

**GREEN BOWLS**

Nutritional information excludes dressing.

**Mad Caesar** 

**TOFU**

Cilantro-lime tofu, roasted broccoli, romaine, kale, capers, coconut bacon, cashew parm, Caesar dressing.

**Mad Caesar**

**CHICKEN**

Cilantro-lime tofu, roasted broccoli, romaine, kale, capers, coconut bacon, cashew parm, Caesar dressing.

**Crispy Taco Salad** 

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

**The Santa Fe** 

**TOFU**

Cilantro-lime tofu, cilantro roasted corn, feta, black beans, red onion, cucumber, mixed greens, tortilla strips, Tajin spice, fresh lime squeeze, avocado-tomatillo dressing.

**The Santa Fe**

**CHICKEN**

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

**Roasted Market**

**Bowl**  

**TOFU**











Cilantro-lime tofu, cinnamon roasted squash and carrot, grape tomatoes, mixed greens, crispy onions (contains gluten), orange-lemon vinaigrette.

**Roasted Market**

**Bowl** 

**CHICKEN**

Lemon-herb chicken, cinnamon roasted squash and carrot, grape tomatoes, mixed greens, crispy onions (contains gluten), orange-lemon vinaigrette.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Mad Caesar (Tofu)</b>	180	12	2	650	13	4	3	10	15	130
<b>Mad Caesar (Chicken)</b>	210	7	1.5	670	12	4	2	22	15	130
<b>Crispy Taco Salad</b>	450	26	8	450	45	16	8	16	20	140
<b>The Santa Fe (Tofu)</b>	280	4.5	4.5	1100	30	8	6	14	15	90
<b>The Santa Fe (Chicken)</b>	380	10	4.5	680	37	7	5	35	25	90
<b>Roasted Market Bowl (Tofu)</b>	260	12	3	450	19	5	4	19	15	100
<b>Roasted Market Bowl (Chicken)</b>	230	16	3.5	430	20	5	5	7	15	100

## HEARTY BOWLS

Nutritional information excludes 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, jalapeno cilantro vinaigrette.

### Bibimbowl

#### TOFU

Cilantro-lime tofu, kimchi (contains gluten), roasted sweet potato, pickled carrot & daikon, sweet soy marinated cucumbers, brown rice, mixed greens, sesame seeds, gochujang sauce drizzle, carrot ginger dressing.

### Bibimbowl

#### CHICKEN

Lemon-herb chicken, kimchi (contains gluten), roasted sweet potato, pickled carrot & daikon, sweet soy marinated cucumbers, brown rice, mixed greens, sesame seeds, gochujang sauce drizzle, carrot ginger dressing.

### Piri-Piri Chicken

Piri-piri chicken, roasted sweet potato, Peppadew peppers, carrot and cabbage slaw, brown rice, mixed greens, corn nuts, piri-piri dressing.

### Viet Noodle Bowl

#### TOFU

Cilantro-lime tofu, shirataki noodles, pickled carrot & daikon, cucumber, romaine, kale, crispy onions (contains gluten), chili flakes, fresh lime squeeze, Viet herb dressing.

















### Viet Noodle Bowl

#### CHICKEN

Lemon-herb chicken, shirataki noodles, pickled carrot & daikon, cucumber, romaine, kale, crispy onions (contains gluten), chili flakes, fresh lime squeeze, Viet herb dressing.

### Salmon Kimchi Bowl

Sesame-crusted salmon, kimchi, roasted sweet potato, roasted broccolis, brown rice, mixed greens, crispy onions (contains gluten), sweet soy glaze, carrot ginger dressing.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
Fajita Barbacoa	510	24	9	1140	49	5	6	25	15	100
Bibimbowl  	370	10	1	1170	59	5	16	10	20	90
Bibimbowl 	400	5	0.5	1190	58	6	15	22	20	10
Piri-Piri Chicken	540	13	1.5	730	69	7	9	23	20	130
Viet Noodle Bowl 	250	10	3.5	770	25	2	13	5	10	50
Viet Noodle Bowl 	280	5	3	790	24	3	12	17	10	50
Salmon Kimchi Bowl 	540	22	4	960	58	6	6	25	25	130

**DRESSINGS**

Based on 60 g serving

**Caesar**

**Carrot Ginger**

**Maple Chipotle**

**Avocado Tomatillo**

**Soy glaze**

\*Based on 15 g serving

**Jalapeno Cilantro**

\*Based on 25 g serving











**Gochujang**

\*Based on 15 g serving

**Piri-Piri**

**Viet Herb**

**Lemon-Orange**











	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Caesar</b>	240	26	2	200	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>Avocado Tomatillo</b>	80	8	0.5	90	2	1	1	0.5	2	4
<b>Soy glaze</b>	30	0	0	310	7	0	6	1	0	0
<b>Jalapeno Cilantro</b>	130	13	1	280	2	0	2	0.1	0	0
<b>Gochujang</b>	25	0.1	0	310	2	0	0	1	2	0
<b>Piri-Piri</b>	25	2.5	0.4	30	1	0	0	0.3	0	2
<b>Viet Herb</b>	15	0	0	360	3	0	3	0.3	0	2
<b>Lemon-Orange</b>	70	5	1	105	4	0	3	0.4	2	30

**SOUP**

Based on 12 oz

**Coconut Curry Chowder** 

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

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Coconut Curry Chowder</b>	300	23	10	1860	30	4	8	8	8	0

**SANDWICHES**

**Fajita Barbacoa** 

Ontario beef barbacoa, chayote, onion and pepper fajita blend, cheddar cheese, mixed greens, jalapeno cilantro vinaigrette, rosemary flatbread.

**Piri-piri Chicken** 











Piri-piri chicken, carrot and cabbage slaw, cucumber, mixed greens, piri-piri dressing, rosemary flatbread.

**Tofu Banh Mi**  

Cilantro-lime tofu, pickled carrot & daikon, sweet soy-marinated cucumbers, mixed greens, carrot ginger dressing, rosemary flatbread.

**Smashed Chickpea**  

Smashed chickpea salad, dill pickles, grape tomatoes, mixed greens, rosemary flatbread.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
480	16	7	1060	61	2	8	25	10	45
460	6	6	960	68	4	10	22	15	50
360	5	0.4	1220	70	2	19	12	15	20
500	11	1.5	1110	85	8	12	20	35	25

**SMOOTHIES**

**Very Berry** 



Strawberries, cherries, blueberries, raisins, dried cranberries, banana, orange juice.

**Green Machine** 

Spinach, kale, banana, orange juice, agave, cucumber, ginger.

**Nutty by Nature** 

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

 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

**EXTRAS****Dark Chocolate  
Brownie** 

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

**Portuguese  
Custard Tart** 

Milk, water, sugar, enriched wheat flour, shortening, egg yolk, liquid whole eggs, cornstarch, salt, natural vanilla, natural lemon flavour.

**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.

**Apple Blossom  
Pastry** 

Apples, enriched bleached pastry flour, vegetable shortening, water, white cane sugar, lemon from concentrate, modified corn starch, liquid whole egg, brown cane sugar, salt, glaze, white vinegar, oats, yeast, enzymes, cinnamon, natural butter flavour, dextrose.

**Rosemary Focaccia** 

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

**Multigrain Croissant** 




















Flour, butter, rye, sunflower seeds, cornmeal, cracked wheat, barley, oats, flax seeds, millet, wheat bran, rice flour, buckwheat, milk, sugar, yeast, eggs, salt.

**Almond Croissant** 

Croissant dough, almond paste, almonds.

**Raisin Swirl** 

Flour, cinnamon cream, butter, sugar, eggs, yeast, salt.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
Dark Chocolate Brownie 	330	21	15	80	39	6	23	4	15	0
Portuguese Custard Tart 	190	8	2.5	35	26	0	17	3	8	0
Chewy Ginger Cookie 	220	7	2.5	200	38	1	22	3	10	0
Cranberry Walnut Cookie 	240	11	3.5	160	32	2	16	4	8	0
Apple Blossom Pastry 	360	19	9	400	44	0	19	3	10	4
Rosemary Focaccia 	224	2.5	0.5	608	42	0	1.5	6	16	0
Multigrain Croissant 	340	17	11	320	39	2	4	7	15	10
Almond Croissant 	370	20	10	290	40	2	12	6	10	2
Raisin Swirl 	310	13	9	290	42	2	18	5	6	0