



# Menu

## Archway

3683 Rue Wellington, Montréal, QC H4G 1V1 | (514) 766-3609

### Articles en vedette



#### SALADE KALE CESAR

25,00 \$

kale, romaine, aïoli, câpre, baycon archway, croquette tofu, violife parmesan Kale, romaine, aïoli, capers, baycon cliché, violife parm, tofu nugget, aïoli \*\*CONTIENT / CONTAINS : - Ail / Garlic - Oignon / Onion - Huile de tournesol / sunflower oil (bacon) -Soja/ Soy



#### CHICK'N WAFFLE

26,00 \$

gaufre de polenta et parmesan Violife, kale massé, croquette de tofu, guacamole au cornichon, crème sûre de cajou, jalapeño, sirop d'érable au chili, oignon vert, coriandre, baycon Archway émietté waffle, tofu croquette, massaged kale, cucumber guacamole, cashew cream cheese, fresh jalapenos, chili maple syrup, green onion, cilantro, Archway baycon crumble \*\*CONTIENT / CONTAINS : - Ail / Garlic - Oignon / Onion - Soja / soy - Tournesol / sunflower (in bacon)



#### BAGEL BLT

19,00 \$

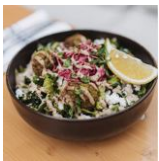
Bagel, aïoli pesto, avocat, baycon cliché, tomate fraîche, provolone, laitue bagel, aïoli pesto, avocado, vegan bacon cliché, provolone, fresh tomato, lettuce \*\*CONTIENT / CONTAINS : -Ail, Garlic (pesto sauce) -Oignon, Onion (bagel) -Sesame (bagel)



#### PANCAKE

24,00 \$

crème de pistache, ricotta d'amande, miel bumblebloom, bleuets sauvages, mélange de noix, fleur d'oranger pistachio cream, almond ricotta, bumblebloom honey, wild blueberry, nut mix, orange blossom \*\* CONTIENT / CONTAINS : - Noix (noisette, pistache, amande)



#### BOL FALAFEL

26,00 \$

kale massé, quinoa, chou mariné, cornichon, tomate cerise, falafel, hummus betterave, feta violife, crumble olive, vinaigrette tahini, herbes fraîches - massaged kale, quinoa, marinated cabbage, pickle, cherry tomato, falafel, beet hummus, violife feta, olive crumble, tahini dressing, fresh herbs allergènes: ail sésame Noix de coco (fromage)

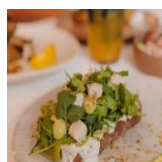


#### SALADE JAPONAISE

23,00 \$

Kale, romaine, quinoa, tofu asiatique maison, carotte, concombre, brocoli, chou rouge, poivron rouge, edamame, oignons vert, coriandre, avocat, sauce asiatique kale, romaine, quinoa, s, asian style tofu, red cabbage, red pepper, cucumber, carrot, edamame, brocoli, green onion, coriander, avocado, asian dressing \*\*CONTIENT / CONTAINS : - Ail / Garlic - Oignon / Onion - Soja / soy

## Menu Archway



### AVO GREAT DAY

22,00 \$

pain levain multigrain, tranches d'avocat, tzatziki, roquette, herbes fraîches, feta violife, dukkah de graine de citrouille, sauce avocat concombre sourdough bread, avocado slices, tzatziki, arugula, fresh herbs, violife "feta", pumpkin seeds dukkah, avocado cucumber sauce \*\*CONTIENT / CONTAINS : -Gluten (pain, bread)  
\* see gluten free option -Noix de cajou, cashew nuts (tzatziki) -Ail, Garlic (tzatziki)



### Brownie abierto

6,50 \$

contient des noix

## Plats soir

### Salade grecque

16,00 \$

tomate concombre et oignon, coulis de tomate, herbes fraîches, mousse style feta, crumble d'olive noir, origan - greek salad, tomato, cucumber & onion, tomato coulis, fresh herbs, feta style mousse, black olive crumble, oregano allergenes: Onion moutarde Noix de coco (fromage)

### AUBERGINE

15,00 \$

aubergine croustillante au cumin, paprika fumé, mélasse de grenade, sauce mojo - crispy cumin eggplant, smoky paprika, pomegranate molasses, mojo sauce allergenes: ail poischiche\*\*

### CRISPY RICE

17,00 \$

coeur de palmier varech, yuzu jalapeños mayo crispy rice, varech hearts of palm, yuzu jalapeño mayo  
Allergenes:Algues

### BAO

16,00 \$

fruit du jacquier, sauce tamarin, carotte, daikon, concombre, coriandre - shredded jackfruit, tamarind sauce, jackfruit, daikon, carrot, cucumber, cilantro allergene: Ananas sésame gluten soja

### BOULETTES SUEDOISE

19,00 \$

sauce béarnaise, onion frit, panko - swedish "meatballs" béarnaise sauce, fried onion, panko

### MAÏTAKE

27,00 \$

champignon grillé, marinade citronnelle, riz sushi, ananas au kimchi, onion vert, sirop érable chili, piment oiseau, coriandre basilic, arachide crumble - grilled mushroom, lemongrass sauce, sushi rice, kimchi pineapple, green onion, chili infused maple, syrup, chili bird, basil, cilantro, peanut crumble allergenes: Ananas Onion soja ail (kimchi) Noix

## Menu Archway

### GNOCCHI

24,00 \$

sauce truffe au panais, aigre douce figue et balsamique, noix de grenoble caramélisé, ciboulette - creamy truffle parnship sauce, fig balsamic quince sauce, caramelized walnuts, chives allergenes: Noix Onion gluten tournesol (tuffe) Noix de coco (fromage)

### FALAFEL

15,00 \$

falafel yoni, oignon mariné au sumac, hummus, zhoug yoni falafel, pickle sumac onion, hummus, zhoug

### SASHIMI DE POIVRON

18,00 \$

huile kefir citronelle, crème de tofu, zest de lime, chips de patate sel de wakame - bell pepper sashimi, kefir oil, tofu cream, lime zest, wakame potato chips Allergenes: sésame ail soja Algues

### Artichaut

17,00 \$

crème de cajou, artichauts grillés, poireaux marinés, pesto de roquette, huile basilic cashew cream, grilled artichokes, marinated leeks, arugula pesto, basil oil

### DUMPLING

19,00 \$

dumpling Umami farçi beyond meat , sauce yogourt, huile au chili, sumac, origan - umami beyond meat stuffed dumplings, "yogurt sauce", chili oil, sumac, oregano Allergenes: ail Noix Protéine de pois soja gluten tournesol

## Petits plats brunch

### SASHIMI DE POIVRON

18,00 \$

huile kefir citronelle, crème de tofu, zest de lime, chips de patate sel de wakame - bell pepper sashimi, kefir oil, tofu cream, lime zest, wakame potato chips Allergenes: sésame ail soja Algues

### DUMPLING

19,00 \$

dumpling Umami farçi beyond meat , sauce yogourt, huile au chili, sumac, origan - umami beyond meat stuffed dumplings, "yogurt sauce", chili oil, sumac, oregano Allergenes: ail Noix Protéine de pois soja gluten tournesol

## Desserts



### Brownie abierto

6,50 \$

contient des noix

# Menu Archway

## Lemoncello cake

14,00 \$

Lemon liqueur-infused cake with bright citrus notes.

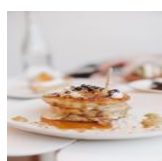
## Plats brunch



### CHICK'N WAFFLE

26,00 \$

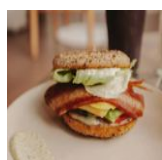
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### PANCAKE

24,00 \$

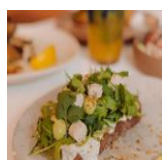
crème de pistache, ricotta d'amande, miel bumblebloom, bleuets sauvages, mélange de noix, fleur d'oranger pistachio cream, almond ricotta, bumblebloom honey, wild blueberry, nut mix, orange blossom \*\* CONTIENT / CONTAINS : - Noix (noisette, pistache, amande)



### BAGEL BLT

19,00 \$

Bagel, aioli pesto, avocat, baycon cliché, tomate fraîche, provolone, laitue bagel, aioli pesto, avocado, vegan bacon cliché, provolone, fresh tomato, lettuce \*\*CONTIENT / CONTAINS : -Ail, Garlic (pesto sauce) -Oignon, Onion (bagel) -Sesame (bagel)



### AVO GREAT DAY

22,00 \$

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## Patate déjeuner breakfast potato

4,50 \$

Breakfast potato dish.

## Overnight oats

19,00 \$

avoine, chia, eau de rose, crumble avoine, compote de framboise, granité pomegrenade, banane, noix de coco grillée - overnight oat, chia, rose water chia bowl, oat crumble, raspberries compote, banana grenade granité, grilled coconut

## Gnocchis carbo

25,00 \$

sauce fromage, saveur bacon, furikake, oignon vert, sphère de citrouille - cheese sauce, bacon flavor, furikake, green onion, pumpkin egg yolk allergenes: soja tournesol Noix de coco (fromage) sésame (furikake) Algues tournesol oignon gluten

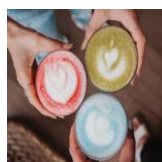
### Boissons médicinales / Adaptogenic drinks



#### Golden Mylk 8oz

7,50 \$

Curcuma, gingembre, sirop d'érable, huile de coco et 5 champignons réparateurs, infusé au lait chaud  
Turmeric, ginger, maple syrup, coco oil and a 5 mushrooms restorative blend, infused with hot mylk.

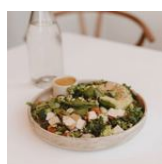


#### Matcha Latte 12oz

7,00 \$

Lait végétal au choix, matcha / Choice plant-based milk, matcha

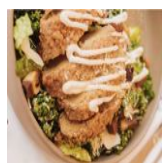
### Bols & Salades



#### SALADE JAPONAISE

23,00 \$

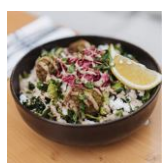
Kale, romaine, quinoa, tofu asiatique maison, carotte, concombre, brocoli, chou rouge, poivron rouge, edamame, oignons vert, coriandre, avocat, sauce asiatique  
kale, romaine, quinoa, s, asian style tofu, red cabbage, red pepper, cucumber, carrot, edamame, broccoli, green onion, coriander, avocado, asian dressing  
\*\*CONTIENT / CONTAINS : - Ail / Garlic - Oignon / Onion - Soja / soy



#### SALADE KALE CESAR

25,00 \$

kale, romaine, aïoli, câpre, baycon archway, croquette tofu, violife parmesan  
Kale, romaine, aïoli, capers, baycon cliché, violife parm, tofu nugget, aïoli  
\*\*CONTIENT / CONTAINS : - Ail / Garlic - Oignon / Onion - Huile de tournesol / sunflower oil (bacon) -Soja/ Soy



#### BOL FALAFEL

26,00 \$

kale massé, quinoa, chou mariné, cornichon, tomate cerise, falafel, hummus  
betterave, feta violife, crumble olive, vinaigrette tahini, herbes fraîches -  
massaged kale, quinoa, marinated cabbage, pickle, cherry tomato, falafel, beet hummus, violife feta, olive crumble, tahini dressing, fresh herbs  
allergenes: ail sésame Noix de coco (fromage)

#### BOL ITALIEN

25,00 \$

champignon crinière delion grillé harissa, pesto, roquette, courgette grillé, tomate cerise, orzo, croûton, saveur parmesan, basilic, vinaigrette balsamic - harissa mushroom lion'smane, pesto, arugula, grilled zucchini, cherry tomatoes, orzo, crouton, flavoured parmesan, basil, balsamic vinaigrette  
allergenes: Champignons moutarde ail oignon Noix de coco (fromage) gluten (option sans gluten = quinoa)

### Café - Coffee



#### Latte

5,00 \$

Veuillez indiquer votre choix de lait (soya, amande, coco, avoine) Please indicate your choice of mylk (soy, almond, coco, oat)

# Menu Archway

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## Chai Latte

6,00 \$

Thé chaï organique, choix de lait Organic Chaï tea, choice of mylk.

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## Americano

3,75 \$

Rich and smooth coffee.

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## Macchiato

4,00 \$

Veillez indiquer votre choix de lait (soya, amande, coco, avoine) Please indicate your choice of mylk (soy, almond, coco, oat)

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## Double Espresso

3,50 \$

Rich and intense coffee shot.

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## Cortado

4,00 \$

Veillez indiquer votre choix de lait (soya, amande, coco, avoine) Please indicate your choice of mylk (soy, almond, coco, oat)

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## Smoothie (16oz)

### Strawberry dream

13,50 \$

framboise, fraise, betterave, boisson d'amande, sirop d'agave, beurre d'amande, eau de rose  
raspberry, strawberry, beets, almond beverage, agave syrup, almond butter, rose water

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### Ferrero

13,50 \$

noisette, banane, choufleur, cacao, boisson d'amande, chocolat hazelnut, banana, cauliflower,  
cacao, almond beverage. chocolate

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### Golden Hour

13,50 \$

purée de citrouille, banane, mangue, gingembre, curcuma, sirop d'érable, boisson de coco pumpkin,  
banana, mango, ginger, turmeric, maple syrup, coconut beverage

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## Menu Archway

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### **Vert tendre**

**13,50 \$**

banane, épinard, pêche, chanvre, basilic, sirop érable, boisson de soya banana, spinach, peach, basil, maple syrup, soy beverage

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### **Limonade maison 160z**

#### **Basilium limonade**

**10,00 \$**

limonade maison, sirop de basilic, thé pêche et gingembre housemade limonade, basil syrup, peach & ginger tea

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#### **Hibiscus limonade**

**10,00 \$**

limonade, sirop hibiscus, boisson de coco lemonade, hibiscus syrup,coconut beverage

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