



The Moth

OCTOBER STORY

PLANT - BASED MENU
Open M-Th 11a-9p, F-Sa 10a-10p, Su 10a-9p | 9449 Jasper Avenue, Edmonton, AB | 780.244.9702
website: www.themothcafe.com
instagram: @themothcafe #themothcafe

ABOUT OUR NEIGHBOUR // e4c

For over 40 years, e4c has been providing healthy, nutritious lunches and snacks to Edmonton students in socially vulnerable neighborhood schools.

Today the snacks and/or lunches are made at each school with fresh ingredients and include seasonal choices of fruits and veggies. The assortment of food choices align with the Government of Alberta's Nutrition Guidelines for Children and Youth. With a focus on fresh food, the students are learning more about healthy foods, portion control, and recognizing when they are hungry. The food offerings in each school are reflective of the school community - this may mean more vegetarian options, pork free menus, and other adaptations based on cultural considerations.

What is unique about the e4c program is that the food is most often prepared by parents and caregivers of students, hired by e4c as nutritional support workers. This approach focuses on building stronger schools communities, and strengthening the financial resources of some of the school's families. It also helps spread awareness on healthy food choices beyond the school walls - helping parents incorporate their learnings into menu planning and grocery shopping for their families.

The lunches and snacks are free and universally available to all students within a school, ensuring students who come to school without a lunch or snack are not stigmatized by the lack of family resources. Parents are invited to pay what they can.

It costs \$2.50 per day, per student, to provide a lunch and snack. The program provides over 7,000 students nutritional supports on a daily basis in 24 Edmonton schools. Providing snacks and lunches to socially vulnerable students ensures these students have the nutritional supports they need to nourish their young bodies and developing minds- facilitating their full participation in their school day.

"If you're hungry, it's harder to think...."

When you purchase a single Tofu Clubhouse Sandwich or Roasted Red Pepper Sandwich at The Moth Cafe, \$1.00 will go towards the e4c lunch program.

Thank you for making a difference to some of our most vulnerable citizens living in poverty in Edmonton. e4c is a non-profit, charitable organization working to help vulnerable people here and now. Its vision to limit, alleviate and eliminate poverty in our community.

MAINS

Lemongrass Minty Vermicelli Bowl 17 
sauteed lemongrass with bean curd, soy protein muttuns (contains wheat), eggplant, bell pepper, onion, cucumber, bean sprout, mint, mixed greens, fried onion shallots and roasted peanuts served in citrus sauce. Spicy optional.

GF Purple Yam Risotto w/ Salted Caramelized Shiitake 17 
creamy brown rice risotto slow cooked in purple yam coconut sauce, garnished with salted caramelized shiitake mushrooms, and seasonal vegetables.

Moth Spaghetti 17 
wheat spaghetti with tomato sauce, tofu mushroom meatballs, nut cheese, and fresh basil served with avocado garlic toast.

GF Felafel Bowl Salad 17 
kale, quinoa, roasted beets, avocado, cucumber, tomato, hummus, lemon, sweet and spicy tahini, onion, cilantro and GF felafel

Yellow Curry Stew 17 
Your choice of vermicelli noodles or brown rice with mixed greens purple cabbage, pickled daikon and carrots, mint, garnished with thai chili, bean sprouts and chili oil. Curry contains coconut milk, potatoes, onion, garlic, spices, red bell pepper, sweet yam, and mutton. Comes with a side of lemon wedge, salt, and pepper. Squeeze lemon juice on the salt and pepper, and dip with each bite.

NEW! GF Chickpea Red Curry 17 
Chickpea red curry served with brown rice, cashew sour cream, mango-pineapple chutney and garnished with cilantro will leave you satisfied on an autumn/winter's day. Curry contains chickpea, onion, ginger, garlic, coconut milk, tomato paste, carrot, celery, raisin, and spices.

Raw GF Mexican Chili Bowl 17 
red cabbage, mixed greens, cucumber, 1/2 avocado, raw chili mix, fresh inhouse salsa, cashew sour cream, cilantro, lemon wedge.

Pad Thai 15 
Soy mutton (contains wheat), jackfruit leek crab cake with peanuts, vegetables, green onion, and purple onion on a bed of vermicelli noodles.

HOT BROTH

GF Coconut Lime Laksa 16.5 
coconut lime broth (contains almonds) topped with seasonal vegetables, brussel sprouts, and cilantro on a bed of vermicelli noodles. Mild spicy broth.

NEW! Lemongrass Reishi 16.5 
spicy lemongrass reishi broth layered with mixed mushrooms, bell pepper, bean sprout, soy mutton, fried tofu, fried lotus, parsley, and cabbage on a bed of vermicelli noodles. The perfect soup for an immunity boost!

SIDES

GF Spicy Hash 6 
GF Garlic Hash 6 
Garlic Toast (2pc) 3 
GF Roasted Spaghetti Squash 6 
GF Garden Salad 6 
GF Mashed Sweet Potato /w Pesto 6 
Daily Soup 7 SM | 12 LG 

WEEKLY SPECIALS from 11am - 4pm

Banh Mi + Coffee Brew Mondays 12
Portobello Burger + Soup Tuesdays 14
Tofu Clubhouse + Soup Wednesdays 13
Coconut Lime Laksa Thursdays 14
Kombucha Fridays 8 oz 3

SMALL BITES

Samosas with Citrus Tamarind Sauce (2 pcs) 8 
GF Jackfruit Leek Crab Cake w/ Citrus Coconut Cream (4 pcs) 12 
GF Nacho Everyday Nacho Sm. 12 | Lg 18 
corn chips, beans, inhouse salsa, cashew sour cream, raw chili, vegan cheese, and lime

ALL DAY BREAKFAST

GF Mochado Smoothie Bowl 12.5 
avocado, espresso and choc. smoothie w/ chia cashew pudding, fruits, and buckwheat.
NEW! Breakfast Burrito 14 
mixed bean burrito with bell pepper, mixed vegetables, cilantro, and chili flake wrapped in a whole wheat tortilla and served with avocado slices, cashew sour cream, salsa, cheese, and lime wedge.
Moth Breakfast Bowl 16 
tofu scramble and rice mix with mushroom bits, vegan sausage (contains wheat), grilled asparagus served with a savoury cashew-based sauce.
GF Chai Pancake w/ Cinnamon Banana 16 
layers of baked cinnamon banana w/ chai cream, walnut, berries and chocolate drizzle. add vegan sausage 3.5 | add chocolate chips, blueberries, or strawberries 1.5
Crab Cake Benny 16 
jackfruit crab cake with spinach, soft tofu and hollandaise sauce served with spicy hash

BURGERS, SANDWICHES, AND WRAPS, OH MY!

burgers come with hash, nachos and vegan cheese, garden salad or daily soup. sandwiches and soups are served individually unless otherwise stated.
Teriyaki Portobello Burger 17 
sauteed portobello with spinach, onion, garlic, bell pepper, avocado and cashew cream cheese
Tofu Clubhouse 12 (sandwich only) 
panfried tofu with mayo, spicy dijon mustard, pickles, tomato, avocados and green leaves on a toasted whole wheat bread.
***With a purchase of the tofu clubhouse sandwich, \$1.00 will go towards the e4c lunch program.
Moth Banh Mi 12 (sandwich only) 
sauteed soy and wheat protein with, lentil walnut pate, fermented daikon and carrots, cilantro, fresh chili in a toasted ciabatta sandwich
The Big Moth Burger 17 
a fun play on the Big Mac. soy protein, lentil, mung beans, mushroom, brown rice, quinoa patty with garlic mayo, greens, dill pickle, tomato and onion. Contains coconut oil.
(Not) Chicken Burger 17 
crunchy fried jackfruit patty between two kaiser buns, green leaf lettuce, vegan mayo (contains coconut milk) and dill pickles. Comes with hash, garden salad or daily soup.
NEW! Lentil-Walnut Stuffing Wrap 14 (wrap only) 
green lentil, flax seed, olive oil, celery, walnut, apple, raisin, oat, carrot, and mashed sweet potato wrapped in a tortilla and served with gravy and cranberry sauce.
NEW! Protein Power Wrap 12 (wrap only) 
green lentil, wheat berry, onion, bell pepper, tomato, spinach, kale, parsley, garlic, olive oil, broccoli, quinoa, and lemon-tahini dressing wrapped in a tortilla. Dressing contains nutritional yeast.
NEW! Simple Roasted Red Pepper Sandwich 12 
roasted red pepper, hummus, sprouts, avocado slices, pickles, olive oil, and smoked paprika on a whole wheat kaiser. Comes with your choice of side.
***With a purchase of the roasted red pepper sandwich, \$1.00 will go towards the e4c lunch program.

WE ARE NOT AN ALLERGY FREE ESTABLISHMENT. Please let our servers know of your dietary restrictions. Charges may apply for substitutions. Please be aware that cross-contamination may occur despite our best efforts to accommodate your diet request(s).
WE ARE IN THE PROCESS OF ELIMINATING SINGLE USE PLASTICS. We apologize for the inconvenience that this may cause, but we feel deep in our hearts that it is one step closer to keeping our Mother Earth thriving.
WE KINDLY ACCEPT DEBIT & CASH ONLY | 18% AUTO-GRATUITY FOR GROUPS 6 OR LARGER
QUESTIONS AND CONCERNS? We are here to help in any way we can Please let us know so that we assist you right away and ensure you are happy and satisfied from beginning to end.
 |  |  |  |  |  |  | 
POPULAR ALLERGY INGREDIENTS ACTIVE IN MENU ITEMS

COFFEE BEANS

roasted by Kuma Coffee from sustainably sourced farms

Espresso (2 oz) 3.5

Brew 3.0

Americano 3.5

Plant-based Bulletproof 5.5
espresso blended with coconut oil

Latte 5.5 | Vanilla Latte 6.0

Mushroom Mocha 6.0
espresso with 7 mushrooms, coconut cream, heirloom cacao

Milk: oat, macadamia, almond, soy, coconut
Sweetener: raw, stevia, agave, maple syrup 0.5, vanilla syrup 0.5

FRESH ICE BLENDS

Iced Cashew Chai 8.0
cashew, maple syrup, chai, add espresso 1.5

PB Cacao 8.5
banana, almond mylk, chocolate sauce, hemphearts, cacao bits,
peanut butter, oats, adaptogenic elixir

Peppermint Matcha 8.5
peppermint tea, matcha, coconut cream, and vanilla syrup.

Dragonfruit Kauai Gold 9.5 (limited quantity)
dragonfruit, banana, pineapple, grapefruit juice, turmeric, agave,
collagen booster. add spirulina 2.0

KOMBUCHA BAR

made organically by TRUE BUCH in Calgary, AB

8 OZ 4.0 | 16 OZ 8.0 | 1L 16.0

Lavender Lemonade

Blueberry Rooibos

Hibiscus Ginger

Rootbeer

Mojito Mint

Vanilla Chai

Feature Flavour - please ask your server

DAILY LEMONADE 16oz 7.5

Please ask your server!

TEA LATTES

Lavender Sage Peppermint 6.5
peppermint tea, lavender sage syrup, mylk, lucid dreaming elixir

Mushroom Mocha Peppermint 6.5
peppermint tea, 7 mushrooms, coconut cream, heirloom cacao.
No added sugar!

Mellow Yellow 6.5
autumn spice, turmeric, maple syrup, mylk

Happiness Ginger Chai 7.0
chai, mylk, happiness elixir

Coconut Chai Energia 7.5
chai, coconut cream, coconut milk, energia elixir

Cardamom Rose Latte 7.5
rosemary cardamom syrup, mylk, graviola

Matcha Maca Moringa 8.0
matcha, maca, moringa, agave, mylk

Immunity Warrior 8.0
steeped immunity boost tea, ginger, lemon, maple syrup, reishi, mylk

MEDICINAL TEA

the root use of tea as a remedy for ailments than simply pleasure.
100% decaf from Harmonic Arts in Victoria, BC.
to receive the most benefit, please let it steep for 5-15 minutes.

Immune Boost 4.0
Echinacea purp. Root, Astragalus, Rosehips, Elderflowers, Elderberries,
Herb, Ginger

Women's Moon 4.0
Vitex, Ladies Mantle, Cramp Bark, Nettle tops, Rose petals, Cleavers,
Cinnamon, Ginger

Digestive Power 4.0
Meadowsweet flowers/leaf, Peppermint, Fennel seed, Marshmallow,
Ginger

Thought Flow 4.0
Lemon Verbena, Ginkgo, Gotu Kola, Linden, Holy Basil, Rooibos, Rosemary

Throat Harmony 4.0
Licorice, Fenugreek, Fennel, Lemongrass, Slippery Elm, Ginger,
Marshmallow

Green Qi 4.0
Spearmint, Bull Kelp, Nettle tops, Lemon Balm, Mugwort, Cedar Tips, Alfalfa

Organic Chai Blend 4.0
Cinnamon, Fennel, Ginger, Cardamom, Nutmeg, Clove, Vanilla bean

Relaxing Blend 4.0
Skullcap, Passionflower, Oatstraw, Chamomile, Catnip

Women with Child 4.0 (to be consumed in third trimester or after birth)
Nettles, Raspberry Leaf, Oatstraw, Chamomile, Ginger, Star Anise, Nori
Flakes

ANIMA MUNDI APOTHECARY

indigenous wisdom / ancient formulas / rainforest botanical treasures

All tonics, elixirs and superfood can be added to your drink or meal for added benefits!

TONICS 2.0 | promote good health all around, having a more adaptogenic approach to the entire system. Meaning, targeting several body systems while teaching the body to continue the particular chemistry the formula contains. They fortify the system with healing blocks that actually remain within. Ideally, the body continues producing the chemical reaction without the assistance of the herbs.

Adaptogenic Tonic | Immunity + Longevity | 1/2 tsp per serving
rejuvenates all organ systems, create a deep therapeutic anti-biotic effect,
increase white blood cell production, and purifies the blood.

Cerebrum | Mental Focus + Nerve Strength | 1/2 tsp per serving
circulation to brain tissue, enhances clarity, regulates hypothalamic
response, and boosts pituitary function.

Digestive Bitters | Liver Cleanse | 1/2 tsp per serving
remove stagnation, increase absorption, stimulates bile production, and
demolish old and congealed phlegm.

Energia | Adaptogenic Energy | 1/2 tsp per serving
balances adrenal function, boosts brain function, and sharpens the body's
ability to be sustained for a longer period of time without suddenly getting
tired.

Fat Belly | Sustainable Weight Loss | 1/2 tsp per serving
digest stagnant fat in the Liver

Happiness | Dopamine + Stress Relief | 1/2 tsp per serving
stabilize hormone function, serotonin and dopamine, decrease stress,
anxiety and depression

ELIXIRS 2.0 | healing botanicals known to address specific imbalances yet, they are not necessarily teaching the body to mimic the healing chemistry in order for the body to continue healing. Also, elixirs are made with delicious flavoring agents, flowers and healthy sweeteners, as well as use a different ratio of medicinal potency. Elixirs are usually a 1:3 or 1:4 in liquid : herb extraction

Viridem | Detoxifier | 1/2 tsp per serving
master detoxifier, cleanser, anti-cancerous chemistry, liver and gall bladder
detoxifier.

Lucid Dreaming | Insomnia's Antidote | 1 tsp per serving
pituitary tonic, hypothalamic regulator, nervous system soother, dream tonic
- insomnia's anti-date, relaxing

Soma | 7 Mushroom Anti-Biotic | 1 tsp per serving
daily anti-biotic, daily protection, adaptogenic power, immune regulator,
anti-microbial, anti-viral.

Euphoria | Beauty + Anti-Aging | 1 tsp per serving
arouses the spirit, and floods the energy body with light.

Curam | Beauty + Anti-Aging | 1 tsp per serving
oxygenates the blood, vitamin C booster, prevents arthritic and rheumatic
imbalance, soothes muscle tissue, and re-vitalizes the cardiovascular
system. This blend contains the power of anti-aging, generating deep-
immunity and prevention of overall deficiency and illness. These roots aid
to reduce inflammation, enhance elasticity in the skin and muscle tissue.

PLANT-BASED WINE

all wines are sustainably sourced and plant-based

Kulina | Andreas Bender | Germany | White |
10.0 gl | 50.0 btl

Beautiful light honey colour; ripe fruit and minerals on the nose.

Green apples, citrus, hefty and unctuous on the palate with a touch of
finishing sweetness
100% Riesling; Semi-Dry | Alcohol: 11%

Pinot Grigio Romato | Tenuta Di Corte Giacobbe | Italy | White
8.0 gl | 35.0 btl

Limpid and clear to the eye, with a distinctive coppery tonality. Fragrant
peach predominates on the nose, complemented by impressions of
tropical fruit, such as pineapple and heightened by subtle floral notes
of spring wildflowers. Elegant and silk-smooth in the mouth, yet firmly-
structured and full-bodied. Beautifully crisp, it progresses regally into a
lingering finish.
100% Pinot Grigio | Alcohol: 12.5%

Beaujolais Villages | Lucien Lardy | France | Red
9.0 gl | 45.0 btl

A brilliant combination of bright, juicy red fruits and 'slatey minerality'.
Bio-dynamic practices.
100% Gamay | Alcohol: 12.5%

Dogajolo Rosso Toscano | Carpineto | Italy | Red
8.0 gl | 35.0 btl

Clear medium ruby colour; aromas of cherry, leather and spice; extra
dry and medium bodied with well-integrated flavours of cherry, leather,
and earth; medium finish.
100% Sangiovese | Alcohol: 13.0%

PLANT-BASED BEER

Yes it's true. Not all beers are plant-based.

GF Authentic Dry Cider | Lonetree 6.5
Cider | ABV 5.0% | 355 ml | British Columbia, CANADA

Rosée d'Hibiscus | Dieu du Ciel 7.0
Spiced Beer | ABV 5.9% | 341 ml | Quebec, CANADA

Stranger Than Fiction | Collective Arts 8.0
Porter | ABV 5.5% | 473 ml | Ontario, CANADA

Lunch Money | Collective Arts 8.0
Ale | ABV 4.8% | 473 ml | Ontario, CANADA

Ransack the Universe | Collective Arts 8.0
Hemisphere IPA | ABV 6.8% | 473 ml | Ontario, CANADA

Jam Up the Mash | Collective Arts 8.0
Dry Hop Sour | ABV 5.2% | 473 ml | Ontario, CANADA

DESSERTS

Please see dessert display for choices.
Desserts change on the daily.

GIN + TONIC 12.5

aromatic tonics are made in-house

Juniper Rose
2.0 oz gin of choice, juniper berries rose water, women's moon tea, rose oil,
ginger kombucha

Mountain Pine
2.0 oz gin of choice, juniper berries, fir oil, ginger kombucha

Blue Lotus Ylang
2.0 oz gin of choice, blue lotus, ylang ylang, lychee, blueberry
rooibos kombucha

Mangosteen Hibiscus
2.0 oz gin of choice, mangosteen hibiscus, lemon, ginger, maple syrup,
ginger hibiscus kombucha

Lavender Sage
2.0 oz gin of choice, lavender, sage, lavender lemonade kombucha

Rosemary Cardamom
2.0 oz gin of choice, cinnamon, cardamom, rosemary, vanilla chai
kombucha

Cucumber Rose
2.0 oz gin of choice, cucumber, rose water, thyme, vanilla chai kombucha

CHOICE OF GIN
Gungava | Canada
Bombay | UK
Dillon's Unfiltered Gin | Canada

Badlands Seaberry | Canada 1.5
Botanist | Isle of Islay 1.5
Oude Genever | Nederland 2.0

MOTHTAILS

Vegan Caesar 10.0
1 oz vodka, caesar mix, pickle juice

Morning Grapefruit Mimosa 10.0
4 oz riesling wine, grapefruit juice

The Moth Paralyzer 10.0
1 oz vodka, 1 oz kahlua, chocolate, coconut cream

Hippy Sangria 10.0
4 oz red wine, kombucha

