

SALADS

Nutritional information excludes dressings

Smoky Caesar v

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

Thai Mango Salad v

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

Sesame Salmon g

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

Falafel Bowl v

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

Garden Cobb

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

Umami Bowl v g

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.

The Spicy Mango v

Mango, cilantro-lime tofu, avocado, grape tomatoes, mixed greens, hot sauce, corn nuts, avocado-tomatillo dressing, tajin spice, fresh lime squeeze.

Summer Watermelon vg

Marinated watermelon, feta, avocado, edamame, red onion, mint, mixed greens, 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 v	190	6	0.5	480	29	8	4	12	25	140
Thai Mango Salad v	410	24	4	780	35	8	18	15	20	180
Crispy Taco Salad vg	450	26	8	450	45	16	8	16	20	140
Sesame Salmon g	410	24	4	270	31	13	10	25	20	140
Falafel Bowl v	230	11	1.5	595	29	8	4	10	31	128
Garden Cobb	320	16	7	550	12	5	3	35	20	120
Umami Bowl v g	190	7	3	760	27	7	3	7	15	110
The Santa Fe	380	10	4.5	680	37	7	5	35	25	90
The Spicy Mango v	390	26	4	400	39	14	13	8	15	160
Summer Watermelon vg	450	30	8	410	36	15	10	15	20	160

WARM BOWLS











Nutritional information excludes dressings

Fired up Chicken

Spicy chicken, brown rice, broccoli, watermelon radish, pickled sweet peppers, mixed greens, tortilla strips, maple chipotle dressing.

BBQ Cauliflower 

BBQ cauliflower, vegan cheddar, avocado, carrot, roasted corn, mixed greens, Caesar 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
440	28	8	570	45	15	12	11	20	190

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 v

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

Chickpea Fattoush v









Falafel, watermelon radish, cucumber, grape tomatoes, mixed greens, roasted chickpeas, sumac vinaigrette, zaatar seasoning.

Miso Greens v

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

Mexi Quinoa v

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 v	170	5	1	340	22	8	3	13	25	130
Chickpea Fattoush v	232	13	1.5	372	23	7	3	7	6	67
Miso Greens v	120	4.5	0.1	220	14	3	4	7	15	45
Mexi Quinoa v	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 v

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

Coconut Curry Chowder v

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 (%)
Ontario Mushroom Soup v	270	21	9	1210	18	3	8	6	15	10
Coconut Curry Chowder v	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.

Vegan BLT  

Vegan bacon, sundried tomatoes, arugula, 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
570	17	3	1340	85	7	8	25	8	2

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