



Salads

- GARDEN SALAD***: Lettuce, Carrot, Celery, Cabbage, Cucumber, Tomato, Sprouts and Dressing
461. Small.....\$ 4.95
462. Large.....\$ 7.95
- CALIFORNIA SALAD***: Lettuce, Cucumber, Tomato, Sprouts, Nuts, Seeds, Avocado, Vegan or Dairy Cheese and Dressing
466. Small.....\$ 6.95
463. Large.....\$10.95
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.....\$.50
408. Extra Dressing - 8 oz. container.....\$ 4.99



Satvic Desserts ~ See Display Case

All our desserts are eggless. Many are vegan and wheat-free. All baked goods are made with organic whole grain or organic unbleached flours, and sweetened with honey, maple syrup, agave syrup or Sweetcane® (granulated sugar cane juice)--all organic. 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, Cinnamon Buns, Biscotti, Boulders, Truffles and more...

156. Slice o'Pie...\$4.95 155. Whole Pie...\$39.95 157. Piece o' Cake...\$5.95 158. Whole Cake...\$49.95
159. Cakes Decoated for Special Occasions..\$54.95



Smoothies with Soy, Almond or Dairy Milk, or All Fruit

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

* **VEGAN--Contains NO animal products, dairy, eggs or honey. We use Daiya vegan cheese.**



Beverages

- ORGANIC JUICES***
120. Wheat Grass Juice (shot glass).....\$ 3.25
121. Apple Juice.....\$ 1.50
122. Apple-Spirulina Juice.....\$ 1.95
124. Carrot Juice.....\$ 2.95
125. Apple Carrot Juice.....\$ 2.95

- ORGANIC COFFEES: Made with your choice of milk**
108. Coffee of the Day.....\$ 1.75
94. Caffé Americano 98. Decaf.....\$ 1.95
110. Coffee Substitute.....\$ 1.95
92. Doppio Espresso (black).....\$ 1.95
91. Solo Espresso (black).....\$ 1.95
97. Mocha or Caffé Latté.....\$ 3.50
101. Capuccino.....\$ 3.50
84. Extra Milk (your choice).....\$.50

- SPECIALTY TEAS: Made with your choice of milk**
105. Chai Tea.....\$ 2.95
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.....\$ 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 (your choice of milk).....\$ 2.95



Party Catering

AVAILABLE with Special Discounts
Contact the Manager

(Updated July 2011)



RESTAURANT

“Abandon yourself in a conscious indulgence... with our heavenly wholesome 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 many 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



Breakfasty Items

- 357. **ORGANIC TOFU SCRAMBLER*** made with assorted vegetables.....\$ 7.95
- 353. **BREAKFAST BURRITO*** beans, potatoes, dairy or vegan Daiya cheese, mushrooms, peppers, avocado, and salsa\$ 6.95
- 309. **PARANTHA* (till 2 PM):** Vegetable-stuffed chapatti served w/ yogurt (optional) and chutney or pickle.....\$ 5.95



Subji, Dahl, Rice, Chapatis, Potatoes

- 350. **SUBJI*** or 369. **DAHL*** Exotic East Indian spiced vegetables or beans.....\$ 5.95
With chapati and poppadum.....\$ 7.95
DINNER with salad, chapati and poppadum.....\$ 10.95
- 355. **BASMATI RICE PILAU*** or 356. **ORGANIC BROWN RICE***.....\$ 2.95
RICE BOWL SPECIAL* with bowl of Subji or Dahl and Poppadum.....\$ 7.95
- 301. **ORGANIC WHOLE GRAIN CHAPATI***.....\$ 1.50
With Butter or Veggie Butter or Earth Balance Vegan Butter.....\$ 1.75
- 307. **POPPADUM***.....\$ 0.95



Organic Whole Grain Sandwiches ~ Regular or Grilled

Made with Tomato, Sprouts, Vegan Mayonaise and Dijon Mustard

- 304. Avocado* 305. Cheese 303. Daiya Vegan Cheese* 306. Vegie Pate*
- REGULAR.....\$5.95 GRILLED.....\$ 6.50



Organic Whole Grain Chapati Wraps

- 312. **CHAVACADO***: Avocado, Dairy or Vegan Cheese), Tomato, Sprouts, Lettuce, and Sunshine Dressing.....\$ 6.95
- 313. **PAKOPATI***: Pakoras, Tomato, Chutney, Sprouts, Lettuce.....\$ 6.95
- 314. **HOMCHA***: Homous, Avocado, Tomato, Sprouts, Lettuce, Tofu Dill Garlic Dressing.....\$ 6.95



Burgers with Organic Whole Wheat Buns

- 318. **HOMEMADE VEGGIE BURGER*** w/ mushrooms, peppers, tomatos, onions, cucumber, sprouts, lettuce, dairy or vegan Daiya cheese, & choice of Dressing.....\$ 6.95
- 320. **PAKORA BURGER*** w/ tomato, cucumber, sprouts, lettuce & choice of Dressing.....\$ 6.95
Veggie or Pakora Burger with Garden Salad.....\$ 9.95

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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*
- BAKED SAMOSA:** Served with tamarind chutney, hot sauce, or green salsa.....\$ 3.50
- 372. Spinach Feta 374. Spinach* 373. Chickpea Rice*
- 335. **FRIED TIKKI*** Served with tamarind chutney, hot sauce, or green salsa.....\$ 3.50
- SAMOSA or TIKKI SPECIAL:** With choice of Salad or Soup.....\$ 6.95
- 329. **NACHOS (*)**: Organic corn chips w/ dairy or vegan Daiya cheese, beans, salsa and yogurt (optional).....\$ 6.95
- 375. **BOMBAY PLATTER:** Potato 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).....\$ 6.95
- 330. **SPRING ROLLS***: Tofu /vegie filling in Chinese wonton wrap w/ pineapple garnish\$ 6.95
- 349. **BAKED TOFU TAPAS***: Barbeque style with zesty sauce.....\$ 4.90
- 337. **TOFU VEGGIE ROLL***: Tofu and vegetables baked in a tender flaky pastry.....\$ 5.50



International Entrees

- 500. **BUDDHA'S FEAST***: Stir Fried Chinese Vegetables.....\$ 7.95
- 515. **ENCHILADA:** Tortilla with beans, cheese (dairy or Daiya vegan cheese), green onions, peppers & zesty sauce.....\$ 6.95
- 530. **KHICHEREE (RED LENTIL STEW)*:** Wonderfully savory Brown Rice Stew with red lentils and vegetables. No onion, garlic or spice.....\$ 6.95
- 523. **NUT LOAF***: Hearty loaf w/ nuts, vegetables, fresh mushrooms, and tofu wrapped in a nutty pastry w/ miso gravy.....\$ 7.95
- 524. **MOUSSAKA***: Extravagant riches of eggplant, couscous, bulgur wheat, fresh tomatoes, zucchini, and Daiya vegan cheese.....\$ 7.95
- 521. **LASAGNE***: Yummy Italian multi-layered with tofu, Daiya vegan cheese, spinach, vegetables and zesty tomato sauce.....\$ 6.95
- 528. **SWEET & SOUR ORIENTAL TOFU RICE***.....\$ 6.95
- ENTREE with side of chapati, rice or bread**.....ADD \$2.00
- ENTREE with GARDEN SALAD or side of chapati, rice or bread**.....ADD \$3.00
- ENTREE DINNER** with chapati, rice or bread and salad or soup.....ADD \$4.00

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