



100% PLANTS AND GLUTEN-FREE
NO REFINED OIL OR SUGAR
MANY ORGANIC AND LOCAL INGREDIENTS

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Omm PLANTE

Cold-pressed juices

Fresh juices cold pressed in our Pure Juicer press

\$12.35



La Plante Verte

Apple, cucumber, celery, spinach,
kale, lime, ginger

Melommm

Watermelon, strawberry, basil

La Plante Dorée

Apple, lemon, turmeric

Ommrange

Carrot, orange, apple, cucumber, fennel

La Plante Rouge

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

Surprise Juice

Ask us!

Smoothies

Made with homemade plant-based milk and superfoods

\$14.15

Super Omm Plante

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

Chocommmaca

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

Blue Piña Commmlada

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

Charbommm Café

Sesame milk, banana, dates, black tahini, coffee, activated charcoal

Omm Shanti

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

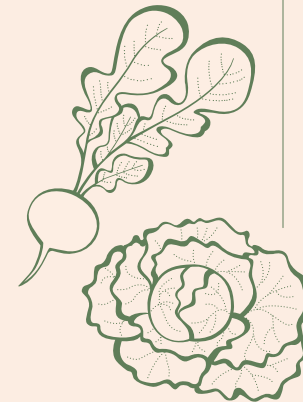
Amazommm Forest

Coconut milk, banana, golden raisins, homemade Brazil nut butter,
lime zest, cupuaçu, soursop, açai, camu camu

Forest Smoothie®

Pumpkin seed milk, strawberry, raspberry, blueberry, blackberry, cranberries
sweetened with apple juice, beet, maple syrup, maqui berry

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



Bols Brésil - Québec

Topped with our homemade granommla and fresh fruits

Ommmçaí Bleu

Açaí, blueberry, banana, dates, homemade chia or flax cream

Ommûre Corossol

Sour sop, blackberry, banana, dates, homemade chia or flax cream

Commpuaçu Fraise

Cupuaçu, strawberry, banana, dates, homemade chia or flax cream

Frambomm Goyave

Guava, raspberry, banana, dates, homemade chia or flax cream

Extra granommla \$1.25

\$18.20



Crêpes de Tapioca Brésil

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

SAVOURY

\$14.15

SWEET

\$12.35

Caprese Pestommm

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

BLT Bacommm

Mushroom bacommm, lettuce, tomato, cheddar cheese, sprouts

Mexi Tacommm

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

Champignommm et Oignommm

Grilled mushroom, caramelized onion, truffle cheese, tomato confit, sprouts

Ommlette Brouillée

Tofu scramble, seasonal grilled vegetables, tomato confit, arugula

Saumommm Fumé

Carrot salmommm, pickled red onion, cream cheese, fresh dill, sprouts

Traditiommm

Homemade Brazil nut butter, shredded coconut, white cheese

Fommmdue

Chocolate sauce, banana and/or strawberry

Pommm

Caramelized apples, raw activated almond butter, cinnamon, roasted hazelnuts

Cartola à la Plante

Grilled banana, white cheese, cinnamon, maple syrup

Doce de Leite à la Plante

Homemade "doce de leite", white cheese, roasted coconut



ALL OUR CHEESES
AND FILLINGS IN OUR
TAPIOCA CREPES
ARE HOMEMADE
WITH LOVE

Kelp noodles

Naturally gluten-free and very low on carbs and calories, made only with kelp (a seaweed), brown seaweed extract and water

Pestommm

Kelp noodles, homemade pesto sauce, parmesommm, sprouts

\$19.10

Mac Omm Cheese

Kelp noodles, homemade cheddar sauce, parmesommm, sprouts

\$20.90

Cari Omm

Kelp noodles, raw tahini curry sauce, tomato, carrot, zucchini, green peas, spinach, cilantro, sprouts

\$23.15

Plante Thai

Kelp noodles, Thai raw activated almond butter sauce, red pepper, carrot, green peas, cilantro, sprouts

\$23.15



NUTRITION FOR THE SOUL

Desserts for the soul

Raw vegan and refined sugar free

Omm Petit Bisous

Brazil nut, shredded coconut, golden raisins, coconut butter

\$3.35

Brownie Omm Chocolat

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

\$4.70

Gateau Omm Carottes

Carrot, date, walnut, spices, almond flour, coconut lime vanilla topping

\$5.60

Mousse Passiommm et Camommmille

Cashew, passion fruit, camomille, maple syrup, coconut oil

\$6.50

Tirommmisu Cheesecake

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

\$7.40

MORE OPTIONS IN STORE