

Ommm PLANTE

Cold-pressed juices

Fresh juices cold pressed daily on a Pure Juicer press

La Plante Verte

Apple, cucumber, celery, spinach, kale,
lime, mint

La Plante Dorée

Apple, lemon, turmeric

La Plante Rouge

Pineapple, orange, beet, red cabbage, purple
kale, purple chard

\$8.30



Melommm

Watermelon, strawberry, basil

Ommmrangle

Carrot, orange, apple, cucumber, fennel

Citrommmnelle Bleu

Melon, citronella, blue spirulina

**Return your glass bottles and earn
bonus to get free juices !**

Smoothies

Made with homemade plant-based milk and varied superfoods

Super Ommm Plante

Sesame milk, mango, passion fruit, banana, dried mulberries, kale,
sunflower sprouts, chlorella, moringa

Chocommmaca

Sesame milk, banana, dates, raw cacao 100%, raw almond butter,
vanilla, orange zest, maca

Blue Piña Commmlada

Coconut milk, pineapple, lime, maple syrup, blue spirulina

Charbommm Café

Black sesame milk, banana, dates, black tahini, coffee, activated charcoal

Ommm Shanti

Coconut milk, mango, ginger, turmeric, cinnamon, cardamom,
maple syrup, golden raisins, mesquite

Ommmatcha

Pumpkin seed milk, pineapple, banana, mint, romaine lettuce, golden raisins, matcha

Forest Smoothie®

Pumpkin seed milk, mixed berries, cranberries sweetened with apple juice, beet, maple
syrup, maqui berry

"Every Forest Smoothie® plants a tree or protects a forest @forestsmoothie"



Bols Brésil - Québec

\$13.70

Topped with our homemade granommla and fresh fruits

Ommçaí Bleuët

Açaí, blueberry, banana, dates, chia seed cream

Ommûre Corossol

Soursop, blackberry, banana, dates, chia seed cream

Commmpuaçu Fraise

Cupuaçu, strawberry, banana, dates, flax seed cream

Frambomm Goyave

Guava, raspberry, banana, dates, flax seed cream

Granommla extra \$1.00



Crêpes de Tapioca Brésil

Naturally gluten-free, made from the natural starch of the yucca root

SAVOURY

\$9.20

SWEET

\$8.30

Caprese Pestommm

Pesto, dehydrated cherry tomatoes with
Le Vieux Balsamique, white cheese,
arugula sprouts

BLT Bacommm

Mushroom bacommm, lettuce, tomato,
cheddar cheese, radish sprouts

Mexi Tacommm

Walnut chilli, avocado, mango salsa, sour
cream, corn sprouts

Champignommm et

Oignonmm

Grilled mushroom, caramelized onions,
truffle cheese, tomato confit, mustard sprouts

Hommmus Grillé

Green peas and wasabi hummus,
grilled vegetables, pea sprouts

Saumommm Fumé

Carrot salmommm, red onion pickle, cream
cheese, fresh dill, sunflower sprouts



Traditionmm

Coconut butter, shredded coconut,
white cheese

Fommmdue

Chocolate sauce, banana and/or strawberry

Pommme

Caramelized apples with maple syrup, raw
almond butter, toasted hazelnuts

Cartola à la Plante

Grilled banana, white cheese,
cinnamon, maple syrup

Doce de Leite à la Plante

“Doce de leite”, white cheese, tosted coconut



**ALL OF THE CHEESES OF
OUR TAPIOCA CREPES
ARE HOMEMADE**

Kelp noodles

Naturally gluten and fat free, made only with kelp (a seaweed), brown seaweed extract and water

Pestommm

Kelp noodles, pesto sauce, parmesommm, garlic chives sprouts

\$16.40

Mac Ommm Cheese

Kelp noodles, cheddar sauce, parmesommm, broccoli sprouts

\$17.30

Pommmodoro

Kelp noodles, pomodoro sauce, parmesommm, aurugula sprouts

\$17.30

PlanteThai

Kelp noodles, Thai raw almond butter sauce, red pepper, carrots, green peas, green onion, cilantro, red cabbage sprouts

\$18.20



NUTRITION FOR THE SOUL

Desserts for the soul

Raw vegan and refined sugar-free

Ommm Petit Bisous

Brazil nut, shredded coconut, golden raisins, coconut butter

\$2.45

Brownie Ommm Chocolat

Almonds, hazelnuts, dates, raw cacao 100%, fleur de sel

\$3.80

Gateau Ommm Carottes

Carrot, date, walnut, spices, almond flour, golden raisins, vanilla topping

\$4.70

Mousse Passiommm et Camommmille

Cashews, passion fruit, camomile, maple syrup, coconut oil

\$5.15

Tirommmisu Cheesecake

Walnut, date, coffee, almond flour, cream cheese, maple syrup, coconut oil, lemon, salt, vanilla, chocolate

\$6.50

MORE OPTIONS ON SITE



100% PLANTS . GLUTEN-FREE
REFINED OIL AND SUGAR FREE
MANY ORGANIC AND LOCAL INGREDIENTS

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