



## Soups, Samosas & Big Snacks

- 342. BOWL OF SOUP\*(see display case).....\$2.95  
With chapati or two slices of bread.....\$4.95
- 351. SOUP DINNER: Soup served with garden salad and choice of bread, chapati or rice....\$7.95
- FRIED SAMOSA: Served with tamarind chutney, hot sauce, or green salsa.....\$3.50
- 331. Spinach Feta    333. Chickpea Rice\*    334. Tofu Rice\*    336. Curry Potato Pea\*
- 335. FRIED TIKKI\* Served with tamarind chutney, hot sauce, or green salsa.....\$3.50
- FRIED SAMOSA or TIKKI SPECIAL: With Salad.....\$6.75
- FRIED SAMOSA or TIKKI SPECIAL: With Soup.....\$6.25
- BAKED SAMOSA: Served with tamarind chutney, hot sauce, or green salsa.....\$3.50
- 372. Spinach Feta    374. Spinach\*    373. Chickpea Rice\*
- BAKED SAMOSA SPECIAL: With Salad.....\$6.75
- BAKED SAMOSA SPECIAL: With Soup.....\$6.75
- 499. BUDDHA'S FEAST: Stir fried Chinese vegetables with or without rice.....\$6.95
- 327. GREEK DOLMADES\*: Rice wrapped in grape leaves w/ pita, garnish, feta....\$7.95
- 329. NACHOS: Organic corn chips with cheese, beans, salsa & sour cream or yogurt.....\$5.95
- 375. BOMBAY PLATTER: Potatoe samosa, chickpeas, yogurt, salsa, tamarind, onion .....\$7.95
- PAKORA\*: Deep fried veggie clusters in chick pea batter served with tamarind chutney
- 340. 150 grams (about 4 clusters).....\$3.95
- 339. 250 grams (about 7 clusters).....\$5.95
- 330. SPRING ROLLS\*: Tofu /vegie filling in Chinese wanton fried w/ pineapple garnish .....\$6.95
- 349. BAKED TOFU TAPAS\*: Barbeque style with zesty sauce.....\$4.50
- 337. TOFU VEGGIE ROLL\*: Tofu and vegetables baked in a tender flaky pastry.....\$5.50



## International Entrees

- 530. KHICHEREE (RED LENTIL STEW)\*: Wonderfully savory brown rice stew w/ red lentil and vegetables. No onion, garlic or spice.....\$6.95
- 515. ENCHILADA: 12" Tortilla stuffed with beans, cheese, salsa, green onions, peppers and zesty tomato sauce.....\$6.95
- 521. LASAGNE\*: Yummy Italian multi-layered with tofu, tofu cheese, spinach, vegetables and zesty tomato sauce.....\$6.95
- 523. NUT LOAF\*: Hearty loaf w/ nuts, vegetables, fresh mushrooms, and tofu wrapped in a nutty pastry w/ miso gravy.....\$6.95
- 524. MOUSSAKA\*: Extravagant riches of eggplant, couscous, bulgur wheat, fresh tomatoes, zucchini, and tofu cheese.....\$6.95
- 528. SWEET & SOUR ORIENTAL TOFU RICE\*.....\$6.95
- ENTREE with GARDEN SALAD.....\$9.95
- ENTREE DINNER with chapati, rice or bread and salad or soup.....\$10.95

\* Denotes "Vegan"--Contains NO animal products, dairy, eggs or honey.



## Beverages

- ORGANIC JUICES\*
- 120. Wheat Grass Juice (shot glass).....\$3.25
- 121. Apple Juice.....\$1.50
- 122. Apple-Spirulina Juice.....\$1.75
- 124. Carrot Juice.....\$2.95
- 125. Apple Carrot Juice.....\$2.95
- ORGANIC COFFEES: Made w/ dairy or soy milk
- 108. Coffee of the Day.....\$1.75
- 94. Caffé Americano    98. Decaf.....\$1.95
- 110. Coffee Substitute.....\$1.95
- 97. Mocha or Caffé Latté.....\$3.50
- 101. Capuccino.....\$3.50
- 92. Doppio Espresso (black).....\$1.95
- 91. Solo Espresso (black).....\$1.95
- 84. Extra Milk or    85. Extra Soy Milk.....\$ .50
- 87. Extra Flavoring:  
Vanilla, Almond, Hazelnut, Caramel...\$ .50
- 109. Maple Syrup.....\$ .75

- SPECIALTY TEAS: Made w/ dairy or soy milk
- 105. Regular Chai Tea.....\$2.95
- 104. Organic Chai Tea.....\$3.95
- 99. Matcha Green Tea: Plain or Latté.....\$3.50
- 107. Yerba Mate: Chai...\$2.95 or Latté.....\$3.50
- 106. Herbal Teas.....\$1.25

- SODAS & WATER\*
- 115. Knudsen Spritzers, Blue Sky Sodas, etc..\$1.95
- 113. Bottled Water.....\$1.50

- MILKS: Served cold or steamed
- 117. Organic Milk.....\$2.35
- 82. Organic Soy Milk\*.....\$2.35
- 80. Almond Breeze Nut Milk\*.....\$2.35
- 79. Hot Chocolate (Dairy or Soy\*).....\$2.95



## Party Catering

AVAILABLE with Special Discounts  
Contact the Manager

This menu is printed on  
100% Post Consumer Recycled Paper.



## RESTAURANT

*"Abandon yourself in a conscious indulgence... with our heavenly foods!"*

Open 7 Days a Week:  
Mon-Sat, 10 AM-10 PM  
Sunday, 11 AM~10 PM

### Our Philosophy:

We are vegetarian because we care about world health, world environment, world peace and world hunger.

We prepare our food with purity, beauty, and nourishment in mind.

We integrate multi-cultural influences to create foods that tempt both courageous and simple palates.

We use whole, natural and mostly organic ingredients.

We offer low fat, non-dairy, wheat-free and vegan options.

Our foods are strictly vegetarian: no meat, fish, fowl, eggs or products from animals' dead bodies.

Our foods are free of additives & preservatives.

1105 Commercial Drive, Vancouver, BC  
Phone: 604-253-0969  
Website: [sweetcherubim.com](http://sweetcherubim.com)



## Breakfasty Items

- ORGANIC HOMEMADE 358. GRANOLA or 359. PORRIDGE with seasonal fruits.....\$7.95
- 357. ORGANIC TOFU SCRAMBLER.....\$4.95
- 360. ORGANIC SOY YOGURT OR DAIRY YOGURT\* with seasonal fruits.....\$4.95
- 353. BREAKFAST BURRITO\* Beans, Potatoes, Mushrooms, Peppers, Guacamole, Salsa ....\$6.95



## Subji, Dahl, Rice, Breads, Potatoes

- 350. SUBJI\* 369. DAHL\* Exotic East Indian spiced vegetables or beans.....\$5.95  
With chapati and poppadum.....\$7.95
- 355. BASMATI RICE PILAU\* or 356. ORGANIC BROWN RICE\*.....\$2.95  
RICE BOWL SPECIAL with bowl of Subji or Dahl and Poppadum.....\$7.95
- 309. PARANTHA: Vegetable stuffed chapatti served with raita (yogurt & cucumber).....\$4.95  
With Garden Salad.....\$7.50
- 301. ORGANIC WHOLE GRAIN CHAPATI\*.....\$1.50  
With Butter\* (vegan) or Veggie Butter (dairy).....\$1.75
- 306. ORGANIC WHOLE GRAIN BREAD\*.....\$1.50  
With Butter\* (vegan) or Veggie Butter (dairy).....\$1.75
- 307. POPPADUM\*.....\$0.95
- 368. BAKED POTATO WEDGES.....\$3.50



## Organic Whole Grain Sandwiches ~ Regular or Grilled

Made with Tomato, Sprouts, Peppers, Vegan Mayonaise and Dijon Mustard

- 304. Avocado\* 299. Smoked Tofu\* 305. Cheese 303. Vegan Cheese\*  
300. Veggie Pate\* 298. Peanut Butter, Honey, Banana.....\$5.00
- REGULAR.....\$5.95 GRILLED.....\$6.50



## Organic Whole Grain Chapati Wraps

- 311. CHATACO: Cheese, Beans, Sprouts, Lettuce, Salsa.....\$6.50
- 312. CHAVACADO: Avocado, Cheese, Tomato, Sprouts, Lettuce, Sunshine Dressing.....\$6.50
- 313. PAKOPATI\*: Pakoras, Tomato, Chutney, Sprouts, Lettuce.....\$6.50
- 314. HOMCHA\*: Homous, Avocado, Tomato, Sprouts, Lettuce, Tofu Dill Garlic Dressing.....\$6.50



## Burgers with Organic Whole Wheat Buns

- 318. HOMEMADE VEGGIE BURGER w/ mushrooms, peppers, tomatos, onions, cucumber, sprouts, lettuce, tofu or dairy cheese, and choice of Dressing.....\$6.50
- 320. PAKORA BURGER w/ tomato, cucumber, sprouts, lettuce and choice of Dressing....\$6.50  
Veggie or Pakora Burger with Garden Salad.....\$9.95

\* Denotes "Vegan"--Contains NO animal products, dairy, eggs or honey.



## Mostly Organic Salads

- GARDEN SALAD\*: Lettuce, Carrot, Celery, Cabbage, Cucumber, Tomato, Sprouts and Dressing
- 461. Small.....\$4.95
- 462. Large.....\$6.95
- CALIFORNIA SALAD\*: Lettuce, Cucumber, Tomato, Sprouts, Nuts, Seeds, Avocado, Vegan or Dairy Cheese and Dressing
- 466. Small.....\$6.95
- 463. Large.....\$9.95
- 464. MISO RICE SALAD\* or 465.CHICK PEA RICE SALAD\*.....\$5.95
- 467. SPECIALTY SEASONAL SALADS (see display case)\*.....\$5.95
- DRESSINGS ~Miso Sunshine ~Tofu Dill Garlic ~Vinaigrette ~Lemon Curry ~Raw Veggie
- 402. Extra Dressing - 2 oz. container.....\$0.50
- 408. Extra Dressing - 8 oz. container.....\$4.99



## Satvic Desserts ~ See Display Case

All our baked goods are made with organic whole grain or unbleached flours, and sweetened with honey, maple syrup, fruit juice concentrate or Sweetcane® (granulated sugar cane juice). All are eggless and many are vegan and wheat-free. We make a new dessert every day such as:

Raw Fruit Pie, Raw Cakes and Bars, Pumpkin Pie, Apple Pie, Chocolate Cream Pie, Tofu Cheesecake, Carrot Cake, Mango Pudding, Nanaimo Bar, Date Squares, Muffins, Cookies, Bliss Balls, Popcorn Balls and many more...

- 156. Slice o'Pie....\$4.95 155. Whole Pie....\$41.95 157. Piece o' Cake....\$5.95 158. Whole Cake....\$49.95
- 159. Cakes Decoated for Special Occasions..\$54.95



## Smoothies with Soy, Rice, Nut or Dairy Milk, or All Fruit

- 204. ORIGINAL: Seasonal Fresh Fruits, Choice of Milk.....\$4.95
- 202. TUTTI FRUITY\*: Seasonal Fresh Fruits & Organic Apple Juice.....\$4.95
- 203. CAROB MINT SPIRULINA: Banana, Carob, Mint, Spirulina, Org. Apple Juice, choice of Milk..\$4.95
- 201. MANGO: Mango, Choice of Milk.....\$4.95
- 199. ALMOND SESAME\*: Almond Milk, Sesame Seeds, Dates, Banana, Seasonal Fruits...\$5.95
- 200. COCONUT\*: Organic Coconut Milk, Banana, Seasonal Fruits.....\$5.95
- 206. GREEN ENERGY\*: Bee Pollen, Spirulina, Ginseng, Fresh Fruit, Org. Apple Juice.....\$5.95
- 207. GOJI BERRY\*: Banana, Goji Berries, Hemp Seed & Butter, Psyllium, Rice Protein.....\$5.95
- 210. MATCHA GREEN TEA\*:.Matcha Tea, Bee Pollen, Siberian Ginseng, Banana, Org.Apple Juice.....\$5.95
- 208. CHOCOLATE ALMOND PROTEIN\*: Almond Breeze, Choc. Syrup, Banana, Psyllium, Rice Protein..\$5.95
- 200. ORANGE MANGO PROTEIN\*: Orange Mango Juice, Banana, Mango Pulp, Psyllium, Rice Protein....\$5.95

\* Denotes "Vegan"--Contains NO animal products, dairy, eggs or honey.