

# TAKEAWAY MENU

Delicious plant-forward foods made fresh to order. Every day.

## BREAKFAST

\$4.95

### GRANOLA BOWL

choice of granola, milk and 3 toppings.

### OATMEAL BOWL

quinoa oatmeal with choice of milk and 3 toppings.

## SMOOTHIE & ACAI BOWLS

\$10.25

### DRAGON DREAM BOWL

### GREEN ENERGY BOWL

### BLUE MAGIK BOWL

### GALAXY BOWL

### BUILD YOUR OWN BOWL

(small) \$7.50 | (large) \$8.95

Our classic acai, milky way or zenergy base with your choice of 3 toppings.

## BOWL TOPPINGS

SUPERSEED SPRINKLE  
COCOA BANANA CRUNCH  
MACA GLOW DUST  
ESSENTIAL GRANOLA  
ZEN BLEND GRANOLA  
FRESH BANANA  
FRESH KIWI  
BEE POLLEN  
FRESH STRAWBERRY  
ALMOND BUTTER  
CACAO NIBS  
CHIA SEEDS  
LOCAL HONEY

## POTS & PUDDINGS

\$5.95

### BANANA COCONUT CHIA PUDDING

OVERNIGHT OATS with cranberry-citrus compote

VANILLA MAPLE YOGURT POT with essential or nut-free granola

## SEASONAL SOUPS

\$6.50

### LEMON MISO PHO

### SEVEN VEGETABLE & QUINOA SOUP

### TURMERIC CAULIFLOWER SOUP

### BUTTERNUT SQUASH & APPLE SOUP

## SMART SALADS

\$7.50

BUDDHA BOWL with brown rice and sesame greens

FALAFEL & BUTTERNUT SQUASH SMART SALAD

BEANS, GREENS & QUINOA with butternut squash

## ENTREE SALADS

\$10.95

### SIGNATURE HARVEST SALAD

### GREEN & TONIC CAESAR SALAD

### ASIAN KELP NOODLE SALAD

### TURMERIC CAULIFLOWER & KALE SALAD

BRUSSEL SPROUTS & POMEGRANATE SALAD with parmesan

\*menu is subject to seasonal changes & store availability

## WRAPS

\$9.50

SPICY AVOCADO COLLARD WRAP

CURRIED CHICKPEA in whole wheat wrap

GREEN & TONIC CAESAR WRAP

FALAFEL & BUTTERNUT SQUASH HUMMUS WRAP

## MEALS

\$12.99

VEGETARIAN LASAGNA

VEGETABLE STUFFED PORTABELLO MUSHROOM

HOUSEMADE VEGGIE BURGER

VEGETABLE BIBIMBAP BOWL

CHICKPEA MASALA BOWL

BRAISED LENTIL & EGGPLANT SHAWARMA

## DESSERT

\$5.95

DARK CHOCOLATE MOUSSE with raspberries

BLUEBERRY CHEESECAKE with almond date crumble

PROTEIN POT with almond butter and banana

## INDULGENCES

\$1.95 - \$3.95

CHOCOLATE CHIP COOKIE

FRUIT & OAT BAR

DARK CHOCOLATE BROWNIE

COCONUT CHIA BAR

ANY-TIME COOKIE

MOCHA CHIP BITES

CRANBERRY WALNUT COOKIE

COOKIE DOUGH BITES

BANANA BREAD

PECAN PIE BITES

ZUCCHINI BREAD

\*menu is subject to seasonal changes & store availability

