

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.

\$5.95

POTS & PUDDINGS

BANANA COCONUT CHIA PUDDING

DRAGONFRUIT SUPERSEED OATS

PROTEIN POT with almond butter and banana

SEASONAL SOUPS

\$6.50

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

ENTREE SALADS

\$10.95

SIGNATURE HARVEST SALAD

ASIAN KELP NOODLE SALAD

TURMERIC CAULIFLOWER & KALE SALAD

BRUSSEL SPROUTS & POMEGRANATE SALAD with parmesan

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

*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

CHICKPEA MASALA BOWL

DESSERT

\$5.95

DARK CHOCOLATE MOUSSE with raspberries

INDULGENCES

\$1.95 - \$3.95

CHOCOLATE CHIP COOKIE

COOKIE DOUGH BITES

DARK CHOCOLATE BROWNIE

BANANA BREAD

ANY-TIME COOKIE

ZUCCHINI BREAD

CRANBERRY WALNUT COOKIE

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