



I n s t a n t K i t c h e n

BEST FOOD IN TOWN

A P P E T I Z E R S

Cauliflower Wings

Handcrafted in our home-made specialty batter & tossed in a sauce of your choice.

Mushroom Fried "Chicken"

Handcrafted in our home-made specialty batter & fried to perfection.

Jalapeno Poppers

Spicy, sweet, and cheesy at the same time.

Samosas

Filled with potatoes, vegetables, & spices. Fried to perfection.

Spring Rolls

Light & crispy. Filled with your favourite veggies!

Vegan Ackee & Saltfish

A delicious traditional Jamaican dish made VEGAN style.

M A I N

C O U R S E S

Ethiopian Platter - Served with Injera

Made with Split peas, lentils, chick peas, cabbage, collard greens , & vegetables

Stuffed Peppers

A hearty, delicious meal filled with veggies, rice, & beans - Spicy.

Honey Sriracha Tofu

Sweet & spicy!

Mac & Cheese

Made southern style.

Pasta

Made ANY STYLE OF YOUR CHOICE.

Eggplant Parmesan

Cheesy, hearty, & delicious.

Spicy "Chicken" Sandwich

Fried to perfection & served on a golden toasted bun. Comes with six sandwiches.



Each meal on our menu is customizable to your liking. Each meal can be made **VEGAN OR VEGETARIAN style.**

Delivery or pickup is available across the Greater Toronto Area.



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P L A T T E R S

Fruit & Cheese Charcuterie Board

Made with rich cheese, fruits, & crackers.

Sandwich Platter

Made with a variety of sandwiches.

Tropical Fruit Platter

Fresh, healthy, & juicy!

D E S S E R T S

Strawberry Cheesecake

Made New York style.

Brownies

Topped with chocolate chips.

Red Velvet Cupcakes

Topped with fresh vanilla icing.
Instant Kitchen's best seller!



S A L A D S

Kale & Quinoa Salad

Nutrient-rich & bursting of flavour!

Caesar Salad

Simple & tasty. Topped with fresh cheese.

Greek Salad

Tossed in Instant Kitchen's homemade dressing.

Garden Salad

Made with all of your favorite vegetables!

www.theinstantkitchen.ca

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B E V E R A G E S

Pop

Coca-Cola, Diet Coke, Coke Zero, Sprite, Nestea, Orange Crush, & Canada Dry.

Water

Still & sparkling.

Juice

Orange, apple, & tropical.



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