



fresh  
with our  
oli, served  
rb focaccia.

**HICKEN**  
chicken breast,  
sted in house,  
with spinach, tomato  
pecan cranberry aioli.  
an cranberry bread.

**FILE PULLED PORK**  
ow roasted pork  
for hours in our  
BUD chipotle &  
e. topped with  
ed onions & served  
rb focaccia.

**Roasted**  
with aged chee  
tomatoes & our p  
aioli. Grilled up on a

**THE CHEESUS CRUS.**  
A "sacrilegious" blend of  
dar, provolone, parmesa  
blue. Topped with our dev  
good cilantro pesto, roasted  
pepper antipasto & a touch  
sourcream. Sinfull

**THE MONTREALER**  
Local artisan corned beef  
sauerkraut, pickles, & prov  
Dressed with our own Gv  
mustard. Served on may

**SWEET N' SASSY P**  
Free-range beef ro  
topped with horseradi  
ized onion aioli.  
Served

**gluten free**  
**\$9.45**

## Liquids and Solids Cafe and Market Menu

<https://menulist.menu>

1530 Venables St, Vancouver, British Columbia V5L 2G9, Canada  
(+1)6045580544 - <http://liquidsandsolids.ca>

**Grilled Panini**  
**\$8.49**  
ADD ON A SOUP \$2.95

**LA DIABLO**  
ile spiced tuna salad  
peppers, shallots  
chedar cheese. Served  
ed to perfection on  
focaccia.

**KEY CLUB**  
ey breast  
ted in house,  
mental cheese,  
r cured bacon,  
sch, tomato & sweet  
egranate aioli.  
red grilled on  
v cranberry bread.

**THE BLUE MOO**  
Grass-fed, slowe  
in house, topped w  
our own sugar cure  
smoked bacon, to  
blue cheese aioli. Se  
grilled on marble r

**SMOKIN' TURKEY**  
Turkey breast  
roasted in house, to  
with capicola, emme  
cheese, tomato, aru  
our own sundried to  
roasted garlic aioli.  
Served on sourdoug

A changing selection of egg frittata  
& toppings in a bagel. \$6.50

**QUICHES & POT PIES**  
Baked fresh locally. \$6.50

**SALADS**

**TOSSED ENTRÉE SALADS**  
A seasonal selection of greens  
with house-made dressings \$7.95  
Add chicken breast 2.95

**DELI SALADS**  
Housemade dell style salads & slaws.

**LEPUL VEG**  
ato, artichoke,  
mozzarella, fresh  
& spinach with our  
pesto aioli, served  
ed on herb focaccia.

**TY CHICKEN**  
run chicken breast,  
roasted in house,  
ed with spinach, tomat  
& pecan cranberry aioli.  
Served on herb focaccia.

**POTLE PULLED PORK**  
ow roasted pork  
ed for hours in our  
"BU BUD chipotle &  
sauce, topped with  
unzined onions & served  
ed on herb focaccia.

**HEAVENLY PESTO CHICK.**  
Roasted chicken topped  
with aged cheddar, spinach,  
tomatoes & our popular pesto  
aioli. Grilled up on sourdoug

**THE CHEESUS CRUST!**  
A "sacrilegious" blend of ched  
dar, provolone, parmesan &  
blue. Topped with our devil  
good cilantro pesto, roasted  
pepper antipasto & a touch o  
sourcream. Sinfull

**THE MONTREALER**  
Local artisan corned beef w  
sauerkraut, pickles, & provo  
Dressed with our own Guine  
mustard. Served on marble

**SWEET N' SASSY MOO**  
Free-range beef roasted in-h  
topped with horseradish, ou  
ized onion aioli, tomato & ch  
Served on a baguette.

**about our gluten free  
ini selection, \$9.45**

A comprehensive menu of Liquids and Solids Cafe and Market from Vancouver covering all 28 menus and drinks can be found here on the menu. For changing offers, please get in touch via phone or use the contact details provided on the website. What [User](#) likes about Liquids and Solids Cafe and Market:

When you need a delicious, nutritious and healthy lunch then Liquids & Solids is a great option. Using only all natural ingredients and no preservatives, Liquids & Solids has 2 retail outlets (Hastings and Broadway) along with a burgeoning wholesale business that markets their soups, stews and chilis under the SoupEtc brand. [read more](#). The restaurant offers complimentary WLAN for its visitors. What [User](#) doesn't like about Liquids and Solids Cafe and Market:

Although the soup was very tasty, overall the visit was average. The soup wasn't very hot at all and it took a while to get someone's attention to change it. Prices are fair and the atmosphere in general is alright. [read more](#).

Liquids and Solids Cafe and Market from Vancouver is a suitable bar to have a beer after work, and sit with friends or alone, Additionally, you save time with the assortment of ready-to-serve *delicacies*, without influencing the enjoyment. Besides small snacks and sweet pieces, we also offer **cold and hot drinks** and cakes, The customers of the restaurant also appreciate the extensive variety of differing coffee and tea specialities that the restaurant has to offer.

# *Liquids and Solids Cafe and Market Menu*



## *Pizza*

PIZZA SPECIAL

## *Main courses*

TOPPINGS

## *Extras*

BRIE

## *Sandwiches*

VEGETARIAN SANDWICH

## *Noodles*

CHICKEN NOODLE

## *Spirits*

AMERICANO

## *Soup*

ONION SOUP

## *Meals*

TURKEY CLUB

## *Soup and Salad*

CHICKEN NOODLE SOUP

## *Coffee*

COFFEE

## *Add - Ons*

SOUR CREAM

## *Restaurant Category*

FRENCH

VEGETARIAN

CUBAN

VEGAN

## *Dishes are prepared with*

FRENCH ONION

SPINAT

CHICKEN

CRANBERRY

SPINACH

ONION

## *These types of dishes are being served*

PANINI

SALAD

WRAP

TURKEY

ROASTED CHICKEN

SOUP

SANDWICH

# Liquids and Solids Cafe and Market Menu



## Liquids and Solids Cafe and Market

1530 Venables St, Vancouver,  
British Columbia V5L 2G9,  
Canada

### Opening Hours:

Monday 09:00 - 17:00  
Tuesday 09:00 - 17:00  
Wednesday 09:00 - 17:00  
Thursday 09:00 - 17:00  
Friday 09:00 - 17:00  
Saturday 10:00 - 17:00

Made with [menulist.menu](https://menulist.menu)

### Grilled Panini

\$8.45

ADD ON A SOUP \$2.95

#### LA DIABLO

File spiced tuna salad  
with peppers, shallots  
and cheddar cheese. Served  
to perfection on  
grilled focaccia.

#### LUCKY CLUB

Roasted turkey breast  
with cheddar cheese,  
cured bacon,  
sage, tomato & sweet  
granate aioli.  
Served on  
cranberry bread.

#### THE BLUE MOO

Grass-fed, slow-cooked  
turkey breast, topped with  
our own sugar-cured  
smoked bacon, tomato  
blue cheese aioli. Served  
grilled on marble rye.

#### SMOKIN' TURKEY

Turkey breast  
roasted in house, topped  
with capicola, emmentaler  
cheese, tomato, arugula  
our own sundried  
roasted garlic aioli.  
Served on sourdough.