

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 (%)
Mad Caesar (Tofu)	180	12	2	650	13	4	3	10	15	130
Mad Caesar (Chicken)	210	7	1.5	670	12	4	2	22	15	130
Crispy Taco Salad	450	26	8	450	45	16	8	16	20	140
The Santa Fe (Tofu)	280	4.5	4.5	1100	30	8	6	14	15	90
The Santa Fe (Chicken)	380	10	4.5	680	37	7	5	35	25	90
Roasted Market Bowl (Tofu)	260	12	3	450	19	5	4	19	15	100
Roasted Market Bowl (Chicken)	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.

Butter Cauliflower Curry 

Cauliflower and potato curry, brown rice, mixed greens, crunchy lentils, sumac vinaigrette.

	 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  										
TOFU	370	10	1	1170	59	5	16	10	20	90
Bibimbowl 										
CHICKEN	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 										
TOFU	250	10	3.5	770	25	2	13	5	10	50
Viet Noodle Bowl 										
CHICKEN	280	5	3	790	24	3	12	17	10	50
Butter Cauliflower Curry 	530	16	10	960	87	11	15	15	40	110

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 (%)
Caesar	240	26	2	200	1	0	0	1	2	2
Carrot Ginger	190	20	1.5	610	4	1	1	2	4	2
Maple Chipotle	250	24	2	135	10	0.3	8	1	2	6
Avocado Tomatillo	80	8	0.5	90	2	1	1	0.5	2	4
Soy glaze	30	0	0	310	7	0	6	1	0	0
Jalapeno Cilantro	130	13	1	280	2	0	2	0.1	0	0
Gochujang	25	0.1	0	310	2	0	0	1	2	0
Piri-Piri	25	2.5	0.4	30	1	0	0	0.3	0	2
Viet Herb	15	0	0	360	3	0	3	0.3	0	2
Lemon-Orange	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 (%)
Coconut Curry Chowder	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