

## SALADS

Nutritional information excludes dressings

### Smoky Caesar V

Romaine, kale, garlic marinated chickpeas, smoked mushrooms, broccoli, capers, cashew "parmesan", Caesar dressing.

### Harvest Bowl VG

Roasted sweet potato, cranberries, candied walnuts, blue cheese or feta, quinoa, mixed greens, maple chipotle dressing.

### Crispy Taco Salad VG











Avocado, roasted corn, black beans, grape tomatoes, cheddar cheese, red onion, mixed greens, tortilla strips, tajin spice, maple chipotle dressing.

### Falafel Bowl V

Falafel, grape tomatoes, cucumber, pickled sweet peppers, mixed greens, crunchy lentils, zaatar seasoning, beet tahini drizzle, sumac vinaigrette.

### The Santa Fe

Lemon-herb chicken, feta, roasted corn, black beans, red onion, cucumber, mixed greens, tajin spice, tortilla strips, avocado-tomatillo dressing, fresh lime squeeze.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
Smoky Caesar <span>V</span>	190	6	0.5	480	29	8	4	12	25	140
Harvest Bowl <span>VG</span>	500	28	7	770	52	9	15	16	25	100
Crispy Taco Salad <span>VG</span>	450	26	8	450	45	16	8	16	20	140
Falafel Bowl <span>V</span>	410	20	2.5	1010	44	12	6	14	8	130
The Santa Fe	380	10	4.5	680	37	7	5	35	25	90

**WARM BOWLS**

Nutritional information excludes dressings

**Fired up Chicken**

Spicy chicken, roasted sweet potato, roasted broccoli, spicy pickled beans, brown rice, mixed greens, corn nuts, maple chipotle dressing.

**Butter Cauliflower Curry** 

Cauliflower and potato curry, brown rice, mixed greens, crunchy lentils, sumac vinaigrette.

**Salmon Kimchi Bowl** 














Sesame-crusted salmon, kimchi, roasted sweet potato, roasted broccoli, brown rice, mixed greens, crispy onions, sweet soy glaze, carrot ginger dressing.

**Fajita Barbacoa**

Ontario beef barbacoa, chayote, onion and pepper fajita blend, roasted corn, cheddar cheese, brown rice, mixed greens, plantain chips, fresh lime squeeze, avocado-tomatillo drizzle, jalapeno cilantro vinaigrette.

**Bibimbowl** 

Cilantro-lime tofu, kimchi, roasted sweet potato, smoked mushrooms, sweet soy marinated cucumbers, brown rice, mixed greens, sesame seeds, gochujang sauce drizzle, carrot ginger dressing.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Fired up Chicken</b>	450	17	2.5	680	55	6	4	21	20	140
<b>Butter Cauliflower Curry</b> 	530	16	10	960	87	11	15	15	40	110
<b>Salmon Kimchi Bowl</b> 	540	22	4	960	58	6	6	25	25	130
<b>Fajita Barbacoa</b>	500	23	9	1,140	50	5	7	25	15	100
<b>Bibimbowl</b> 	440	9	1	1,250	74	6	8	13	20	60

**DRESSINGS**

Based on 60 g serving

**Caesar****Carrot Ginger****Maple Chipotle****Soy Glaze**

\*Based on 15 g serving

**Beet Tahini**

\*Based on 15 g serving

**Sumac**






\*Based on 15 g serving

**Green Goddess****Avocado-Tomatillo****Jalapeno Cilantro**

\*Based on 25 g serving

**Gochujang**

\*Based on 15 g serving

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Caesar</b>	280	32	2.5	240	1	0	0	1	2	2
<b>Carrot Ginger</b>	190	20	1.5	610	4	1	1	2	4	2
<b>Maple Chipotle</b>	250	24	2	135	10	0.3	8	1	2	6
<b>Soy Glaze</b> *Based on 15 g serving	30	0	0	310	7	0	6	1	0	0
<b>Beet Tahini</b> *Based on 15 g serving	70	6	1	65	2	1	1	1	4	2
<b>Sumac</b> *Based on 15 g serving	70	8	1	55	1	0	0	0.1	0	2
<b>Green Goddess</b>	110	11	1	140	2	1	0	0	2	10
<b>Avocado-Tomatillo</b>	80	8	0.5	90	2	1	1	0.5	2	4
<b>Jalapeno Cilantro</b> *Based on 25 g serving	130	13	1	280	2	0	2	0.1	0	0
<b>Gochujang</b> *Based on 15 g serving	25	0.1	0	310	2	0	0	1	2	0

## SMALL SALADS

Nutritional information  
excludes dressings

### Smoky Caesar











Romaine, garlic marinated chickpeas, smoked mushrooms, broccoli, kale, capers, cashew "parmesan," Caesar dressing.

### Falafel Salad

Falafel, pickled sweet peppers, cucumber, grape tomatoes, mixed greens, crunchy lentils, sumac vinaigrette, zaatar seasoning.

### Mexi Quinoa

Quinoa, roasted corn, black beans, grape tomatoes, mixed greens, tortilla strips, avocado-tomatillo dressing.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
170	5	1	340	22	8	3	13	25	130
190	7	0.5	360	25	7	3	8	8	70
270	12	1	280	37	8	3	8	20	60











## SMALL SALAD DRESSINGS

Based on 50 g serving

### Caesar

### Avocado Tomatillo

### Sumac

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
233	27	2	200	0.8	0	0	0.8	1.6	1.6
67	7	0.4	75	1.6	0.8	0.8	0.4	1.6	3.5
208	23	2.5	158	1.6	0	0.8	0.25	1.6	3.3

**SOUPS**

Based on 16 oz

**Coconut Curry Chowder** 

Coconut milk, red curry, carrot, sweet potato, corn, onion, mushrooms, broccoli, edamame, garlic, ginger, tomatoes.

**Spicy Moroccan Soup**

Chicken stock, chickpeas, tomato, onion, thai red rice, smoked paprika, sumac, ancho pepper, cumin seeds, coriander seeds, fennel seeds.

**Creamy Pumpkin Soup** 

Pumpkin, vegetable stock, sweet potato, onion, nutmeg, maple syrup, allspice.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
440	20	14	980	62	8	9	12	20	35
240	8	0.5	1500	40	6	5	9	25	20
220	7	0.5	1100	38	5	15	4	10	15

**SANDWICHES**

Based on a full sandwich

**Chicken Avocado** 

Shredded chicken, vegan mayo, lemon juice, avocado, arugula, roasted red pepper, baguette.

**Fired up Chicken** 











Shredded chicken, vegan mayo, hot sauce, lemon juice, arugula, pickled hot peppers, baguette.

**Smashed Chickpea Salad**  

Chickpeas, nori, vegan mayo, tahini, dill pickles, red onion, arugula, baguette.

**Cheddar + Caramelized Onion**  

Cheddar, sundried tomatoes, arugula, onion jam, vegan mayo, baguette.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
660	21	4	1050	93	12	10	32	8	50
460	3	0.5	1240	77	4	4	34	10	2
610	13	1.5	1490	105	9	8	26	30	8
680	27	11	1370	87	4	10	29	4	4

**SMOOTHIES**

**Very Berry** 

Strawberry, cherry, blueberry, orange juice, raisins, dried cranberries, banana.

**Green Machine** 










Orange juice, spinach, kale, banana, apple, cucumber, mint, ginger.

**Nutty by Nature** 

Almond milk, banana, dates, peanut butter, almond oil.

**Espresso** 

Espresso, coconut milk, salted caramel, banana.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
360	1	0.3	25	93	10	32	4	20	60
200	1	0.3	50	49	6	24	5	15	110
550	18	3.5	125	96	10	60	12	10	40
300	18	16	510	36	0	32	2	6	2

**EXTRAS**

**Coconut Soft Serve** 

Vegan soft serve ice cream made from coconut milk.

**Dark Chocolate Brownie** 

Gluten-free flour, sugar, cocoa powder, chocolate chips, baking powder, coconut oil, flax seed, vanilla.

**Chewy Ginger Cookie** 











Flour, sugar, palm oil, canola oil, molasses, eggs, sugar, spices.

**Cranberry Walnut Cookie** 

Flour, oats, sugar, palm oil, canola oil, eggs, walnuts, dried cranberries, invert sugar, molasses, spices, salt.

**Rosemary Focaccia** 

Unbleached wheat flour, olive oil, sea salt, rosemary, yeast, malted barley flour.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
340	17	15	10	50	1	44	1	4	2
330	21	15	80	39	6	23	4	15	0
220	7	2.5	200	38	1	22	3	10	0
240	11	3.5	160	32	2	16	4	8	0
224	2.5	0.5	608	42	0	1.5	6	16	0