

SALADS

CREAMY POTATO & KALE 2.49/100g

Creamy, traditional potato salad kicked up a nutritional notch with roasted garlic, vitamin-rich kale, green beans, and sundried tomatoes.

BLACK BEAN CHICKPEA 2.39/100g

Protein-rich black beans and chickpeas paired with crisp bell peppers, fresh corn, and onions in a bright chili-charged, lime cilantro dressing.

CRANBERRY BROCCOLI FLORET 2.59/100g

Crunchy-sweet-nutty combo of broccoli florets, dried cranberries, sunflower seeds, and hemp hearts, wrapped in a zingy lemon-mustard dressing, and finished with red onion.

CHILI LIME SWEET POTATO 2.39/100g

A high fibre, beta-carotene boost of sweet potatoes and fresh bell peppers hit with a spicy-sweet lime and cilantro dressing.

MOROCCAN CHICKPEA 2.39/100g

Hearty chickpeas, fresh tomatoes, crunchy almonds, and dried apricots wrapped in a creamy, spicy-sweet lemon dressing garnished with fresh cilantro.

KALE QUINOA 2.49/100g

Nutty-crunchy fusion of quinoa, carrots, kale, currants, and pumpkin seeds, punched with green onion, garlic, cumin, chillies, and lime juice.

SANDWICHES & WRAPS

TUNA MELT 6.49 | 6.99 ●

Classic tuna, celery and red onion enriched with fibre- and protein-rich quinoa, and a slice of creamy Havarti cheese.

CHICKEN PESTO 7.99 | 7.99 ●

Slices of free-range chicken, fresh tomato, Havarti cheese, and red onion, with a pop of pesto, and crunch of lettuce.

THAI CHIPOTLE WRAP 6.49 | 6.99 ●

Thai-spiced chicken breast, fresh tomato, lettuce, onion, and creamy Havarti cheese in a wrap.

GREEK FALAFEL WRAP 5.99

Golden falafel paired with fresh tomato, cucumber, onion, and lettuce, spiked with tzatziki and hummus, in a multigrain wrap.

AVOCADO SWEET POTATO WRAP 6.49 | 6.99 ●

Black bean-chickpea and chili-lime sweet potato salads blended with avocado, and finished with crisp lettuce in a wrap.

CHICKEN PESTO QUESADILLA 6.49 | 6.99 ●

Free range chicken, sweet cranberries, and creamy Havarti cheese smothered with mayo and pesto in a wrap.

● Made without gluten.

Seasonal items are not listed, see in-store for full menu.

DRINKS

SMOOTHIES

12oz 6.99 | 16oz 7.99

FRUITS

BREEZY

coconut milk. strawberry. raspberry. blueberry. banana.

JOYFUL

pineapple coconut juice. strawberry. raspberry. peach. banana.

GREENS

ENERGETIC

romaine lettuce. kale. broccoli. celery. mango. cucumber. parsley.

BRAVE

apple. mango. cucumber. fennel. kale. lime. ginger.

VIBRANT

coconut milk. mango. avocado. vanilla yogurt. honey.

FIT

pineapple coconut juice. peach. spinach. wheatgrass.

JUICES

12oz 6.99 | 16oz 7.99 | 32oz 14.99

FRUITS

HARMONIZE

carrot. orange. apple.

REVIVE

apples. lemon. cucumber. celery.

ROOTS

INVIGORATE

carrot. ginger. lemon. orange.

THRIVE

beets. carrots. apple. celery.

RECOVER

orange. carrot. lemon. turmeric.

RESTORE

carrot. beet. parsley. ginger. garlic.

Protein and boosters available for smoothies.

SUPERFOODS

POWERFUL

coconut milk. orange juice. peach. blueberry. banana. matcha tea.

FIERCE

vanilla coconut milk. banana. protein. cocoa. Udo's oil. maca.

SAVVY

coconut milk. mango. banana. turmeric. ginger. honey. cinnamon. sea salt.

GLOWING

almond milk. vanilla yogurt. banana. almond butter. honey.

LEAVES

REFRESH

romaine lettuce. lime. celery. apple. parsley.

REPLENISH

kale. romaine lettuce. cucumber. apple. parsley.

ALIVE

apple. cucumber. fennel. lime. kale. ginger.

REJUVENATE

celery. carrot. kale. parsley.

VITALIZE

apple. romaine lettuce. lemon. kale.

NOURISH

celery. romaine lettuce. cucumber. kale. broccoli. parsley.

Soup's on!

Check out our soups + stews
– made fresh daily.

BAKED GOODS

MUFFINS

ALMOND BUTTER CHOCOLATE CHIP 3.29

CARROT MILLET 3.29

FRUIT BURST 3.29

PEACHES N' GREENS 3.29

CRANBERRY APPLE 3.29

SQUARES + LOAVES

CARROT CAKE 2.99

BUMBLEBERRY BAR 2.99

ALMOND CHOCOLATE CHIP BAR 3.29

TREE HUGGER BAR 2.99

BANANA LOAF 3.29

CHOCOLATE ZUCCHINI CAKE 2.99

HOT DRINKS

ORGANIC COFFEE 8oz 1.69 12oz 1.99 16oz 2.49
regular or decaffeinated

TEA 1.99 any size
black, herbal, or green

HOT CHOCOLATE 8oz 1.49 12oz 1.99



COMBOS

SOUP + SANDWICH
save \$1.00 when you make it a combo

SALAD PLATE 2.49/100g
choose three or more salads

COFFEE + MUFFIN 3.99
12oz coffee and a muffin

