

**SALADS**

Nutritional information excludes dressings

**Smoky Caesar** 

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

**Thai Mango Salad** 

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

**Crispy Taco Salad** 

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

**Sesame Salmon** 

Sesame-crusted salmon, avocado, red onion, cucumber, mixed greens, crispy onions, carrot ginger dressing, sweet soy glaze.

**Falafel Bowl**  

Falafel, pita chips, grape tomatoes, cucumber, pickled hot peppers, mixed greens, sumac vinaigrette, beet tahini drizzle.

**Garden Cobb**



















Lemon-herb chicken, watermelon radish, blue cheese, grape tomatoes, mixed greens, spicy sunflower seeds, avocado green goddess dressing.

**Umami Bowl**  

Warm portobello mushrooms and onions, garlic marinated chickpeas, watermelon radish, mixed greens, crispy onions, roasted garlic miso dressing.

**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 	190	6	0.5	480	29	8	4	12	25	140
Thai Mango Salad 	410	24	4	780	35	8	18	15	20	180
Crispy Taco Salad 	450	26	8	450	45	16	8	16	20	140
Sesame Salmon 	410	24	4	270	31	13	10	25	20	140
Falafel Bowl  	230	10	1.5	360	28	7	4	9	30	110
Garden Cobb	320	16	7	550	12	5	3	35	20	120
Umami Bowl  	190	7	3	760	27	7	3	7	15	110
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, brown rice, broccoli, watermelon radish, pickled hot peppers, mixed greens, tortilla strips, maple chipotle dressing.

**Butter Cauliflower Curry** 

Cauliflower and potato curry, brown rice, mixed greens, papadum chips, tamarind dressing.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
340	10	2	490	45	6	4	22	25	180
800	42	20	1,090	95	13	17	16	35	80

**DRESSINGS**

Based on 60 g serving

**Caesar**

**Peanut Satay**

**Carrot Ginger**

**Maple Chipotle**

**Tamarind**

\*Based on 25 g serving

**Soy Glaze**

\*Based on 15 g serving

**Beet Tahini**











\*Based on 15 g serving

**Sumac**

**Green Goddess**

**Roasted Garlic Miso**

**Avocado Tomatillo**

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
300	33	2.5	210	1	0.4	0.2	1	2	2
180	13	2.5	590	10	2	5	6	4	60
190	20	1.5	610	4	1	1	2	4	2
250	24	2	135	10	0.3	8	1	2	6
124	12	0.9	27	6	0.4	5	0.3	0.3	1
1	0	0	160	0	0	0	0.2	0	0
70	6	1	65	2	1	1	1	4	2
250	28	3	190	2	0	1	0.3	2	4
110	11	1	140	2	1	0	0	2	10
250	27	2	210	3	0	0	1	2	4
80	8	0.5	90	2	1	1	0.5	2	4

**SMALL SALADS**

Nutritional information excludes dressings

**Smoky Caesar** 

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

**Fattoush**  










Falafel, pita chips, watermelon radish, cucumber, grape tomatoes, mixed greens, sumac vinaigrette.

**Miso Greens** 

Ginger-lime tofu, garlic chickpeas, cucumber, red onion, mixed greens, roasted garlic miso dressing.

**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 (%)
Smoky Caesar	170	5	1	340	22	8	3	13	25	130
Fattoush	190	8	1	300	24	5	3	6	8	60
Miso Greens	120	4.5	0.1	220	14	3	4	7	15	45
Mexi Quinoa	270	12	1	280	37	8	3	8	20	60

**SMALL SALAD DRESSINGS**











Based on 50 g serving

**Caesar**

**Roasted Garlic Miso**

**Avocado Tomatillo**

**Sumac**

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
Caesar	250	27	2	170	1	0.3	0.2	1	2	2
Roasted Garlic Miso	208	23	1.6	175	2.5	0	0	0.8	1.6	3.5
Avocado Tomatillo	67	7	0.4	75	1.6	0.8	0.8	0.4	1.6	3.5
Sumac	208	23	2.5	158	1.6	0	0.8	0.25	1.6	3.3

**SOUPS**

Based on 16 oz

**Ontario Mushroom Soup** 

Ontario mushrooms, onion, garlic, bay leaf, thyme, coconut milk, vegetable stock.

**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 (%)	 Vitamin C (%)
270	21	9	1210	18	3	8	6	15	10
440	20	14	980	62	8	9	12	20	35











**HAND PIES**

**Shawarma Chicken** 

Chicken, onion, potato, shawarma spice mix.

**Spicy Chickpea**  

Chickpea salsa, olive oil.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
294	13	2	653	32	2	2	13	30	4
276	10	1	824	43	4	8	6	30	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**  

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 (%)	 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
337	9	1	482	56	2	1	8	8	0
334	4	0.5	575	65	3	3	9	9	1