodford Reserve

Per ounce / 7

Boulevardier

Bourbon, Campari and sweet vermouth /10

Old Fashion

Woodford Reserve bourbon, sugar cube, angostura, orange twist / 11

Manhattan

Whisky, sweet vermouth, angostura, maraschino cherry /11

Scotch

The Glenlivet 12 Year

Per ounce / 8

Liqueurs

Fireball / 4.5

Kahlua /4.5

Baileys Almond /4.5

Butter Ripple /4.5

Jägermeister /4.5

Wine

Sandbanks Riesling- Gewurztraminer

Aromas of passion fruit & intense tropical spice 8/11

Sandbanks- Chardonnay Pinot Grigio

Apple, peach & pear lead to a delicate yet spicy finish. 7/10

Sandbanks-Merlot Cabernet

This rich bodied wine has red plum, raspberry & spice flavours with a vibrant finish of red cherry & vanilla. 8/11

Georges Duboef - Beaujolais

Deep cherry colour; young berry fruit & cherry aromas; soft & fruity notes. 7/10

Beer/ Cider

Draft Beers 7/10

Smithaven's Kellerbier, Schwartzbier, Amber Solace

Publican House: Raspberry Wheat Ale

Cans/Bottles

Guinness/ 7

1664 Blanc /7

Brickworks

1904 / Queenstreet /7

Cameron's Brewery:

Captains Log /7

Ambear / 7

Jurassic IPA /7

Flying Monkey's:

12 Minutes to Destiny /7

Hoptical Illusion /7