

NOT-SO Plant-Based Starters

Insalata Caprese \$14

Fresh bocconcini alongside fresh tomatoes, drizzled with balsamic glaze, and finished with fresh cracked pepper and a hint of fresh basil.

Baked Brie with Roasted Garlic \$14

This needs no explanation except YUM. Topped with olive oil, balsamic glaze, served with thin crispies. Gluten-wise available by request may take longer because it is made fresh.

Untraditional Caesar Salad Starter \$10 Meal \$14

Fresh cut romaine leaves, locally sourced bacon bits, and crispy and garlicky croutons (gluten-sensitive croutons available), all tossed in a deliciously creamy, plant based, yummy healthy dressing.

Loaded Market Greens Salad Starter \$10 Meal \$14

A base of fresh market greens with organic tomatoes, cucumber, shredded carrot and raw red onion topped with our house made, plant based dressing. Add any of the extra veggies/seeds below for \$1.00 each.

Black Olives	Pumpkin Seeds	Mushrooms	Sunflower Seeds	Marinated Onion
Green Olives	Roasted Peppers	Coconut Bacon Bits	Hemp Seeds	Fresh Peppers
Add Avocado, Chick Peas or Seasoned Black Beans \$3		Add Seasoned Roasted Organic Chicken or Organic Bacon for \$4		

Big Fat Greek Salad \$18

Chopped romaine tossed in our house-made dressing, with organic tomatoes, cucumber black olives, red onions and organic feta cheese, topped with parmesan. Add organic Chicken for \$4

Our crust is thin, organic, mostly whole-wheat around 14", Gluten-Sensitive crust is 11" roughly

Not-So Plant-Based Pizza

Double Decker Regular crust only (if available) is \$6 extra

(lactose-free versions available for all)

Rico's Famous Margarita Pizza \$15

Simplest of 'za, our house-made sauce topped with just the right amount of mozzarella cheese and super fresh chopped basil.

Add bocconcini \$2

Balsamic Marinated Mushroom 'Za \$16

Our non-red sauced crust smeared garlic olive oil, then covered with seasonal Balsamic Marinated Mushrooms, marinated caramelized onions & goat cheese, topped off with rosemary.

Add Organic Sausage or Bacon or some fresh Prosciutto for \$3

Farmer's Sausage & Bacon 'Za \$18

Mozzarella, house-made tomato sauce, organic farmers sausage', locally sourced bacon.

Maybe think about adding some mushrooms for \$2

Renaissance 'Za \$20

Our version of 'deluxe', this is an upgraded Farmer's Sausage and bacon Za with garlic sprinkled spinach, tomatoes, topped off with marinated mushroom, caramelized onion, & finely shaved sweet potatoes.

Magnum P.i. \$19

We can't tell you this is an Hawaiian, because we do it our way with fresh pineapple, organic bacon & prosciutto.

For those people who love sweet and spicy add some hot peppers \$2

Thaco 'Za \$20

Mozzarella, taco seasoned beef, garlic sprinkled spinach, tomatoes, marinated mushroom, caramelized onion, finely shaved sweet potatoes, salsa, topped with guacamole and vegan sour cream dollops.

Barbeque Chicken 'Za \$20

Mozzarella, Chicken, Cheese, garlic sprinkled spinach, tomatoes, marinated mushrooms, peppers, caramelized onion, finely shaved sweet potato, and a taste of brie.

Add Organic Bacon for an additional wow, \$3

Rueben 'Za \$20

Mozzarella, Pastrami, Swiss, garlic sprinkled spinach, tomatoes, marinated mushrooms, caramelized onion, finely shaved sweet potato, dilled relish, sauerkraut, turmeric mustard, & a light dusting of mozzarella.

Philly Cheese Steak 'Za \$21

Mozzarella, spinach, tomatoes, Philly sauced organic beef, caramelized onion, raw red onion, provolone cheese

Adding some mushrooms to make it hearty \$2

Cheese Burger 'Za \$20

Mozzarella, Beef, spinach, tomatoes, peppers, marinated mushrooms, caramelized onion, raw red onions, cheddar and all the condiments with garlic drizz.

Greek 'Za \$20

Mozzarella, spinach, tomatoes, chicken, marinated mushrooms, roasted red peppers, caramelized onion and finely shaved sweet potato, artichokes, black olives & feta.

Add \$1.50 for Mushroom / tomato / hot pepper / artichoke / Sun-Dried tomato / spinach / onion / olives / pineapple / roasted red pepper

Add \$2 for Extra Cheese / Bocconcini cheese / Feta Cheese / Goat Cheese / Swiss Cheese / Provolone Cheese / Anchovies

Add \$3 for Bacon/Avocado / Beef or Pork Sausage / Gluten-Free Salami / Nitrate-Free Prosciutto

Add \$4 for Organic Chicken

Plant-Based Starters

Vegan Insalata Caprese \$14 A blend of vegan cheeses intertwined with fresh tomatoes, drizzled with balsamic glaze, and finished with fresh cracked pepper and a hint of fresh basil.	Vegan Mixed Cheese Blend with Roasted Garlic \$14 This needs no explanation except YUM. Topped with olive oil & balsamic glaze served with thin crispies. Gluten-wise available by request may take longer because it is made fresh.			
Vegan Untraditional Caesar Salad Starter \$10 Meal \$14 Fresh cut romaine leaves, vegan coconut bacon bits, and crispy crunchy croutons (gluten-sensitive croutons available), all tossed in a deliciously creamy, plant based, yummy healthy dressing.				
Loaded Market Greens Salad Starter \$10 Meal \$14 A base of fresh market greens with organic tomatoes, cucumber, shredded carrot and raw red onion topped with our house made, plant based dressing. Add any of the extra veggies/seeds below for \$1.00 each.				
Black Olives	Pumpkin Seeds	Mushrooms	Sunflower Seeds	Marinated Onion
Green Olives	Roasted Peppers	Coconut Bacon Bits	Hemp Seeds	Fresh Peppers
Add Avocado, Chick Peas or Seasoned Black Beans \$3		Add Seasoned Roasted Organic Chicken or Organic Bacon for \$4		
Big Fat Greek Vegan Salad \$18 Chopped romaine tossed in our house-made dressing, with organic tomatoes, cucumber black olives, red onions and vegan topped with nutritional yeast. Add Chick Peas for \$3				

Our crust is thin, organic, mostly whole-wheat around 14", Gluten-Sensitive crust is 11" roughly	<h2>Plant-Based Pizza</h2> (all vegan pizzas are topped with nutritional yeast)	Double Decker Regular crust only (if available) is \$6 extra
Vegan Rico's Famous Margarita Pizza \$15 Simplest of 'za, topped with just the right amount of vegan cheese and super fresh chopped basil. Adding some fresh mushrooms to make it chunky \$2	Vegan Thaco 'Za \$20 Vegan Cheese, taco seasoned black beans and mushroom, garlic sprinkled spinach, tomatoes, caramelized onion, finely shaved sweet potato, salsa, topped with guacamole and vegan sour cream.	
Vegan Balsamic Marinated Mushroom 'Za \$16 Our thin and crispy crust smeared with roasted garlic olive oil, then covered with seasonal balsamic marinated mushrooms, marinated caramelized onions and vegan cheese, topped off with rosemary. Add Nuts for Cheese: unbrie-lievable \$2	Vegan Barbeque 'Za \$20 Vegan Barbeque sauced mushrooms & artichoke, vegan cheese, peppers, garlic sprinkled spinach, tomatoes, shaved sweet potato, caramelized onion.	
Vegan Farmer's Sausage & Bacon 'Za \$18 Our thin crust topped with house made tomato sauce, vegan sausage, vegan cheese & topped with our own house-made coconut bacon. Add Nuts for Cheese: chipotle cheese \$2	Vegan Rubeen 'Za \$20 GreatVeggieBites' Montreal Smokin' vegan meat, Swisso, Garlic sprinkled spinach, tomatoes, marinated mushrooms, caramelized onion, finely shaved sweet potato, dilled relish, sauerkraut, mustard, vegan cheese.	
Vegan Renaissance 'Za \$20 Amazing vegan sausage, garlic sprinkled spinach, tomatoes, topped off with marinated mushroom, caramelized onion, shaved sweet potatoes, vegan cheese, topped off coconut bacon.	Vegan Philly Cheese 'Za \$21 Spinach, Blend of vegan cheeses, tomatoes, Philly sauced GreatVeggieBites' Roast, caramelized onion, Raw Red Onion, Provolone Cheese. Adding some mushrooms to make it hearty \$2	
Vegan Magnum P.i. \$19 Amazing fresh pineapple, vegan sausage, vegan cheese finished off coconut bacon.	Vegan Cheese Burger 'Za \$21 Mozzarella, Beyond Meat, spinach, tomatoes, peppers, marinated mushrooms, caramelized onion, raw red onions, cheddar and all the condiments with garlic drizz.	
Vegan Greek 'Za \$20 Garlic sprinkled spinach, tomatoes, marinated mushrooms, caramelized onion, roasted red peppers, artichokes, finely shaved sweet potato, black olives, vegan cheese.	Our Famous L.O.V.E. 'za \$18 (inspired by our friends from London Ontario Vegan Experience Group) Garlicky spinach and shaved sweet potatoes, caramelized onion, tomatoes, vegan cheese, coconut bacon.	
Add \$1.50 for Mushroom / tomato / hot pepper / artichoke / Sun-Dried tomato / spinach / onion / olives / pineapple / roasted red pepper Add \$2 for Extra Cheese / Nuts for Cheese: Chipotle or UnBRIElievable / Vegan Swiss Cheese / Vegan Provolone or Cheddar Cheese Add \$3 for vegan sausage (has gluten in it) / \$3 avocado		

Our Regular Menu is also available at lunchtime too.

Lunch Menu

Tuesdays to Saturdays
Between the hours of 11am to 3pm only.

Half 'Za and a side salad / soup

Half (Vegan or not) Margarita or Balsamic Marinated Mushroom 'Za \$12
with side Caesar Salad/Green Salad or Soup

Half (Vegan or not) Farmer's Sausage & Bacon, Magnum, or L.O.V.E. 'Za \$13
with side Caesar Salad/Green Salad or Soup

Half (Vegan or not) Renaissance or Greek or BBQ or Thaco 'Za \$14
with side Caesar Salad/Green Salad or Soup

Vegan (or not) Side Caesar Salad/Green Salad and Soup \$12

Vegan Lunch Caesar Salad with chick peas \$13

Lunch Caesar Salad with organic chicken \$14

Vegan Meal Caesar Salad with chick peas \$17

Meal sized Caesar Salad with organic chicken \$18

Big Fat Greek Vegan Salad \$18

Chopped romaine tossed in our house-made dressing, with organic tomatoes, cucumber black olives, red onions and vegan topped with nutritional yeast. Add Chick Peas for \$3

Big Fat Greek Salad \$18

Chopped romaine tossed in our house-made dressing, with organic tomatoes, cucumber black olives, red onions and organic feta cheese, topped with parmesan. Add organic Chicken for \$4

Plant Based Black Bean & Quinoa Chili \$7

Organic Beef, Black Bean & Quinoa Chili \$9

Bowl of House Made Soup \$6 Add Organic Chicken, Bacon or Ground Beef for \$2

Cheesy Garlicky Flatbread (Vegan or Omnivore) \$8

Add \$1.50 for Mushroom / tomato / hot pepper / artichoke / Sun-Dried tomato / spinach / onion / olives / pineapple / roasted red pepper
Add \$2 for Extra Cheese / Nuts for Cheese: Chipotle or UnBRIElievable / Vegan Swiss Cheese / Vegan Provolone or Cheddar Cheese
Add \$3 for vegan sausage (has gluten in it) / \$3 avocado



SATURDAY BRUNCH! YES, WE SAID BRUNCH!

From 11am to 3pm

Our renowned Z'AVOCADO TOAST!!

Gluten Free Pumpnickel Bagel topped with olive oil, organic tomatoes, basil, your choice of vegan or non-vegan mozzarella, topped with Himalayan salt and cracked black pepper.

\$10

Add Coconut Bacon or Organic Bacon \$3

Add Organic Free Range Egg for \$2

HUEVOS RANCHEROS BREAKFAST PIZZA (Vegan or Omnivore)

Our delicious think crust pizza topped with vegan or non-vegan mozzarella, tomatoes, peppers, spinach, sweet potato, mushroom, onion, black beans and topped off with crunchy nacho chips, salsa, guacamole and sour cream and your choice of our house-made soy free vegan 'scramble' and coconut bacon, OR organic bacon and scrambled egg.

\$20

