

**BOWLS**

Nutritional information excludes dressing.

**Mad Caesar - Tofu**

**VEGAN**

Cilantro-lime tofu, roasted broccoli, mixed greens, capers, coconut bacon, hemp parm, Caesar dressing.

**Mad Caesar - Chicken**

Lemon-herb chicken, roasted broccoli, mixed greens, capers, coconut bacon, hemp parm, Caesar dressing.

**Crispy Taco Salad**

**VEGETARIAN**

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**

**VEGETARIAN**

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.

**Fajita Barbacoa**

Ontario beef barbacoa, chayote, onion and pepper fajita blend, roasted corn, cheddar, brown rice, mixed greens, plantain chips, fresh lime squeeze, jalapeno cilantro vinaigrette.

**Bibimbowl - Tofu**

**VEGAN | CONTAINS GLUTEN**

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**

**CONTAINS GLUTEN**

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.

	 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> <b>VEGAN</b> Cilantro-lime tofu, roasted broccoli, mixed greens, capers, coconut bacon, hemp parm, Caesar dressing.	180	12	2	650	13	4	3	10	15	130
<b>Mad Caesar - Chicken</b> Lemon-herb chicken, roasted broccoli, mixed greens, capers, coconut bacon, hemp parm, Caesar dressing.	210	7	1.5	670	12	4	2	22	15	130
<b>Crispy Taco Salad</b> <b>VEGETARIAN</b> Avocado, cilantro roasted corn, black beans, grape tomatoes, cheddar cheese, red onion, mixed greens, tortilla strips, Tajin spice, maple chipotle dressing.	450	26	8	450	45	16	8	16	20	140
<b>The Santa Fe - Tofu</b> <b>VEGETARIAN</b> Cilantro-lime tofu, cilantro roasted corn, feta, black beans, red onion, cucumber, mixed greens, tortilla strips, Tajin spice, fresh lime squeeze, avocado-tomatillo dressing.	280	4.5	4.5	1100	30	8	6	14	15	90
<b>The Santa Fe - Chicken</b> Lemon-herb chicken, cilantro roasted corn, feta, black beans, red onion, cucumber, mixed greens, tortilla strips, Tajin spice, fresh lime squeeze, avocado-tomatillo dressing.	380	10	4.5	680	37	7	5	35	25	90
<b>Fajita Barbacoa</b> Ontario beef barbacoa, chayote, onion and pepper fajita blend, roasted corn, cheddar, brown rice, mixed greens, plantain chips, fresh lime squeeze, jalapeno cilantro vinaigrette.	510	24	9	1140	49	5	6	25	15	100
<b>Bibimbowl - Tofu</b> <b>VEGAN   CONTAINS GLUTEN</b> 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.	370	10	1	1170	59	5	16	10	20	90
<b>Bibimbowl - Chicken</b> <b>CONTAINS GLUTEN</b> 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.	400	5	0.5	1190	58	6	15	22	20	10
<b>Piri-Piri Chicken</b> Piri-piri chicken, roasted sweet potato, Peppadew peppers, carrot and cabbage slaw, brown rice, mixed greens, corn nuts, piri-piri dressing.	540	13	1.5	730	69	7	9	23	20	130

We work hard to prevent cross contamination at every opportunity. However, we do have allergens present in our restaurants, and we cannot guarantee that any of our products have not come into contact with a potential allergen.

**BOWLS**

Nutritional information excludes dressing.

**Viet Noodle Bowl - Tofu**











**CONTAINS GLUTEN**

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

**Viet Noodle Bowl - Chicken**

**CONTAINS GLUTEN**

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

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Viet Noodle Bowl - Tofu</b>	250	10	3.5	770	25	2	13	5	10	50
<b>Viet Noodle Bowl - Chicken</b>	280	5	3	790	24	3	12	17	10	50

**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

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**SOUP**

Based on 12 oz

**Coconut Curry Chowder**

VEGAN

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 (%)
300	23	10	1860	30	4	8	8	8	0

**SANDWICHES**

**Fajita Barbacoa**

CONTAINS GLUTEN

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

**Piri-Piri Chicken**

CONTAINS GLUTEN

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

**Tofu Banh Mi**











VEGAN | CONTAINS GLUTEN

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

**Smashed Chickpea**

VEGAN | CONTAINS GLUTEN

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**

VEGAN

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

**Green Machine**











VEGAN

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

**Nutty by Nature**


VEGAN

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

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**EXTRAS**

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
<b>Dark Chocolate Brownie</b> <b>VEGAN</b> Gluten-free flour, sugar, cocoa powder, chocolate chips, baking powder, coconut oil, flax seed, vanilla.	330	21	15	80	39	6	23	4	15	0
<b>Portuguese Custard Tart</b> <b>CONTAINS GLUTEN</b> Milk, water, sugar, enriched wheat flour, shortening, egg yolk, liquid whole eggs, cornstarch, salt, natural vanilla, natural lemon flavour.	190	8	2.5	35	26	0	17	3	8	0
<b>Apple Blossom Pastry</b> <b>CONTAINS GLUTEN</b> 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.	360	19	9	400	44	0	19	3	10	4
<b>Carrot Cake Cookie</b> <b>VEGAN   CONTAINS GLUTEN</b> Enriched white flour, brown sugar, semi-sweet chocolate chips, pure coconut oil, carrot, pineapple, granulated sugar, coconut, baking powder, vanilla extract, salt.	360	16	12	80	56	2	30	4	12	n/a
<b>Classic Chocolate Chunk</b> <b>CONTAINS GLUTEN</b> Apples, enriched bleached pastry flour, vegetable shortening, water, white cane sugar, l flavour, dextrose.	380	18	14	40	58	2	30	4	12	n/a
<b>Cinnamon Toast Churro</b> <b>CONTAINS GLUTEN</b> Enriched white flour, brown sugar, pure coconut oil, white chocolate, cinnamon cereal, water, caramel bits, granulated sugar, baking powder, salt.	360	14	10	150	58	2	32	4	14	n/a
<b>Rosemary Focaccia</b> <b>VEGAN   CONTAINS GLUTEN</b> Unbleached wheat flour, olive oil, sea salt, rosemary, yeast, malted barley flour.	224	2.5	0.5	608	42	0	1.5	6	16	0