

OUR MENU

MENU



"Worth the Journey"

Tao (*pronounced "dao" or "dow"*) is a Chinese word that means literally "the path" or "the way!"

It is a universal principle that underlies everything from the creation of galaxies, the blooming of a flower, the babble of a brook, to the interaction of all human beings.

The workings of Tao are vast and often beyond human logic. In order to understand Tao, reasoning alone will not suffice. One must also apply intuition and one's heart.

Agat and her staff wish you a delicious and beneficial journey here at **Café by TAO** and that you leave with a happy heart and contented stomach. We look forward to serving you again soon!

Lots of love and blessings ~*~

All Organic • All Raw • All Vegan • All Wheat & Dairy Free • All Delicious!



MENU

THIRST QUENCHERS



JUICES & SMOOTHIES

Excite your tastebuds with our Amazing and Super Healthy drinks that would make the Gods and Goddesses swoon!

Created fresh while you wait, these wonderful concoctions will awaken every cell in your being.

Yes, they are beautiful to behold, and even more divine to taste!



Cold-Pressed JUICES ~ 13oz

- \$6 • Carrot Kickstart (carrot & orange)
- \$6 • Strawberry Sunrise (orange & strawberry)
- \$7.6 • Daily Greens (greens of the day)
- \$7.2 • Sweet Cleansing (apple, pear, lettuce, cilantro, parsley & lemon)
- \$7.6 • Green Clean (apple, orange, lemon, kale, celery, parsley, ginger)
- \$7.2 • Super Detox (carrot, orange, kale, celery, beet and ginger)
- \$6.4 • Immune Boost (carrot, orange, turmeric and ginger)
- \$7 • Apple Ginger Ale (apple, lemon, ginger and cayenne)
- \$7 • Paradise (grapefruit, apple, pear, celery, ginger)

"Om-Nom" SMOOTHIES \$6 14oz

Choose Almond Sesame or Coconut Hemp milk. All smoothies have a base of bananas, oranges & dates.

- Indigo (blueberry)
- Cotton Candy (strawberry)
- Piña Colada (pineapple)
- Blossom (mango)
- Merry Berry (blueberry, raspberry & strawberry)

Super Smoothies \$7 14oz

- Tonik Exotik (blueberry, strawberry, raspberry, pineapple & mango)
- Royal Green (mango & kale)
- Chocorific (cacao powder, almond butter, bananas)

add a fruit \$0.50 add Superfood \$0.50 to \$1

OTHER TANTALIZING THIRST QUENCHERS!

- Fresh Almond Milk** \$4
Made fresh in Tao's kitchen with sprouted almonds and sesame seeds.
- Fresh Coconut Milk,** \$4
Shredded coconut, hemp hearts and dates give this milk its rich texture and fresh taste.
- Kombucha** ~ Available in an assortment of flavours \$4.4
- Lemon Ginger Magic** ~ Lemon, ginger, & hot water. Add honey to taste. \$4
- Chai or Matcha Latte, Hot Chocolate** \$6
Made with either our fresh almond or coconut milk.



Fairtrade Coffee ~ Paradise Mountain Organic Coffee is a bird friendly family of growers, roasters and coffee lovers. They are committed to providing the highest quality, awareness and ethical standards with every bag of their coffee.

Espresso \$2.5 Americano \$2.5 Decaf \$2.5 Latte \$3.5 Cappuccino \$4

Pot of Namasthé SustainabiliTea ~ Earl Grey, Mountain Mint, EchinaChai, Jasmine Green Dragon, Fresh Track Breakfast, Savasana \$3 From Whistler, BC!

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FRESH START



Scrumptious Crêpes

Exquisite texture with an amazing blend of flavours! Topped with maple cream that is to live for!

\$4 *single* \$10 *trio*



Granola Clusters *with Fresh Almond or Coconut Milk*

Sprouted buckwheat and seed granola with raisins, goji berries, dates and cinnamon. A tasty and cruchy way to wake your mouth UP!

With fresh fruit and your choice of coconut or almond milk

\$8.

Wheat Grass

A SUPER SHOOTER! Wheat grass provides chlorophyll, amino acids, minerals, vitamins, and enzymes.

Pound for pound, wheatgrass is more than twenty times denser in nutrients than other choice vegetables.

1oz \$3 2oz \$5



Fresh Fruit

Great as a snack or to enhance any other menu item.

\$1 each



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SOUPS n' SIDES

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Borscht Soup

Our organic raw soups will astound you with their flavor and texture. This earthy tasting cream of beets will liven up your day! Beets, red bell pepper, tamari wheat free, tahini and paprika.

\$5.8

Butternut Squash & Cilantro Soup

So fresh and colourful! A tasty mixture of butternut squash, bell pepper, celery, onion, avocado, tamari and cilantro.



Cooked Soup du Jour

Lovingly created with fresh tasty produce - slow cooked and full of flavour for you to savour!

\$5.8



Wild Rice Salad ~ A surprising explosion of flavour for your palate! Bloomed wild rice, chiffonade kale, julienned carrots and bell peppers, beets and a tangy ginger dressing come together to create this taste sensation.

small \$6 large \$10

Salad Bar

You are the chef! Choose from an assortment of greens, fruits, sprouts and superfoods when creating your salad. Each visit will offer a new experience, a different combination of tastes and sensations.

\$0.04 per gram



Mamie's Crackers ~ Agat's mother changed her cracker recipe by mistake, and what a delicious mistake it is! Vegetables and sprouted buckwheat, light and crisp served with dill nut cheese or nut pâté.

\$4.8

Extra scoop of cheese or pâté add \$3



Kracklin' Kale Chips

A superbly light yet delicious snack, these will melt in your mouth. Crispy kale seasoned to perfection! A great addition to any meal.

\$3

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Café

by

TAO™

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ENTRÉES



Rawkin' Pizza

This fresh 4 inch pizza beats the slice hot out of the oven. Wheat free sprouted buckwheat crust topped with dill nut cheese, sweet chili sauce, chiffonade kale, julienne carrots, cauliflower fleurettes and marinated mushrooms.

\$4.8



The Real Lasagna

This will change the way you think a lasagna should be! Layers of zucchini noodles, marinara sauce, nut cheese, spinach and marinated mushrooms guaranteed to make even a carnivore drool.

\$9



Gaia Burger

Let Gaia nourish and refresh you! A hearty patty of sprouted sunflower seeds, walnuts and almonds is topped with sweet chili sauce, nut cheese, tomato, cucumber, and sprouts, all wrapped in a lettuce leaf.

\$6.8



Nori Roll

The dulce and kelp brings you the taste of the sea! Vegan sushi-style rolls. Sea pâté, avocado, julienne carrots, bell pepper and spinach wrapped in Nori paper.

\$7.2



Falafel Wrap

Not your average street vendor's fare. TAO's famous falafel, smothered in nut cheese, topped with tomato, cucumber and sprouts, all wrapped in lettuce.

\$6.4



Parvati's Rolls

Sweet, savoury and oh so healthy! Collard leaves stuffed with sprouted sunflower seeds, walnuts and almond pâté, julienned carrots and bell pepper and a spicy sweet raisin chutney.

\$5.4

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SWEETS

NorShore "Please" Cakes

Small divine desserts ... have one for a little bite ... have two, no need to choose! ... Have three and indulge ... have more and share the joy! *(And they're SUGAR FREE!)* **\$3.5** each



Lucuma
(loo-KOO-mah) From Peru, delicate sweet maple like flavour with a banana cashew layer and a walnut crust.



Maqui
(mah-KEE) Also known as a Chilean wine berry, deep purple colour and lovely fruity taste with a banana cashew layer and a walnut crust.



Lemon & Blueberry Coulis
Young coconut meat and lots of lemon juice and zest on a pecan raisin crust.



Mesquite
(MESS-keet) A legume with high protein content, caramel like flavour with a banana cashew layer and walnut crust.



Açai Berry
(ah-SIGH-ee) Known for its high nutritional content, smooth and fruit with a banana cashew layer and walnut crust.



Chocolate
Sweetend to perfection, fruity and full of nutty notes with banana cashew layer and walnut crust.



Double Chocolate
Double the pleasure! The best way to get your chocolate fix!



Life Drops
25,200 Antioxidants in a single spoonful of raw chocolate!

\$2 love \$4 love life
\$6 live to love



Choco Dreams
Chocolate spheres made with flax, coconut oil, raisins, cacao powder, then rolled in shredded coconut, maca, hemp hearts or cinnamon. **\$2.6** each



Coconut Orbs

These delicious coconut orbs come in two flavours: a well-balanced chocolate and a sweet-sour lemon. Great as a dessert or simply a healthy snack for those with a sweet tooth. And it is sugar-free!

\$1.25 each

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Digging DEEPER into the TAO

What is raw vegan cuisine? Our delicious food is prepared in a way that preserves nutrients and keeps enzymes alive ... from the garden to your plate to your mouth!

Check out the taoorganics.com website to learn even more about this exciting and very tasty topic!

Eating vegetables, fruits, sprouted nuts and seeds is so flavourful! Actually, it is to live for!

Wondering what raw vegan cuisine might taste like? Ask any of our wonderful assistants at Café By Tao to give you a sample. Give your taste buds a fresh nutritious experience!

How does one "cook" raw food?

The creating of a raw food masterpiece usually takes many steps and requires a Master's touch to bring out the flavours and textures of the meal in a tantalizing way.

Agat Mathieu has been creating raw food works of art for the better part of a decade. Using choice organic ingredients and proven preparation techniques, she and her trained staff bring to **Café by TAO** a selection of culinary plates that will please even the most resistant Raw Food skeptic. Great taste and healthy eating is what makes the TAO experience so wonderful.

The best way to understand Raw Cuisine is to EAT Raw Cuisine! You'll realize it is not just a salad in a bowl. It is a wonderful healthy adventure that feeds the body and the soul!



ALL ABOUT INGREDIENTS:



Tao Organics was created from love and respect for our beautiful planet.

Our dishes are made with 100% organic ingredients in a process that keeps all nutrients alive and vital. We call our café's offerings Raw Vegan Cuisine.

We buy our ingredients from local farmers and businesses first. Heartfully harvested with deliciousness, and with you taste buds in mind.

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Açaí

(ah-SIGH-ee) The Brazilian Açaí berry is known to have the following properties: antioxidant, antibacterial, anti-cancer, anti-inflammatory, strengthens cardiovascular system, contains very high amounts of essential fatty acids and omega 3, 6, and 9. Vitamins A, B1, B2, B3, C, and E. Rain forest of South America.

Almond Milk

filtered water, almonds, sesame seeds, dates, vanilla powder, Himalayan salt.

Cakes with banana layer (Açaí, Chocolate, Lucuma, Maqui, Mesquite)

Crust: soaked walnuts, shredded coconut, dates. Filling: flavour of your choice, fair trade banana, whole cashews, dates, soaked almonds, coconut oil, ground vanilla bean, Himalayan salt.

Chili (Sweet)

tomatoes, sundried tomatoes, lemon juice, raisins, garlic, chili powder, oregano, cumin, onion powder, ground peppercorn, Himalayan salt.

Choco Dreams

golden flax, dates, raisins, whole cashews, cacao powder, coconut oil, vanilla powder, Himalayan salt. Rolled in shredded coconut, maca, cinnamon or hemp hearts.

Chocolate & Lemon Orbs

cacao powder or lemon zest, shredded coconut, lemon juice, coconut oil, dates, filtered water, Himalayan salt, vanilla powder.

Chutney

raisins, lemon juice, ginger, curry, garlic.

Coconut Milk

filtered water, shredded coconut, hemp hearts, dates, vanilla powder, Himalayan salt.

Crêpes

Crêpe: young coconut meat, apples, golden flax, dates cinnamon, Himalayan salt. Filling: apples, walnuts, raisins, maple syrup, lemon juice, lemon zest, cinnamon, Himalayan salt. Maple Cream: macadamia nuts, young coconut meat, maple syrup, coconut butter, vanilla powder, cinnamon, Himalayan salt.

Croûtons

sprouted almonds, soaked sesame seeds, soaked golden flax, celery, parsley, filtered water, garlic, onions, Himalayan salt.

Double Chocolate Cake

Crust: shredded coconut, coconut oil, cacao powder, dates. Filling: cacao powder, whole cashews, dates, soaked almonds, coconut oil, vanilla powder, Himalayan salt.

Falafel

sprouted chickpeas, sprouted sunflower seeds, onion, cilantro, parsley, tahini, lemon juice, garlic, tamari wheat free (pasteurized), cumin.

Granola Clusters

sprouted buckwheat, dates, filtered water, sprouted sunflower seeds, sprouted pumpkin seeds, soaked sesame and golden flax seeds, raisins, goji, cinnamon.

Kale Chips

kale, tahini, tamari wheat free (pasteurized), apple cider vinegar, lemon juice, nutritional yeast (pasteurized), garlic.

Lasagna

Herb Nut Cheese: filtered water, almonds, macadamia nuts, lemon juice, nutritional yeast (pasteurized), basil, thyme, Himalayan salt. Marinara Sauce: tomatoes, sundried tomatoes, bell pepper, cayenne, black pepper, basil, oregano, thyme, Himalayan salt.

Lemon Blueberry Coulis Cake

Crust: pecans, raisins, dates, cinnamon, Himalayan salt. Filling: macadamia nuts, young coconut meat, coconut oil, lemon juice, dates.

Life Drops

golden flax, dates, raisins, whole cashews, cacao powder, coconut oil, vanilla powder, Himalayan salt.

Lucuma

(loo-KOO-mah) An excellent source of carbohydrates, fiber, vitamins, and minerals - including remarkable concentrations of beta-carotene, Vitamin B3 (niacin), and iron. It has a sweet maple like flavour. Peru, Chile and Ecuador.

Mamie's Crackers and Pizza Crust

sprouted buckwheat, carrots, onion, celery, ground flax seeds, olive oil, Italian seasoning, Himalayan salt.

Maqui

Maqui berries (mah-KEE) are small, dark purple to black berries found on trees growing in the Patagonia region of Chile and Argentina. It is also known as the Chilean wineberry. Consumed by the Mapuche Indians for centuries to improve stamina and strength in their warriors, as well as overall health for their people.

Marinated Mushrooms

Crimini mushrooms, tamari wheat free (pasteurized), olive oil, garlic.

Mesquite

(MESS-keet) A leguminous plant found in arid areas around the world, including parts of South America and the southwestern U.S. High protein meal contains good quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. Mesquite is high in fiber, moderate in sugar, and eight percent protein. It has a sweet, rich, molasses like flavour with a hint of caramel.

Nut & Seed Burger and Nut & Seed Pâté

sprouted almonds, soaked walnuts, sprouted sunflower seeds, bell pepper, celery, parsley, onion, ginger, garlic, seasoning, Himalayan salt.

Nut Cheese

sprouted almonds, macadamia nuts, pine nuts, onion, celery, dill, lemon juice, filtered water, garlic, Himalayan salt.

Sea Pâté

sprouted almonds, carrots, celery, parsley, onion, lemon juice, kelp, dulce, Himalayan salt.

Zughetti

Alfredo Sauce: cashews, water, dill or marinated mushrooms, lemon juice, garlic, Himalayan salt, ground peppercorn. Marinara Sauce: tomatoes, sundried tomatoes, bell pepper, cayenne, black pepper, basil, oregano, thyme, Himalayan salt.



INGREDIENTS

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