



Menu

OPLANTE Vegan Sushi & Wok Végétalien

2115 Rue St-Denis, Montréal QC H2X 3K8, Canada | (514) 848-0513

Most Ordered



Combo Maki classique (16mcx) / Classic Maki Combo (16pcs)

CA\$30.00

Végétalien. Saumon épicé (4), océan (4), Yasai Tempura (4), California (4). /
Vegan. Spicy Salmon (4), ocean (4), Yasai tempura (4), california (4)



Legume tempura mix / Mix Vegetable Tempura

CA\$8.99

Végétalien. 8 mcx. / Vegan. 8 pcs



(E) Raviolis à la sauce d'arachide (6) / (E) Ravioli with Peanut Sauce (6)

CA\$7.99

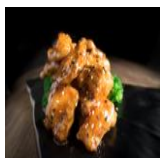
Chou, soja, farine, carotte, céleri, huile sésame, tomate, cari, poivre noire,
champignons et sauce d'arachide. / Cabbage, soy, flour, carrot, celery, sesame oil,
tomato, curry, black pepper, mushrooms and peanut sauce



(W) Vege poulet général tao / (W) Vege Chicken General Tao

CA\$15.99

Battered vegetable-based chicken, typically includes a mix of vegetables,
deep-fried and tossed in a sweet and spicy General Tso sauce.



(W) "Bouf" croustillant avec sésame / (W) Crispy "Beef" with sesame

CA\$15.99

Végétalien. / Vegan



Crevette sel et poivre / Salt & Pepper Vege Shrimps

CA\$8.99

Végétalien. 8mcx. / Vegan. 8pcs.



(E) Tofu Frit / (E) Fried Tofu

CA\$8.99

Deep-fried tofu served with a side of dipping sauce, often accompanied by garnishes
such as bonito flakes or green onions.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



Classic Boba

Végétalien. Thé au lait d'avoine classic avec tapioca. / Vegan. Classic oat milk tea with tapioca

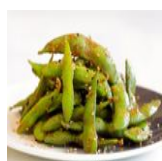
CA\$7.99



(P) Sushi pizza Yasai (4)

Concombre, avocat, crab, poivron, mayo épicé. / Cucumber, avocado, crab, Bell pepper, spicy mayo

CA\$9.99



(E) Edamame

Edamame avec sésame et shichimi. / Edamame with sesame and shichimi.

CA\$6.99

Combo



Deluxe combo (60mcx) / Deluxe Combo (60pcs)

Végétalien. Océan (8) Yasai tempura (6) avocat (8) impérial (6) dragon (5) saumon épicé (5) unique (6) fromage jalapeno (5) jardin (5) saumon nigiri (3) volcana Inari (3). / Vegan. Ocean (8) Yasai tempura (6) avocado (8) imperial (6) dragon (5) spicy Salmon (5) unique (6) jalapeno cheese (5) jardin (5) Salmon nigiri (3) volcana inari (3)

CA\$88.00



Combo Maki classique (16mcx) / Classic Maki Combo (16pcs)

Végétalien. Saumon épicé (4), océan (4), Yasai Tempura (4), California (4). / Vegan. Spicy Salmon (4), ocean (4), Yasai tempura (4), california (4)

CA\$30.00

Combo Maki classique (36mcx) / Maki & Nigiri Combo (36pcs)

CA\$49.99

Végétalien. Saumon épicé (4) océan (4) California (4) Yasai tempura (4) avocat (8) impérial (6) samon (4) volcano (2). / Vegan. Spicy Salmon (4) ocean (4) california (4) Yasai tempura (4) avocado (8) imperial (6) samon (4) volcano (2)

Café & Thé (végétalienne) / Coffee & Bubble Tea (Vegan)



Okinawa

Végétalien. Latté au sucre roux avec gelée d'herbes et tapioca. / Vegan. Brown sugar milk tea with grass jelly and tapioca

CA\$6.99



Tea18 Deluxe

Végétalien. Thé au lait d'avoine à base de thé noir avec : tapioca, gelée coco, pudding et de la gelée d'herbe. / Vegan. Black tea based oat milk tea includes: tapioca, coconut jelly, pudding and grass jelly

CA\$6.99

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



Glace à la fraise et au litchi / Strawberry & Lychee Slush

CA\$6.99

Végétalien. Avec gelée de litchi. / Vegan. With lychee jelly



Matcha Lavender

CA\$6.99

A blend of matcha and lavender with creamy plant-based milk, topped with lavender buds.

Smoothie au melon de miel et au matcha / Honeydew & Matcha Smoothie

CA\$6.99

Végétalien. Avec gelée de litchi. / Vegan. With lychee jelly

La beauté du litchi / Lychee Beauty

CA\$6.99

Végétalien. Thé vert au litchi servi avec gelée de litchi. / Vegan. Fresh lychee green tea served with lychee jelly



Aiyu passion et citron vert (v) / Passion & Lime Aiyu (V)

CA\$6.99

Végétalien. Thé vert au fruit de la passion et citron vert, servi avec aiyu. / Vegan. Fresh passion fruit and lime green tea, served with aiyu



Ameri-coco

CA\$6.99

A layered blend of rich coffee and creamy coconut milk, topped with ice.

Taro frais / Fresh Taro

CA\$6.99

Végétalien. Thé au lait d'avoine à base de thé au jasmin avec purée de taro frais et tapioca. / Vegan. Jasmine tea based oat milk tea with fresh mashed taro and tapioca



Matcha latte au tapioca / Matcha Latte With Tapioca

CA\$6.99

Végétalien. Matcha Latté (lait d'avoine) avec tapioca. / Vegan. Matcha latte (oat milk) with tapioca



Tea18 thé classique aux fruits frais / Tea18 Classic Fresh Fruit Tea CA\$6.99

Végétalien. Thé aux fruits frais de saison. / Vegan. Seasonal fresh fruit tea

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



Thé vert raisin / Grape Green Tea

CA\$6.99

Végétalien. Thé vert au raisin. / Vegan. Grape green tea



Rose Latte

CA\$6.99

Aromatic latte with creamy foam, topped with delicate rose petals.



Sicilia Coffee

CA\$6.99

Layered coffee with a hint of citrus, garnished with lime slices and a sprig of mint.



Matcha Latte

CA\$6.99

Creamy blend of matcha green tea and plant-based milk, topped with a frothy layer.



Lavender Latte

CA\$6.99

A creamy latte infused with aromatic lavender, topped with a sprinkle of dried lavender flowers.



Orange-cano

CA\$6.99

A layered blend of orange juice and coffee, garnished with a slice of fresh orange.



Classic Boba

CA\$7.99

Végétalien. Thé au lait d'avoine classic avec tapioca. / Vegan. Classic oat milk tea with tapioca



Boba à la mangue / Mango Boba

CA\$6.99

Végétalien. Slush de mangue fraîche avec boule magique à la mangue. / Vegan. Mango slush with popping ball and fresh mango

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

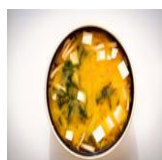
Entré / Entrée



Legume tempura mix / Mix Vegetable Tempura

CA\$8.99

Végétalien. 8 mcx. / Vegan. 8 pcs



(SO) Soupe miso / (So) Miso Soup

CA\$4.50

Tofu, algue, champignon shimeji, chou nappa et pâte de miso. / Tofu, seaweed, shimeji mushroom, nappa Cabbage and miso paste.



(E) Tofu Frit / (E) Fried Tofu

CA\$8.99

Deep-fried tofu served with a side of dipping sauce, often accompanied by garnishes such as bonito flakes or green onions.



(E) Gyozas frits (6) / (E) Fried Gyoza (6)

CA\$6.99

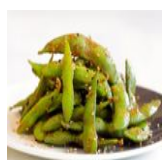
Chou, protéine de soja, farine, carotte, céleri, huile sésame, tomate, cari, poivre noire, champignons et arachide. / Cabbage, soy Protein, flour, carrot, celery, sesame oil, tomato, curry, black pepper, mushrooms and peanuts.



(E) Raviolis à la sauce d'arachide épicé (6) / (E) Ravioli with Spicy Peanut Sauce (6)

CA\$7.99

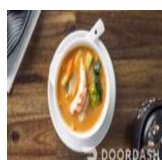
Chou, soja, farine, carotte, céleri, huile sésame, tomate, cari, poivre noire, champignons et sauce d'arachide épicée. / Cabbage, soy, flour, carrot, celery, sesame oil, tomato, curry, black pepper, mushrooms and spicy peanut sauce.



(E) Edamame

CA\$6.99

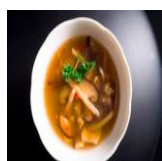
Edamame avec sésame et shichimi. / Edamame with sesame and shichimi.



(SO) Soupe Tom yum / (SO) Tom Yum Soup

CA\$5.00

A hot and sour soup combining shrimp, mushrooms, lemongrass, and kaffir lime leaves, often highlighted with a hint of chili.

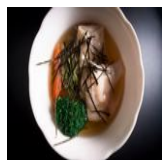


(SO) Soupe aigre-douce / (SO) Hot & Sour Soup

CA\$4.50

A spicy and tangy broth typically includes tofu, mushrooms, and bamboo shoots.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



(SO) Soupe wonton / (SO) Wonton Soup

CA\$4.50

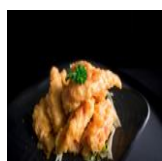
A comforting broth filled with pork wontons, typically garnished with green onions and seasoned with a hint of sesame oil.



(E) Frites de patates douces / (E) Sweet Potato Fries

CA\$5.99

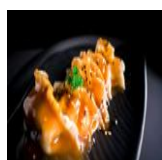
Patate douces biologique. / Organic sweet potatoes



Crevette sel et poivre / Salt & Pepper Vege Shrimps

CA\$8.99

Végétalien. 8mcx. / Vegan. 8pcs.



(E) Raviolis à la sauce d'arachide (6) / (E) Ravioli with Peanut Sauce (6)

CA\$7.99

Chou, soja, farine, carotte, céleri, huile sésame, tomate, cari, poivre noire, champignons et sauce d'arachide. / Cabbage, soy, flour, carrot, celery, sesame oil, tomato, curry, black pepper, mushrooms and peanut sauce

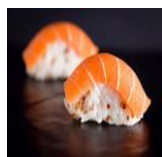


(E) Gyozas poêlés (6) / (E) Pan-fried gyoza (6)

CA\$7.99

Chou, protéine de soja, farine, carotte, céleri, huile sésame, tomate, cari, poivre noire, champignons et arachide. (Avec sauce épicée). / Cabbage, soy Protein, flour, carrot, celery, sesame oil, tomato, curry, black pepper, mushrooms and peanuts (with spicy sauce).

Nigiris



(NI) Saumon (2) / (NI) Vege Salmon (2)

CA\$4.75

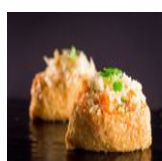
Saumon à base de konjac, riz & quinoa. / Salmon with konjac, rice & quinoa



(NI) Volcano (2)

CA\$4.99

"Thon" à base de konjac, inari, patate douce croustillante, mayo épicé. / "Tuna" with konjac, inari, crispy sweet potato, spicy mayo



(NI) Oasis (2)

CA\$4.99

"Saumon" à base de konjac, inari, tempura et wasabi. / "Salmon" with konjac, inari, tempura and wasabi.

Sushi (specialité de chef) / Sushi (Chef's Specialty)

(U) Avocat (8 mcx) / (U) Avocado (8 Pcs)

CA\$6.99

Nori, sushi rice, and avocado, typically assembled in a roll format, making up eight pieces.

(U) California (8 mcx) / (U) California (8 pcs)

CA\$7.99

"Crabe" Konjac, avocat, kappa, riz soufflé et mayo végétalienne. / Konjac "crab", avocado, kappa, puffed rice and Vegan mayo.



(S) Pistache (6 pcx) / (S) pistachio (6 pcs)

CA\$13.00

Pistache, champignon shiitake, concombre, avocat, salade verte, Mozzarella végétalienne, tamago végétalien, asperge et kani végétalien. / Pistachio, shiitake mushroom, cucumber, avocado, green salad, Vegan mozzarella, Vegan tamago, asparagus and Vegan kani.

(U) Thon épicé (8mcx) / (U) Spicy Tuna (8 Pcs)

CA\$12.00

Végétalien. / Vegan

(U) Avocat & yam (8 mcx) / (U) Avocado & Yam (8 Pcs)

CA\$6.99

Avocat et patate douce. / Avocado and sweet potato.



(P) Sushi pizza Yasai (4)

CA\$9.99

Concombre, avocat, crab, poivron, mayo épicé. / Cucumber, avocado, crab, Bell pepper, spicy mayo

(U) Kappa (8mcx) / (U) Kappa (8 pcs)

CA\$6.99

Cucumber sushi rolls, typically includes eight pieces, wrapped in seaweed without additional fillings or toppings.



(P) Pizza "Saumon" jalapeño (4) / (P) Vege Salmon Jalapeño (4)

CA\$8.50

Jalapeño, tamago végétalien, poivron rouge, kani végétalien, inari, avocat, tempura croustillant, cheddar végétalien, radis cerise et sésame. / Jalapeño, Vegan tamago, red pepper, Vegan kani, inari, avocado, crispy tempura, Vegan cheddar, cherry radish and sesame.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

(H) Inari (6 mcx) / (H) Inari (6 pcs)

CA\$4.99

Inari sushi consists of seasoned sushi rice tucked inside sweetened fried tofu pouches, typically served in six pieces.

(S) Jalapeño "Fromage" (6pcx) / (S) Jalapeño "Cheese" (6 Pcs)

CA\$12.00



Jalapeño halves filled with a creamy cheese blend, typically includes a touch of ingredients, served as six pieces.

(S) Supreme (8mcx) / (S) Supreme (8 Pcs)

CA\$12.00

Typically includes a selection of the chef's chosen ingredients, such as spicy salmon and shrimp tempura, wrapped in soya paper with a hint of mango and shiso leaf.

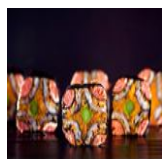
(S) Saumon épicé (8 mcx) / (S) Spicy Salmon (8 Pcs)

CA\$12.00

Végétalienne. Saumon à base de konjac, Concombre, avocat, poivron rouge, tempura, mayo épicé. / Vegan. Salmon made with konjac, cucumber, avocado, red pepper, tempura, spicy mayo.

(S) Quatre roses (6 mcx) / (S) Four Roses (6 Pcs)

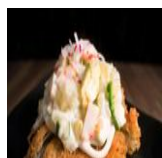
CA\$14.00



Bacon à base de soya, asperge, patate douce, tempura et mayo épicé. / Soy bacon, asparagus, sweet potato, tempura and spicy mayo.

(P) Sushi pizza tropicale (4) / (P) Sushi Pizza Tropical (4)

CA\$7.99



Concombre, ananas, avocat, crab, mayo. / Cucumber, pineapple, avocado, crab, mayo

(S) Printemps (8 mcx) / (S) Spring (8 Pcs)

CA\$13.50



"Sashimis" (à base de konjac), avocat, gobo, shiitake, avocat et mangue. / Sashimi" (made with konjac), avocado, gobo, shiitake, avocado and mango.

(S) été (8 mcx) / (S) Summer (8 Pcs)

CA\$13.50



Tamago végétalien, feuille de shiso, champignon shiitake, gobo & carrote, avocat, concombre, fleur de kiku, mayo épicée végétalienne et poudre épicée. / Vegan tamago, shiso leaf, shiitake mushroom, gobo & carrot, avocado, cucumber, kiku flower, vegan spicy mayo and spicy powder.

(S) Nature (8 mcx) / (S) Natural (8 pcs)

CA\$12.00



Riz brun, Concombre, carot, poivron, wakame, tofu. / Brown rice, cucumber, carrot, pepper, wakame, tofu

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

(H) Shiitake (6 mcx) / (H) Shiitake (6 pcs)

CA\$4.99

Shiitake mushrooms, served on sushi rice, often accompanied by subtle flavors that complement the earthiness of the mushrooms.



(S) Jardin (6 mcx) / (S) Garden (6 pcs)

CA\$13.00

Mangue, kiwi, avocat, salade verte, feuille de shiso, champignon shiitake, asperge, poivron, gombo zuke, oshinko, épinard, micropousses et sauce aux abricots. / Mango, kiwi, avocado, green salad, shiso leaf, shiitake mushroom, asparagus, pepper, zuke okra, oshinko, spinach, microgreens and apricot sauce.



(S) Automne (8 mcx) / (S) Autumn (8 Pcs)

CA\$13.50

Crabe végétalien, tempura, poivron vert, poivron rouge, patate douce, avocado et mayo épicé. / Vegan crab, tempura, green pepper, red pepper, sweet potato, avocado and spicy mayo.



(P) Pizza "Calmars" & Maïs (4) / (P) Vege Squid Ring & Corns (4)

CA\$7.99

Sushi pizza featuring a crispy rice base, topped with squid rings and corn, typically includes a blend of savory sauces and a sprinkle of sesame seeds for added texture.

(H) Oshinko (6 mcx) / (H) Oshinko (6 pcs)

CA\$4.99

Rolled sushi featuring pickled radish, typically includes six pieces per order, prepared in the traditional Japanese style.

(H) Tamago végétalien (6 mcx) / (H) Vegan Tamago (6 Pcs)

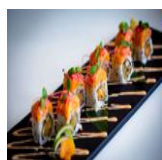
CA\$4.99

Sliced vegan egg alternative on sushi rice, typically includes a blend of vegetable-based ingredients to mimic traditional tamago.

(S) Dragon eye (6 pcx)

CA\$12.00

Végétalienne. Rouleau de sushi frit au concombre, avocat au poivron rouge, crabe végétalien, mayonnaise végétalienne. / Vegan. Fried sushi roll with cucumber, red pepper avocado, Vegan crab, Vegan mayo



(S) Océan (8 mcx) / (S) Ocean (8 pcs)

CA\$13.50

Thon végétalien, courgette, aubergine, igname, poivron, tempura croustillant, micropousses et mayo épicée végétalienne. / Vegan tuna, zucchini, eggplant, yam, pepper, crispy tempura, microgreens and spicy vegan mayo.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

Wok



Vege poulet aux anana / Pineapple Vege Chicken

CA\$15.99

Végétalienne. / Vegan



(W) Tofu à la sauce arachide / (W) Tofu With Peanut Sauce

CA\$15.99

Tofu with peanut sauce. Choose between soft or hard tofu.

Riz frit avec tofu / Fried Rice With Tofu

CA\$15.99

Végétalienne. / Vegan



(W) Tranches de "Boeuf" et brocoli sauté / (W) Slices Of "Beef" And Sautéed Broccoli

CA\$15.99

Sliced "beef" and broccoli, stir-fried together, typically includes onions and a savory house sauce.



(W) Pad Thai

CA\$15.99

Végétalienne. / Vegan



(W) Teppanyaki "Anguille" au shiitaké / (W) "Eel" Teppanyaki With Shiitake

CA\$15.99

Eel teppanyaki with shiitake mushrooms, typically includes a savory sauce, cooked on a hot iron griddle.



Canard impérial / Imperial Duck

CA\$17.99

Végétalienne. "Canard" croustillant au gluten enrobé de sauce maison, servi avec pokchay. / Vegan. Crispy Gluten "Duck" coated with house sauce, served with pokchay



(W) Plaisir de bouddha / (W) Buddha Pleasure

CA\$15.99

Stir-fried tofu and mixed vegetables in a savory sauce, typically includes ingredients like mushrooms, broccoli, and carrots, inspired by traditional Japanese flavors.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



(W) Noodle udon sauté / (W) Stir-fried Udon Noodle

CA\$15.99

Stir-fried udon noodles typically include a savory blend of vegetables and a soy-based sauce, wok-tossed to create a hearty dish.



(W) Ragoût d'aubergine et tofu / (W) Eggplant And Tofu Stew

CA\$15.99

Eggplant and tofu stewed together, typically includes a blend of traditional Japanese seasonings.



Noodle udon sauté vege fruit de mer / Stir Fried Udon With Vegan Seafood

CA\$17.99

Végétalienne. / Vegan



(W) Tofu général tao / (W) General Tao Tofu

CA\$15.99

Tofu with General Tao sauce. Choice of soft or hard tofu.



(W) Vermicelles style Singapour / (W) Singapore Style Vermicelli

CA\$15.99

Végétalienne. / Vegan

Riz frit avec cari / Curry Fried Rice

CA\$15.99

Végétalienne. / Vegan



(W) Fruits de mer sauté au sel et poivre / (W) Seafood Sautéed With Salt And Pepper

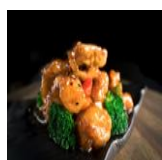
CA\$16.99

Seafood sautéed with a blend of salt and pepper, typically includes a medley of shrimp, scallops, and squid prepared in a wok.

(W) Tofu au gingembre et basilic / (W) Tofu With Ginger And Basil

CA\$15.99

Tofu with ginger and basil, choice of soft or hard tofu.

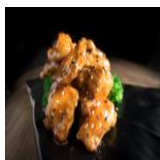


(W) Vege poulet général tao / (W) Vege Chicken General Tao

CA\$15.99

Battered vegetable-based chicken, typically includes a mix of vegetables, deep-fried and tossed in a sweet and spicy General Tso sauce.

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)



(W) "Bouf" croustillant avec sésame / (W) Crispy "Beef" with sesame **CA\$15.99**

Végétalien. / Vegan

Dessert

Gâteau Tiramisu / Tiramisu cake

CA\$6.95

100% végétalien & sans gluten. / 100% Vegan & gluten Free

Gâteau OREO (biscuit à la crème) / Oreo Cake (Cookie And Cream)

CA\$6.95

100% végétalien & sans gluten. / 100% Vegan & gluten Free



Boulette de sesame (6mcx) / Sesame Ball (6 Pieces)

CA\$6.99

Sesame balls, presented in a set of six, are deep-fried sticky rice dough encased with a generous layer of sesame seeds and traditionally filled with a sweet red bean paste.

Gâteau choco framboise / Chocolate Raspberry Cake

CA\$6.95

100% végétalien & sans gluten. / 100% vegan & gluten Free

Boissons / Drinks

Coca Zéro / Coke Zero

CA\$2.50

A carbonated beverage offering the classic Coca-Cola taste without the sugar, served in a can.

Sprite

CA\$2.50

Crisp, Refreshing Lemon-Lime Carbonated Drink

Canada Dry

CA\$2.50

Effervescent Ginger Ale, Refreshingly Crisp with a Hint of Citrus

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

Coca / Coke

CA\$2.50

A classic, carbonated cola with a sweet, caramel-like taste.

Extras

Extra riz brun / Extra Brown Rice

CA\$2.00

Extra serving of steamed brown rice, typically prepared as a simple, wholesome addition to your meal.

Extra mayo végétalienne / Extra Vegan Mayo

CA\$1.75

Végétalienne. / Vegan

Extra Soy Sauce

CA\$0.60

Traditional soy sauce, a staple condiment in Japanese cuisine, made from fermented soybeans and wheat.

Extra wasabi gingembre / Extra Wasabi Ginger

CA\$0.75

Pickled ginger and spicy wasabi, typically served to complement sushi dishes, enhancing their flavors.

Extra riz blanc / Extra White Rice

CA\$2.00

Steamed short grain white rice, typically served as an additional portion.

Extra mayo épicée végétalienne / Extra Vegan Spicy Mayo

CA\$2.00

Végétalienne. / Vegan

Poke

Sumo poke

CA\$16.99

Saumon, mayo épicée. Servie avec riz, salade, tempura, avocat, concombre, carotte, radis cerise, edamame. / Salmon, spicy mayo. Served with rice, salad, tempura, avocado, cucumber, carrot, cherry radish, edamame

Menu OPLANTE Vegan Sushi & Wok Végétalien Montreal (x Yuan)

Funa poke

CA\$16.99

Thon, sauce Yuzu Servie avec riz, salade, tempura, avocat, concombre, carotte, radis cerise, edamame. / Tuna, yuzu sauce. Served with rice, salad, tempura, avocado, cucumber, carrot, cherry radish, edamame
