

WEST END
FEAST
WITH
FRIENDS

MENUS

*Please select one



Mediterranean



by **Good Lands Cafe**

679 Sargent Ave

Menu is plant-based - Only one meal option, but choose your favourite entree!

- 🌱 **Mediterranean Couscous and Chick Peas Salad:** with tomatoes, cucumbers and flavoured with fresh mint and a lemon dressing
- 🌱 **Mujadara Side:** a side dish with red lentils, rice, caramelized onions and vegan yogurt, seasoned with mediterranean spices
- 🌱 **Entree Options**
 - Shawarma Pita Wrap:** textured soy protein slices marinated in shawarma spice and oven baked, served in the pita wrap with lettuce, tomatoes, cucumbers and Lebanese garlic sauce
 - Falafel Pita Wrap:** falafel balls served in the pita wrap with tahini sauce, lettuce, tomatoes, cucumbers, and pickled red cabbage

Available: MON, TUE, WED, THU, SAT

by **Azalea**

1-600 Portage Ave



Chinese

Regular Meal

- **BBQ Lean Pork** - deliciously seasoned barbecue pork
- **Chicken Fried Rice** - white rice stir fried with carrots, onions, eggs, green peas, and chicken in soy sauce
- **Black Bean Garlic Sauce Chicken** - sliced chicken topped with black bean garlic sauce

Vegetarian Meal

- 🌱 **Two Spring Rolls** - finely chopped vegetables wrapped in thin rice paper and deep fried until golden
- 🌱 **Mushroom Fried Rice** - white rice stir fried with carrots, onions, eggs, green peas, and mushrooms in soy sauce
- 🌱 **Black Bean Garlic Sauce Tofu** - sliced tofu topped with black bean garlic sauce

Available: MON-SAT

Japanese



by **Mooshiro**

708 Portage Ave

Regular Meal

- **One of the following rolls of your choice:**
 - California** - crabstick, avocado and cucumber
 - Dynamite** - shrimp tempura, cucumber and avocado
 - Chicken Teriyaki** - breaded chicken and cucumber
 - Winnipeg** - tempura salmon, cucumber and cream cheese
- + 2 pieces of **pork gyoza** (dumpling)
- + salad and 3 pieces of **tempura**

Vegetarian Meal

- 🌱 **One of the following rolls of your choice:**
 - Cucumber**
 - Avocado**
 - Cucumber + Shiitake Mushroom**
- 🌱 + 2 pieces of **veggie gyoza** (dumpling)
- 🌱 + salad and 3 pieces **veggie tempura**

Available: MON, WED, THU, FRI, SAT

by **Harman's Cafe**



Ethiopian

570-B Sargent Ave

Regular Meal*

- **Meat + Veggie Combo**

A combination of two meat dishes and two vegetable dishes (Key wat, Alecha wat, Misir, Kiki Alecha)
- + **Salad:** romaine lettuce, chopped tomatoes, jalapeno, red onion, mized with olive oil and home made dressing

Vegetarian Meal*

- 🌱 **Vegetarian Combo**

A combination of five vegetable dishes (Misir, Kiki Alecha, Gomen, Shiro and Tikal Gomen)
- 🌱 + **Salad:** romaine lettuce, chopped tomatoes, jalapeno, red onion, mized with olive oil and home made dressing

Available: MON-SAT

*The Ethiopian meal, exceptionally, does not contain a Side Dish because it is served as a combination of varied dishes that compose a full meal.

Italian



by Sorrento's

529 Ellice Ave

Regular Meal

- **Italian Salad:** iceberg & romaine lettuce, onions, tomatoes, green peppers, kalamata olives in our house Italian dressing
- **Lasagna:** traditional style lean beef lasagna
- **Garlic Sticks:** hot garlic buttered bread sticks

Vegetarian Meal

- 🌿 **Italian Salad:** iceberg & romaine lettuce, onions, tomatoes, green peppers, kalamata olives in our house Italian dressing
- 🌿 **Eggplant Parmigiana:** a breaded eggplant slice with tomato sauce, mozzarella & parmesan cheese
- 🌿 **Garlic Sticks:** hot garlic buttered bread sticks

Available: MON-SAT

by Garden House



East Indian

789 Portage Ave

Regular Meal

- **Samosa**
- **Butter Chicken** - Chef Special. Marinated boneless chicken simmered in creme sauce
- **Naan Bread**

Vegetarian Meal

- 🌿 **Samosa**
- 🌿 **Veggie Navaratta Korma** - Spiced vegetables, paneer in mild creamy sauce
- 🌿 **Naan Bread**

Available: MON-SAT

Portuguese



by Viena Do Castelo

857 Sargent Ave

Regular Meal

- **'Bolinho de Bacalhau'** (Cod Cakes)
- **Piri-piri chicken** with saffron rice and roasted potatoes
- **Mixed vegetables**

Vegetarian Meal

- 🌿 **'Pao de Queijo'** (Brazilian cheese bread)
- 🌿 **Saffron rice, roasted potatoes**
- 🌿 **Mixed vegetables**

Available: TUE, THU, FRI, SAT



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Restaurants Availability

Mon

Tue

Wed

Thu

Fri

Sat

**Good Lands
Cafe**



Azalea



Mooshiro



**Harman's
Cafe**



Sorrento's



**Garden
House**



**Viena Do
Castelo**

