

LOLA ROSA

Breakfast • Weekend Brunch • Dinner

LITTLE TREATS | TO SHARE

NACHOS \$ 15.00

Corn chips with black beans and salsa, melted “cheese”, peppers, tomatoes, grilled corn, and green onions. Served with sour “cream” and peacamole.

LEBANESE-STYLE EGGPLANTS \$ 13.00

Tomatoes and lentils simmered with Levantine spices, creamy hummus, fresh mint, and capers.

QUESADILLAS \$ 14.00

Tortillas with ‘beef’ and ‘chorizo’ filling, black beans, rice, and melted ‘cheese’, served with sour “cream”, pickled onions, grilled corn, cilantro, and peppers.

Add peacamole + 2 \$

COMFORT SOUP OF THE DAY \$ 7.00

Ask your server for today’s special creation.

Add bread + 1 \$

MISO SOUP \$ 5.00

Miso broth with tofu, mushrooms, and green onions.

SALADS

WINTER BLISS \$ 17.00

Roasted broccoli, herb-roasted potatoes, lentils, “feta”, toasted nuts and seeds, pickled onions, cranberries, and fresh herbs. Served with a creamy tahini and cranberry balsamic dressing.

Add bread + 1 \$

THE CAESAR \$ 16.00

Romaine lettuce, cashew “parmesan”, seitan “bacon”, smoked puffed quinoa, and garlic croutons.

Lola's tips

Add plant-based protein to your salads.

Braised tofu + 7 \$ / Shredded hemp & lentils + 5 \$ / “Bacon” + 3 \$

SANDWICHES

SMOKED “MEAT” \$ 14.50

Toasted bread, mustard, smoked carrot rillettes, caramelized onions and BBQ-smoked seitan “meat”. Served with pickles.

A reimagined Montreal classic.

BANH MI \$ 14.00

Crispy baguette, Thai sauce, marinated seitan “meat” with Thai and sesame flavors, pickled daikon, carrots and cucumbers, fresh cilantro.

Add a Thai salad + 4 \$ / Miso soup + 5 \$

HOT DOGGY DOG \$ 13.00

Mustard, grilled “sausage”, coleslaw, pickle relish, mustard caviar, pickled onions, and herbed mustard “cream”.

Add Herb-Roasted Potatoes + 4 \$ / Cajun sweet potatoes + 5 \$

BURGERS

SMOKY HOUSE CHEESY BURGER \$ 13.00

Brioche bun, lentil & tofu patty, smoked BBQ sauce, caramelized onions, double melted “cheese”, lettuce, tomatoes, and dill pickles.

Add a double patty + 3 \$

LATINO BURGER \$ 13.00

Brioche bun, “chorizo” patty, melted “cheese”, chipotle mayo, coleslaw, tomato, pickled red onions, and house salsa.

Add a double patty + 3 \$

Lola's tips

For extra happiness, add Cajun-spiced sweet potatoes + 5 \$ / coleslaw + 4 \$ / green salad + 4 \$.

For your safety, please inform your server of any allergies when placing your order.
The following allergens are used in our kitchen and may come into contact with your dish.



Suitable for a gluten-sensitive diet



Contains nuts and/or peanuts



Suitable for a soy-sensitive diet




Considered spicy

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MAIN COURSES

INDIAN CURRY \$ 20.00 
Sweet potato, carrot, green bean, turnip, and tofu curry, simmered in coconut milk and spices.
Served with rice, raita sauce and warm pita.

CHILI SIN CARNE \$ 17.00
Texas-spiced chili with seitan “meat”, beans, tomatoes, onions, and peppers. Served with sour “cream”, grilled corn, and cilantro, alongside rice and corn chips.


Add peacamole + 2 \$ | coleslaw + 4 \$ | swap rice for sweet potatoes + 5 \$

THAI-STYLE BRAISED TOFU \$ 19.00   
Maple-soy marinated tofu with lime, cilantro, and ginger, stir-fried with bell peppers, carrots, cabbage, and roasted broccoli. Topped with cilantro and lime.
Served with rice.

Add cilantro crema + 2 \$ | Thai salad + 4 \$

SICILIAN-STYLE “MEATBALLS” \$ 20.00 
Italian-style “meatballs” served in a Sicilian tomato sauce with roasted eggplant, olives, capers, and onions, topped with Pangrattato. Served with rice.

Team Favorite ❤️

THE LEGENDARY NACHOS \$ 23.00 
Corn chips with black beans and salsa, melted “cheese”, peppers, tomatoes, grilled corn, and green onions. Served with sour “cream” and peacamole.


Add chili + 4 \$ | “chorizo” + 4 \$ | feta + 2 \$

LASAGNA \$ 16.00 
Tomato sauce with mushrooms and caramelized onions, topped with a creamy bechamel.

Lola's tips


Add a caesar salad + 5 \$ or a green salad + 4 \$ to your lasagna.

SIDES



THAI SALAD \$ 7.00 
White cabbage, red cabbage, carrots, cucumber, bell pepper, onion, daikon, beans, cilantro, and mint. Served with Thai dressing.

CAJUN-SPICED SWEET POTATOES \$ 7.00 

HERB-ROASTED POTATOES \$ 6.00 

HALF CAESAR \$ 8.00 
Romaine lettuce, cashew “parmesan”, seitan “bacon”, smoked puffed quinoa, and garlic croutons.

COLESLAW \$ 6.00 


GREEN SALAD \$ 7.00  


HOUSE-MADE SAUCE +2.00 \$



Elevate your dish with one of our house-made sauces.


Cilantro crema · Queso (melted cheese) · Indian raita · Chipotle · Salsa · BBQ · Mayonnaise · Thai mayo · Sour “cream” · Mustard & herb cream · Cajun mayo.

DESSERTS

CHOCOLATE AND CARAMEL TART \$ 8.00 
Served on a graham cracker and pecan base, with salted caramel and topped with chocolate sauce.

LEMON PIE \$ 8.00 
Served with whipped cream.

CHOCOLATE BROWNIE \$ 8.00  
Served with our vanilla and coconut ice cream, peanut sauce and chocolate sauce.

SORBETS \$ 3.50 Small Size \$ 6.00 Big Size 
Ask your server about today's flavors.

DESSERT OF THE MOMENT
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