



FALL MENU

Delicious plant-based foods made fresh. Every day.

BREAKFAST BOWLS

- QUINOA & OATMEAL BOWL** \$4.95
steel cut oats, rolled oats & quinoa | 2 toppings | served warm
- GRANOLA BOWL** \$4.95
essential, energy or zen blend granola | 2 toppings | served warm or cold
- AÇAÍ or SMOOTHIE BOWL** \$9.50
açai, milky way or zenergy base | 3 toppings

POTS & PUDDINGS

- BANANA COCONUT CHIA PUDDING** \$5.95
- CREAMY COCONUT POT** with three berry compote
- PUMPKIN CHIA PUDDING** with spiced hazelnut crumble
- OVERNIGHT OATS** with cranberry-citrus compote

SMART SALADS

- CHIPOTLE SWEET POTATO & KALE SALAD** with pumpkin seeds \$7.50
- CURRIED KALE SALAD** with CHICKPEAS with red cabbage & golden raisins
- BEANS, GREENS & QUINOA SALAD** with butternut squash & garlic-cashew cream
- 5-LAYER TACO SALAD** with grains, black beans, veggies & smoky lentil-walnut chorizo



MAIN SALADS

- ASIAN SOBA NOODLE SALAD** with spicy almond butter vinaigrette \$10.95
- CHIPOTLE KALE COBB SALAD** with free-range, organic egg & coconut bacon
- FALAFEL, HUMMUS & GREENS** with lemon-tahini dressing
- BRUSSELS SPROUTS & POMEGRANATE SALAD** with parmesan cheese & lemon-garlic vinaigrette
- TURMERIC-CAULIFLOWER & KALE SALAD** with quinoa, chickpeas & herby ranch dressing

WRAPS

- CURRIED CHICKPEA WHEAT WRAP** with red cabbage & carrots \$9.50
- SPICY AVOCADO COLLARD WRAP** with quinoa, red cabbage & basil
- FALAFEL & BUTTERNUT SQUASH HUMMUS WHEAT WRAP** with red cabbage & carrots
- VEGGIE PICNIC COLLARD WRAP** with creamy herb dressing & superseeds

MEALS & BOWLS

- BUTTERNUT SQUASH & QUINOA BOWL** with white beans & garlic-cashew cream \$10.95/ \$12.95
- CHICKPEA ROTINI CARBONARA** with chickpea pasta & herb-roasted veggies
- KITCHARI BOWL** with brown rice & steamed veggies
- LENTIL BOLOGNESE** with chickpea pasta
- THAI MANGO CURRY** with tofu & brown rice

BOWL TOPPINGS

*contains nuts

- SUPERSEED SPRINKLE**
- POWER NUT BLEND***
- DRIED FRUIT MIX**
- CHOCONUT BANANA CRUNCH***
- MACA GLOW DUST**
- SNAP CRACKLE BERRY**
- ESSENTIAL GRANOLA***
- ENERGY GRANOLA***
- ZEN BLEND GRANOLA**
- FRESH BERRIES & POMEGRANATE SEEDS**
- SLICED BANANA**
- ALMOND BUTTER* SUNBUTTER ORTAHINI**
- MAPLE SYRUP OR RAW HONEY**

BAKERY

- ANYTIME COOKIE**
 - BANANA BREAD**
 - ZUCCHINI BREAD**
 - BLUEBERRY-LEMON MUFFIN**
 - CRANBERRY-WALNUT COOKIE**
 - CHOCO-BANANA BROWNIE**
- \$1.95 - \$3.95

DESSERT

*all gluten-free, contain nuts

- DARK CHOCOLATE MOUSSE** with raspberries
 - PROTEIN POT** with banana & hazelnut crumble
- \$5.95

SEASONAL SOUPS

- POWER GREENS** served chilled
 - 7 VEG & QUINOA**
 - LEMON MISO**
- \$6.50

*menu is subject to seasonal changes & store availability