

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
















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

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 	394	23	6	825	39	11	5	14	3	61
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 & STEWS

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.

Chicken Pozole

Chicken and hominy stew, brown rice, mixed greens, tortilla strips, tamarind dressing.

Harissa Chickpea Stew 

Spiced chickpea and harissa stew, brown rice, mixed greens, almonds, tamarind dressing.

									
Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)	Vitamin C (mg)
846	30	5	1008	103	8	13	41	5	132
998	30	18	2008	166	17	11	24	8	115
841	12	2	1171	155	10	6	28	4	65
1013	17	2	1487	190	12	18	30	7	34

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)
264	29	2	246	2	0.4	0.2	1.3	0.5	1
202	16	3	693	11	2	6	7	0.75	14
288	29	2.5	131	9	0.4	7	0.5	0.25	5
259	26	2	354	7	1.5	3	0.8	0.7	6
256	24	2	709	9	0.9	6	2	0.7	1
266	26	2	122	9	0.4	7	0.5	0.25	6
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.

	 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

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

SANDWICHES

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Chicken Avocado 	672	24	4	1114	84	9	5	35	1	12
Shredded chicken, vegan mayo, lemon juice, avocado, arugula, roasted red pepper, baguette.										
Fired up Chicken 	533	11	2	1323	78	4	5	32	1	18
Shredded chicken, vegan mayo, hot sauce, lemon juice, arugula, pickled hot peppers, baguette.										
Smashed Chickpea Salad  	744	32	4	2246	97	5	4	24	2	4
Chickpeas, nori, vegan mayo, tahini, dill pickles, red onion, arugula, baguette.										
Cheddar + Caramelized Onion  	750	30	11	1402	96	7	17	30	3	15
Cheddar, sundried tomatoes, arugula, onion jam, vegan mayo, baguette.										