



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

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Om PLANTE

Cold-pressed juices

Fresh juices cold pressed in our Pure Juicer press

\$12.80



La Plante Verte

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

La Plante Dorée

Apple, lemon, turmeric

La Plante Rouge

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

Melommm

Watermelon, strawberry, basil

Ommrange

Carrot, orange, apple, cucumber, fennel

Surprise Juice

Ask us!

Smoothies

Made with homemade plant-based milk and superfoods

\$14.60

Super Ommm Plante

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

Chocommmaca

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

Blue Piña Commmlada

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

Charbommm Café

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

Ommm Shanti

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

Amazommm Forest

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

Forest Smoothie®

Pumpkin seed milk, strawberry, raspberry, blueberry, blackberry, cranberries
sweetened with apple juice, beet, local 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 Bleuet

Açaí, blueberry, banana, dates, chia seeds

Ommmûre Corossol

Soursop, blackberry, banana, dates, chia seeds

Fraise Passiommm

Passion fruit, strawberry, banana, dates, flax seeds

Frambommm Goyave

Guava, raspberry, banana, dates, flax seeds

Extra granommla \$1.50

\$18.20



Crêpes de Tapioca Brésil

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

SAVOURY

\$15.50

SWEET

\$12.80

Caprese Pestommm

Homemade 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

Ommmllette Brouillée

Tofu scramble, seasonal grilled vegetables, tomato confit, aurugula

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

Pommmme

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

Cartola à la Plante

Grilled banana, white cheese, cinnamon, local 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

\$21.80

Mac Ommm Cheese

Kelp noodles, homemade cheddar sauce, parmesommm, sprouts

\$21.80

Car i Ommm

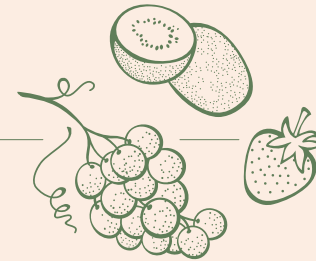
Kelp noodles, raw tahini curry sauce, tomato, carrot, zucchini, green peas, spinach, cilantro, sprouts

\$24.50

Plante Thai

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

\$24.50



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

\$3.80

Brownie Ommm Chocolat

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

\$5.60

Gateau Ommm Carottes

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

\$6.50

Mousse Passiommm et Camommmille

Cashew, passion fruit, camomile, local maple syrup, coconut oil

\$6.50

Tirommmisu Cheesecake

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

\$8.30

MORE OPTIONS IN STORE