

MONICA'S AND SIPPS

Vegetarian and Vegan Menu

LOCATED IN THE STANFORD INN

WE ARE PLEASED TO MAKE ANY MENU ITEM VEGAN, BY SUBSTITUTING WITH THE DAIYA CHEESE

Breakfast

Beyond Sausages and Hash Browns - Vegan

Beyond Meats seasoned meatless sausage, served with your choice of diced or shredded hash browns and fried tomatoes 17

Beyond Sausage Wrap

Beyond Meats seasoned meatless sausage, with diced hash browns, green peppers, tomatoes, Korean bbq sauce and cheese 17

Appetizers

Vegetable Signature Soup - Vegan

Made with carrots, tomatoes, Great Northern beans and red lentils, this hearty home-style soup is slow-simmered with aromatic herbs and a dash of balsamic vinegar for a sweet, savoury flavour 6

Nachos Veggie Style

Nacho chips, topped with green peppers, tomatoes, green onions, jalapenos, black olives and nacho cheese. Served with salsa 17

Add Vegan Ground Beef 4

Vegetable Spring Rolls - Vegan

Large spring rolls filled with cabbage, green beans, carrots, water chestnuts, sweet corn and onions. Served with a Korean BBQ or poblano chili lime dip. 14

Seasoned Kettle Chips - Vegan

Served with your choice of Korean bbq, or poblano chili lime dip. We also have available for our vegetarian friends a green goddess avocado, cilantro, parsley and lemon dip 9

Cauliflower Wings - Vegan

Lightly battered cauliflower, served with your choice of dip 10

Salads

House Side Salad - Vegan

Mixed greens, cucumbers & tomato and shredded carrots. Served with raspberry vinaigrette dressing 7

Mediterranean Salad

Romaine lettuce, tomatoes, bell peppers, cucumbers and feta cheese. Served with a raspberry vinaigrette dressing 7

Spinach Salad - Vegan

Spinach, strawberries, mango, avocado and praline pecans. Served with a raspberry vinaigrette dressing 17

Vegetarian Taco Salad

Tortilla bowl filled with mixed greens, seasoned ground meatless beef, bell peppers, tomatoes, green onions, nacho cheese blend & salsa 17

Entrees

Beyond Burger - Vegan

Beyond Meats, meatless patty with Hellman's vegan mayo, lettuce, tomatoes and onions.

Served on our vegan pretzel bun, with fries 15
Add Cheddar Cheese 2

Beyond Sausage Penne - Vegan

Beyond Meats seasoned meatless sausage, served with penne, bell peppers and our special tomato sauce 17

Beyond Bangers and Mash - Vegan

Beyond Meats seasoned meatless sausage, mashed potatoes with sauteed onions and bell peppers 18

Monica's Lasagna

Even the meat eaters, will enjoy this one. Lasagna noodles, seasoned ground meatless beef, marinara sauce and mozza cheese 18

Spaghetti and Meatless Sauce

Spaghetti pasta, seasoned ground meatless beef, marinara sauce and cheddar cheese 18

Vegan Fettuccine

Our house specialty. This is the item that started our adventure into providing tasty vegan and vegetarian meals. We hope you enjoy eating it, as much as we enjoy preparing it for you. Fettuccine, with cauliflower, broccoli, bell peppers and marinara sauce 15

Desserts

Add regular or non-dairy ice cream 1

Fruit Pies, Vegan

Choose from Apple, Blueberry or Cherry 6

Non - Dairy Ice Cream

Ask for your server for today's selection 7.5

From Grande Prairie's Off The Wheaten Path

Nanaimo Bars - Vegan 8.5

Epic Brownie - Vegan 8.5

We are proud to support Off The Wheaten Path. A excellent local business, producing vegan and gluten free products. Located in the Grande Prairie Farmers Market



Consumer Advisory: Please advise your server if you have any food allergies or if you want to make your dish vegan