

## SALADS

Nutritional information excludes dressings

### Smoky Caesar

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

### Thai Mango Salad

Mango, red pepper, ginger lime tofu, mixed greens, red onion, roasted peanuts, mint, peanut satay dressing.

### Harvest Bowl

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

### Crispy Taco Salad
















Sweet corn, avocado, mixed greens, cheddar cheese, pickled red onions, crispy tortilla strips, ancho-lime vinaigrette.

### Spicy Broccoli Bowl

Spicy broccoli, roasted sweet potato, apple, melted cheddar, brown basmati, mixed greens, sunflower seeds, maple mustard dressing.

### Ginger Chicken Salad

Roasted chicken, mixed greens, carrots, orange, cashews, sesame seeds, carrot ginger dressing.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Smoky Caesar 	185	5	0.9	883	29	3	6	11	3	65
Thai Mango Salad 	278	16	2	252	24	6	13	13	4	98
Harvest Bowl 	541	29	7	899	57	10	21	20	3	61
Crispy Taco Salad 	453	27	7	353	46	13	10	14	3	72
Spicy Broccoli Bowl 	836	38	11	843	103	10	16	25	4	110
Ginger Chicken Salad	390	19	3	789	33	8	14	28	4	106

**WARM BOWLS**

Nutritional information excludes dressings

**Fired up Chicken**

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

**Butter Cauliflower Curry** 










Curry cauliflower, brown basmati, mixed greens, papadum chips, tamarind dressing.

**Hearty Bean Stew** 

Bean and mushroom chili, brown basmati, mixed greens, corn nuts.

**Mexican Chicken Stew**

Spiced chicken and hominy stew, brown basmati, mixed greens, crispy tortilla strips.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
<b>Fired up Chicken</b>	846	30	5	1008	103	8	13	41	5	132
<b>Butter Cauliflower Curry</b>	698	27	17	2	103	14	10	17	7	115
<b>Hearty Bean Stew</b>	647	13	2	1267	119	17	14	20	7	40
<b>Mexican Chicken Stew</b>	651	17	2	911	114	14	13	28	6	40

**DRESSINGS**

Based on 60 g serving

**Caesar**

**Peanut Satay**

**Maple Mustard**











**Ancho-lime**

**Carrot Ginger**

**Maple Chipotle**

**Tamarind**

\*Based on 25 g serving

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
<b>Caesar</b>	264	29	2	246	2	0.4	0.2	1.3	0.5	1
<b>Peanut Satay</b>	202	16	3	693	11	2	6	7	0.75	14
<b>Maple Mustard</b>	288	29	2.5	131	9	0.4	7	0.5	0.25	5
<b>Ancho-lime</b>	259	26	2	354	7	1.5	3	0.8	0.7	6
<b>Carrot Ginger</b>	256	24	2	709	9	0.9	6	2	0.7	1
<b>Maple Chipotle</b>	266	26	2	122	9	0.4	7	0.5	0.25	6
<b>Tamarind</b>	124	12	0.9	27	6	0.4	5	0.3	0.3	1

**SMALL SALADS**

Nutritional information excludes dressings

**Smoky Caesar** 

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

**The Gorgeous Greek**

Roasted chicken, tomato, cucumber, mixed greens, sliced olives, feta, roast onion tapenade, zaatar spice, Greek vinaigrette.

**Grapefruit Arugula Salad** 

Arugula, grapefruit, feta, candied walnuts, maple mustard dressing.

**Chipotle Broccoli Salad** 











Mixed greens, quinoa, spicy broccoli, corn nuts, maple chipotle dressing.

**Mediterranean Salad** 

Mixed greens, quinoa, kalamata olives, sundried tomatoes, cucumber, feta, zaatar spice, balsamic dressing.

**Cranberry Walnut Salad** 

Mixed greens, quinoa, cranberries, candied walnuts, blue cheese, mint, maple mustard dressing.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Smoky Caesar	92	3	0.5	509	15	2	3	6	2	43
The Gorgeous Greek	159	10	5	683	8	2.5	2	12	3	27
Grapefruit Arugula Salad	203	14	4	300	14	2	5	8	1	35
Chipotle Broccoli Salad	210	11	1	77	25	3	2	6	2.25	75
Mediterranean Salad	224	10	4	491	28	6	10	10	4	31
Cranberry Walnut Salad	306	18	6	687	26	5	8	13	3	27

**SMALL SALAD DRESSINGS**

Based on 50 g serving











**Caesar**

**Greek**

**Maple Mustard**

**Balsamic**

**Maple Chipotle**

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Caesar	220	24	2	205	1	0.3	0.2	1	0.5	0.9
Greek	280	30	3	307	4	0.8	1.5	0.5	1	5
Maple Mustard	240	24	2	109	8	0.4	6	0.5	0.2	4
Balsamic	200	17	3	217	10	0	10	0.3	0	0
Maple Chipotle	222	22	2	102	7	0.4	6	0.5	0.2	5

**SOUPS**

**Spicy Moroccan Soup**

Chicken stock, chickpeas, tomato, onion, red jasmine rice, smoked paprika, ancho pepper, spices.

**Creamy Pumpkin Soup** 







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

**Jerk Sweet Potato** 

Sweet potato, onion, Jamaican jerk spice, maple syrup.

**Coconut Curry Chowder** 

Onion, carrot, sweet potato, corn, mushrooms, broccoli, edamame, garlic, ginger, tomatoes, red curry, coconut milk.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Spicy Moroccan Soup	276	7	1	333	48	6	9	9	5	21
Creamy Pumpkin Soup 	286	8	1	1148	52	8	12	3	2	3
Jerk Sweet Potato 	332	6	1	584	68	11	16	5	2	38
Coconut Curry Chowder 	288	19	16	1506	26	5	6	8	4	33

**HAND PIES**

**Shawarma Chicken** 

Chicken, onion, potato, shawarma spice mix.

**Spicy Chickpea**  




Chickpea salsa, olive oil.

**Apple Cinnamon Hand Pie**  

Apples, cinnamon, allspice, brown sugar, coconut oil.

**Cauliflower Blue Cheese Hand Pie**  

Cauliflower, blue cheese, grainy mustard, black pepper, honey, basil.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Shawarma Chicken 	294	13	2	653	32	2	2	13	4	7
Spicy Chickpea  	276	10	1	824	43	4	8	6	4	8
Apple Cinnamon Hand Pie  	303	13	4	475	47	3	21	3	2	4
Cauliflower Blue Cheese Hand Pie  	253	12	3	608	32	3	6	6	3	48

**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.

**Pumpkin Pie** 

Pumpkin, coconut milk, vanilla, cinnamon, brown sugar, maple syrup, fresh ginger.

**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 (mg)	 Vitamin C (mg)
Very Berry	323	1	0.3	8	82	9	53	4	2	79
Green Machine	260	1.5	0.3	93	63	10	34	6	5	114
Nutty by Nature	547	19	4	276	95	12	12	13	2	24
Pumpkin Pie	373	19	17	32	53	4	42	3	5	6
Espresso	627	37	32	531	77	4	49	7	7	14

**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.

**Chocolate Hazelnut Cookie** 

Flour, brown sugar, chocolate hazelnut spread, eggs, sea salt.

**Chewy Coconut Macaroon** 


Dates, raisins, coconut oil, brown sugar, coconut milk, coconut flakes, flax seeds, walnuts.

**Rosemary Focaccia**  

House-made focaccia with rosemary, olive oil and sea salt.

**Olive Focaccia**  

Flour, yeast, olive and onion tapenade, rosemary, olive oil, salt.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Coconut Soft Serve	323	12	10	10	55	0	37	3	1	0.5
Dark Chocolate Brownie	264	15	11	88	32	3	21	3	1	0
Chocolate Hazelnut Cookie	293	14	13	146	37	3	27	4	3	0
Chewy Coconut Macaroon	302	24	17	13	24	5	18	4	1	1
Rosemary Focaccia	337	9	1	482	56	2	1	8	3	0
Olive Focaccia	334	4	0.5	575	65	3	3	9	4	2