

we compost and recycle.

every time you use our app, you instantly save 15% on the app menu - not b-a-h-d!

DID YOU KNOW?
YOU CAN BUY YOUR FAVORITE PATTIES IN BULK TO TAKE HOME?
JUST ASK YOUR SERVER!

no animals were harmed



in order for us to serve you better, please let us know what you love about boon or how we can improve...

info@boonburger.ca

BOON ALWAYS OFFERS
GREAT PROMOTIONS!
JUST ASK YOUR SERVER ABOUT OUR GREAT DEALS!

we don't use microwaves or deep fryers at Boon.



interested in sprouting your own boon burger?
let us know at info@boonburger.ca

DRINKS

boon shake

our naturally dreamy shake, sweetened with cane sugar. see the flavour of the day. 16 oz of goodness. \$5.75

organic iced tea

slightly sweetened with a squeeze of lemon. \$2.95 includes one FREE refill

boon tangy lemonade

refreshing, all natural lemonade made with cane sugar. \$2.95 includes one FREE refill

everyday drinks

organic, fair-trade 'euro-style' coffee \$2.50 refills \$1.50

organic tea (loose leaf) \$2.25

canada gold mineral water 500mL \$2.95

natural pop \$2.25 / \$2.50

SWEETS

OUR DREAMY, VEGAN, COCONUT MILK BASED, SOFT SERVE IS SOY-FREE, SWEETENED WITH CANE SUGAR.

MAKE SURE TO TRY THE FLAVOUR OF THE DAY, MADE RIGHT HERE!

cone \$3.95 | bowl \$4.75

At Boon we use ONLY compostable/recyclable to-go containers. An automatic 2.5% eco-fee will be applied to all to-go meals. Thank you for being a part of the solution.

please note: complete ingredients of menu items are not listed; ask your server. we will do our best to help with allergy & food related questions; however, boon cannot assume responsibility for a particular sensitivity or allergy to food provided by the café.

PLEASE VISIT OUR WEBSITE FOR UPDATED INFO ABOUT OPENING HOURS & DELIVERIES.

WWW.BOONBURGER.CA

FOLLOW US ON FACEBOOK & TWITTER



FIND UPDATES ON DAILY SPECIALS, OUR NEW IDEAS, CONTESTS, VEGAN INFORMATION & LOTS OF OTHER STUFF.



boon [boon]

noun - something to be thankful for; blessing benefit.

boon means 'bean' in dutch & afrikaans & for us, it also signifies the sprouting of a new & fresh take on fast food.

thank you for being a part of the solution at boon! by choosing a plant-based meal, you are making a better choice for your overall health, the environment as well as eliminating needless animal suffering.

boon appetite!

sherbrook
79 sherbrook st.
winnipeg, mb
204.415.1391

bannatyne
141 bannatyne ave.
winnipeg, mb
204.504.5394

dunlop
114 dunlop st. east
barrie, on
705.503.0111

WHAT'S IN OUR PATTIES?

grilled boon patty: packed with fresh cremini mushrooms, brown rice, onion, garlic, lemon juice, organic tofu and oats, perfectly seasoned with basil, oregano, salt and coarse black pepper. This is a perfect patty, on a burger or on a salad!

grilled buddha patty: chickpeas, brown rice, perfectly spiced with curry, onion, fresh ginger, garlic, fresh cilantro, and lemon juice. This is a favorite for people with soy/ wheat sensitivities.

grilled white patty: organic tofu, brown rice, oats, onion and garlic, seasoned with nutritional yeast, spices and lemon juice. This patty is lightly crusted in potato crumbs.

grilled black bean patty: black beans, red beans, lentils, brown rice, onion, garlic, perfectly seasoned with chili, cumin, tomatoes and fresh cilantro. This is a favorite for people with soy/wheat sensitivities.

BURGERS

OUR VEGAN PATTIES ARE ALL MADE FROM SCRATCH, EACH ONE IS HAND SHAPED, BAKED, THEN GRILLED TO PERFECTION. THE BURGERS ARE SERVED ON WHOLEWHEAT BUNS, BAKED FRESH DAILY.

GLUTEN FREE BUNS AVAILABLE. (\$2.50 ADD ON)

bacun cheeze* burger...

grilled boon patty, mayo, dijon, a slice of cheeze*, smoky bacun*, pickles, red onions, tomatoes & lettuce. \$8.95

boon burger...

grilled mushroom-rice patty, mayo, dijon, red pepper-peach chutney, red onions, sliced cucumbers, tomatoes & lettuce. \$8.25, add bacun* 1.25¢

spicy boon buffalo burger...

grilled white patty, basted with a famous louisiana hot sauce, creamy mayo, avocado, tomatoes, celery, red onions & crispy lettuce. \$8.50

wolseley burger...

grilled black bean patty, boon spread, sprouts, sliced cucumbers, tomatoes, beets, house dressing, red onions & lettuce. \$8.50



oslo burger...

grilled mushroom-rice patty, house-made tartar sauce with dill, cranberry sauce, sauerkraut, beets, pickles, lettuce & red onion, topped with our delicious gravy. \$8.75

thanksgiving burger...

grilled potato-crust turkey* patty, mayo, cranberry sauce, red onions, glazed yams, gravy & lettuce. \$8.25

bombay talkie burger...

grilled buddha patty, sweet tangy bombay sauce, roasted yams, smokey bacun*, cheddar*, tomatoes, red onions & lettuce. \$9.20

prairie fried chickn* burger...

grilled bbq'd white patty, creamy mayo, smoky bacun*, tomatoes, pickles, red onions & lettuce. \$8.50

reuben rebel burger...

grilled boon patty, dijon mustard, sweet burger sauce, tangy sauerkraut, smokey bacun*, tomatoes, red onions, pickles & lettuce. \$8.50

vegan cowboy burger...

grilled bbq'd blackbean patty, sweet burger sauce, smokey bacun*, tomatoes, pickles, red onions & lettuce. \$8.50

greek almighty burger...

grilled white patty, black olive-oregano tapenade, creamy tzatziki sauce, tomatoes, sliced cucumber, red onions, lettuce, mayo and house dressing. \$8.95

buddha burger...

curried chickpea patty, creamy curry mayo, red pepper-peach chutney, sliced cucumber, tomatoes, red onions & lettuce. \$8.50

backyard bbq burger...

grilled mushroom patty, glazed with bbq sauce, sauerkraut, topped with tomatoes, pickles, red onions, lettuce, relish, mustard & ketchup. \$8.50

salsa burger...

grilled black bean patty topped with crispy corn chips, mayo, salsa, avocado, a slice of cheeze*, red onions, tomatoes & lettuce. \$8.50

ADD A SIDE TO YOUR BURGER.

SIDE SOUP, SALAD OR SESAME-POTATO FRIES \$3.75, SIDE POUTINE \$4.75, SIDE CHILI FRIES \$4.95, SIDE CHILI WITH FIXIN'S \$4.95.

SALADS

ADD ANY PATTY \$3.50.

boon house salad...

fantastic mix of tossed fresh raw veggies, seeds & our delicious savory island dressing; served with a bun. sm. \$7.25 lg. \$9.25

boon baby kale/arugula salad...

baby kale, arugula, romaine & fresh spinach topped with cucumbers, fresh beets, chopped dates, sprinkled with hemp hearts & a delicious lemon-thyme dressing; served with a bun. sm. \$7.25 lg. \$9.25

boon caesar salad...

crispy romaine lettuce, crunchy croutons, our creamy 100% delicious vegan caesar dressing, cheeze*, a lemon wedge & served with a bun! sm. \$7.25 lg. \$9.25

add hemp hearts to your salad .75¢

OTHERS

OUR SOUPS, DRESSINGS AND SAUCES ARE ALL MADE FROM SCRATCH AND WE USE ONLY HEALTHY OILS AND QUALITY INGREDIENTS.

OUR SESAME-POTATO FRIES ARE HAND-CUT, DRIZZLED WITH SUNFLOWER OIL, SEASONED WITH SEA SALT & COARSE BLACK PEPPER, TOSSED WITH SESAME SEEDS & BAKED TO PERFECTION!

WE USE YUKON GOLD LOCAL POTATOES.

boon's super supper-platter...

one burger of your choice, small sesame-potato fries with soup & salad. \$17.75

upgrade your fries to poutine for \$1.50 or chili cheeze* fries for \$1.75

boon dog wrapper...

perfectly grilled organic jumbo, euro-style dog topped with all the classic fixin's; mayo, mustard, relish, sauerkraut, ketchup & red onions wrapped in a wholegrain tortilla. \$6.25

chili cheeze dog wrapper...

perfectly grilled organic jumbo, euro-style dog topped with our delicious smokey bean chili, cheeze*, mayo, ketchup & green onions wrapped in a wholegrain tortilla. \$7.50

boon combo...

your choice of two sides: sesame-potato fries, soup of the day or boon salad; served with a bun. \$8.75

upgrade your fries to poutine for \$1.50 or chili cheeze* fries for \$1.75

boon oven-baked fries...

yukon gold local potatoes. sm. \$5.75 lg. \$7.95

chili cheeze* fries...

our fries smothered with our delicious chili, a sprinkle of cheeze*, topped with a dollop of guacamole. sm. \$7.95 lg. \$10.25

not the same ol' poutine...

sesame-potato fries, green onions & cheeze* topped with gravy. sm. \$7.50 lg. \$9.50

chili with fixin's...

chili, green onions, guacamole, crispy corn chips. sm. \$5.75

soup of the day...

served with a whole wheat bun. \$5.50

add ons... avocado, bacun*, black olive tapenade, boon spread, chili, creamy curry mayo, cheeze*, glazed yams, gravy, jalapenos, mayo, red pepper-peach chutney, tzatziki & a selection of dressings. \$1.25

* vegan plant-based.

BBPD

*back by popular demand