

ORGANIC WINE

ERA MONTEPULCIANO D'ABRUZZO DOC ORGANIC '16

Marche, Italia

Medium-bodied / berry fruit, cedar, savoury herb flavours

150ml 9.79 500ml 28.39

250ml 14.49 750ml 37.89

ADOBE RESERVA SAUVIGNON BLANC '17,

Vinedos Emiliana, Casablanca, Chile

Pale yellow / grapefruit & berry aromas

Green apple on the palate / clean finish

150ml 10.79 500ml 30.49

250ml 15.79 750ml 39.89

VEGAN INGREDIENTS

EARTH ISLAND MOZZARELLA

filtered water, coconut oil, modified food starch, potato starch, sea salt, natural flavor olive extract, beta carotene

GLUTEN FREE PIZZA DOUGH

sweet rice flour, potato starch, tapioca starch, potato flour, unsweetened apple juice, evaporated cane juice, baking powder, sea salt, active dry yeast, xanthan gum

RIPPLE PEA-PROTEIN

pea protein, sunflower oil, organic cane sugar, algal oil, water, contains less than 0.5% of vitamin A palmitate, vitamin D2, calcium phosphate, dipotassium phosphate, sunflower lecithin, natural flavours, sea salt, organic guar gum, gellan gum

PLANT-BASED PARMESAN

cashews, nutritional yeast, hemp seeds, fine sea salt, garlic powder

PLANT-BASED FETA

organic tofu, citric or lactic acid, AC vinegar, salt, lemon, refined coconut oil, za'atar (thyme, oregano, marjoram)

VEGAN BUTTER

coconut oil, Ripple pea-protein, olive oil, sea salt, non-GMO soy lecithin

SAUSAGE

organic pinto, white or kidney beans, tamari, vital wheat gluten, nutritional yeast, paprika, fennel, red pepper flakes, thyme, oregano, sage, basil, parsley, onion powder, brown sugar

CASHEW TRUFFLE SAUCE

cashews, rejuvelac (quinoa), nutritional yeast, porcini mushrooms, truffle oil, salt

AVOCADO CASHEW CAESAR DRESSING

cashews, nutritional yeast, salt, garlic, avocado, vegan parmesan, mustard, capers, lemon juice, black pepper

VEGAN RICOTTA

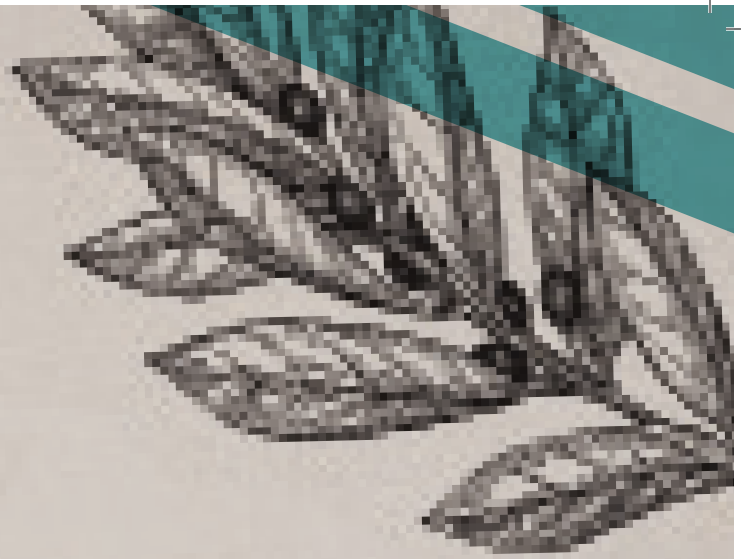
cashews, lemon juice, apple cider vinegar, nutritional yeast, garlic, onion & garlic powder, sea salt, olive oil, organic yellow onion, tofu

CASHEW ALMOND MOZZARELLA

cashews, almonds, tofu, agar agar, onion, garlic, salt, lemon juice, apple cider vinegar, nutritional yeast, onion & garlic powder, coconut milk, coconut oil

VEGAN CHOCOLATE COCONUT CAKE

dates, dark chocolate, soya milk, tapioca flour, shredded coconut, coconut cream



LE FORNELLO

PLANT-BASED VEGAN MENU

RICHMOND HILL

MENU BY MARGIE COOK

Margie Cook is a plant-based RHN
(registered Holistic Nutritionist).

APPETIZERS

SOUP OF DAY.....9.00
Ask your server for details

BRUSCHETTA POMODORO.....12.55
Grilled ciabatta topped with olive oil, garlic, tomatoes, basil
add an extra piece 2.95
add vegan feta cheese 5.25
add melted vegan mozzarella 5.95

GREEK SALAD.....11.25/17.25
Mixed greens, plant-based feta, cucumber, tomatoes, olives,
red wine vinaigrette

AVOCADO CASHEW CAESAR.....10.75/16.25
Crispy romaine with an avocado, cashew, lemon juice based dressing
topped with our plant-based parmesan cheese, *contains nuts*

PIZZA

GLUTEN FREE CRUST ADD 3.95 / SPELT CRUST ADD 2.95

VEGAN SAUSAGE PIZZA.....23.00
Tomato sauce, vegan mozzarella, fennel sausage, roasted
red peppers, basil

PIZZA VEGANO.....21.00
Tomato sauce, vegan mozzarella, spinach, caramelized onions,
roasted red peppers, black olives

VEGAN GREEK PIZZA.....23.00
Tomato sauce, vegan mozzarella, tofu feta, black olives,
spinach, red onions

PIZZA VARESE.....21.00
Tomato sauce, vegan mozzarella, roasted red peppers,
grilled zucchini, oregano, arugula

PIZZA RAPINI.....23.00
Tomato sauce, garlic, oregano, rapini, caramelized onions,
pepperoncino, extra virgin olive oil

OUR PIZZA DOUGH AND TOMATO SAUCE ARE
100% VEGAN

PASTA

ADD VEGAN SAUSAGE 5.95
ADD VEGAN FETA CHEESE 6.75 / ADD VEGAN MOZZARELLA 6.75

SPAGHETTI BOLOGNESE.....19.75
With a lentil & mushroom bolognese sauce

FUSILLI (gluten-free).....22.00
With green peas, cherry tomatoes, spinach, eggplant, black olives,
garlic & olive oil

AGNOLOTTI IN BUTTER SAUCE.....27.00
Agnolotti filled with our tofu, cashew based ricotta in a vegan butter
sauce with rapini, asparagus & mushrooms, *contains nuts*

PLANT-POWERED CLASSIC LASAGNA.....24.00
Artisanal creamy cashew almond mozzarella, tofu ricotta &
kale marinara sauce, *contains nuts*

ORECCHIETTE BOMBA.....22.00
Spicy eggplant, fire roasted mushrooms & arugula, tossed in
arrabbiata sauce

SPAGHETTINI ALLA TRAPANESE.....22.75
Basil & almond pesto, tomatoes, plant based parmesan cheese,
pine nuts, *contains nuts*

GLUTEN-FREE VEGAN OPTIONS
Vegan Fusilli Pasta (rice flour) 2.00

DESSERTS

SORBET.....8.25
Limone or raspberry

HAZELNUT GELATO.....12.75
Made with Italian rice milk, *contains nuts*

VEGAN CHOCOLATE COCONUT PANNA COTTA.....9.25
Coconut, chocolate chips, almond milk, coffee liqueur, finished with a
drizzle of fresh coconut sauce & coconut whip