

SANDWICHES 9.50

SERVED ON VEGAN FOCACCIA BREAD

/01 REUBEN (V)

MARINATED CHICKPEA TEMPEH / REUBEN SPREAD / AVOCADO / SPINACH / SAUERKRAUT / CUCUMBER / CARROT

/02 ROASTED SWEET POTATO (V*) (NF)

ROASTED SWEET POTATO / SPINACH / HOUSE MADE CHIMICHURRI / SUN DRIED TOMATO / GOAT CHEESE

*SUBSTITUTE HOUSE MADE CASHEW CHEESE FOR (V) OPTION

/03 FALAFEL (V)

HOUSE MADE ROASTED RED PEPPER HUMMUS / BAKED FALAFEL TAHINI / HOUSE MADE HOT SAUCE / TABOULEH / PICKLED RED CABBAGE / TOMATO / RED ONION

/04 CAPONATA (V)

EGGPLANT / ONION / GARLIC / RED PEPPER / TOMATO / SULTANA RAISIN / KALAMATA OLIVE / CAPERS / MINT / PARSLEY / BASIL / CHILI FLAKES / ARUGULA / PINE NUTS / HOUSE MADE VEGAN CASHEW CHEESE

/05 TUNA (V) (NF)

CHICKPEAS / CELERY / RED ONION / GARLIC / HOUSE MADE VEGAN MAYO (AQUAFABA BASE) / LEMON / SALT / PEPPER / TOMATO / ALFALFA SPROUTS / PICKLE / HOUSE MADE MAPLE MUSTARD SPREAD

/06 BLT (V) (NF)

HOUSE MADE VEGAN MAYO (AQUAFABA BASE) / EGGPLANT BACON / TOMATO / LETTUCE

/07 MEATBALL SUB (V) (NF)

YUKON POTATO / WHITE BEAN / ONION / GARLIC / TAMARI / VEGETABLE STOCK / VITAL WHEAT GLUTEN / PAPRIKA / OREGANO / BASIL / NUTRITIONAL YEAST / HOUSE MADE TOMATO SAUCE / HOUSE MADE VEGAN CASHEW CHEESE / BASIL

ADD ONS

EXTRA AVOCADO	2.50
HOUSE MADE VEGAN CASHEW CHEESE	2.50
VEGAN BEAN BALL	2/2.50
MARINATED CHICKPEA TEMPEH	3.00
EXTRA FALAFEL PATTY	3.00

SALADS

9.75

/01 ZUCCHINI NOODLE (V)

RAW ZUCCHINI NOODLES / ROASTED ALMOND SLIVERS / GREEN ONION / SESAME SEEDS / CILANTRO / SPINACH / VEGAN BEAN BALL / HOUSE MADE ALMOND BUTTER DRESSING

/02 MEDITERRANEAN (V) (NF)

GREEN KALE / QUINOA / CUCUMBER / TOMATO / RED ONION / GREEN LENTIL / YELLOW PEPPER / KALAMATA OLIVE / PARSLEY / HOUSE MADE VEGAN FETA / HOUSE MADE MEDITERRANEAN DRESSING

/03 ASIAN (V) (NF)

SPINACH / CARROT / BEET / DAIKON / CUCUMBER / EDAMAME / MARINATED ORGANIC TOFU / AVOCADO / NORI / SESAME SEEDS / HOUSE MADE ASIAN DRESSING

AÇAÍ BOWLS

24 oz

12.50

/01 CLASSIC (V)

AÇAÍ BERRY / HOUSE PRESSED HEMP MILK / BANANA / BLUEBERRY / GLUTEN FREE GRANOLA / HEMP SEEDS / MAPLE SYRUP / SHREDDED COCONUT

/02 PEANUT BUTTER (V)

AÇAÍ BERRY / HOUSE PRESSED HEMP MILK / BANANA / BLUEBERRY / GLUTEN FREE GRANOLA / HEMP SEEDS / MAPLE SYRUP / SHREDDED COCONUT / HOUSE MADE PEANUT BUTTER COCONUT WHIP / CHOCOLATE PB CRUMBLE

/03 STRAWBERRY (V)

AÇAÍ BERRY / HOUSE PRESSED HEMP MILK / STRAWBERRY / VEGAN STRAWBERRY YOGURT (ALMOND CASHEW BASE) / GLUTEN FREE GRANOLA / MAPLE SYRUP / BANANA / TOASTED COCONUT

EXTRA CHOCOLATE PB CRUMBLE 2.00

DESSERT PACKS

/01 PEANUT BUTTER

& CHOCOLATE TRUFFLE 4PK | 8.25 OR 2.50 EACH
ORGANIC PEANUT BUTTER / DARK CHOCOLATE / VANILLA EXTRACT / SHREDDED COCONUT / ORGANIC HONEY / GLUTEN FREE OATS / GOLDEN FLAXSEED

/02 CHOCOLATE CHERRY

TRUFFLE (V) (NF) 4PK | 8.25 OR 2.50 EACH
SUNFLOWER SEEDS / PEPITAS / VANILLA EXTRACT / CACAO POWDER / FRESH MEDJOOOL DATES / DRIED CHERRY / SHREDDED COCONUT / HEMP SEEDS / PINK HIMALAYAN SALT

/03 TAHINI BOMBS (V) (NF)

FRESH MEDJOOOL DATES / ORGANIC TAHINI / DARK CHOCOLATE / SESAME SEEDS 3PK | 6.50

/04 CARAMEL BOMBS (V)

FRESH MEDJOOOL DATES / ALMOND MEAL / ORGANIC ALMOND BUTTER / VANILLA EXTRACT / PINK HIMALAYAN SALT / DARK CHOCOLATE 4PK | 6.50

SMOOTHIES 16oz 9.75

Upsize any smoothie to 24oz for an additional \$2.50

/01

PINEAPPLE / BANANA / STRAWBERRY / LEMON / CAMU CAMU / MAPLE SYRUP / CHIA SEEDS / GOJI BERRY (V) (NF)

/02

PINEAPPLE / SPINACH / APPLE / GINGER / FRESH SQUEEZED ORANGE JUICE (V) (NF)

/03

CACAO POWDER / HOUSE PRESSED HEMP MILK / BANANA / ALMOND BUTTER / MAPLE SYRUP (V)

**NEED AN EXTRA KICK? ADD HOUSE MADE COLD BREW CONCENTRATE*

/04

BANANA / PINEAPPLE / GOLDEN FLAXSEED / HOUSE PRESSED HEMP MILK / CINNAMON / FRESH MEDJOO DATES / HEMP SEEDS / MACA POWDER (V) (NF)

/05

KALE / BOK CHOY / BROCCOLI / PINEAPPLE / AVOCADO / MAPLE SYRUP / APPLE / GINGER / ALKALINE WATER / ORGANIC HEMP PROTEIN POWDER (V) (NF)

/06

BLUEBERRY / BANANA / MAPLE SYRUP / BEE POLLEN / HOUSE PRESSED HEMP MILK / COCONUT OIL (NF)

/07

ORGANIC PEANUT BUTTER / HOUSE PRESSED HEMP MILK / STRAWBERRY / SPINACH / MAPLE SYRUP / FRESH MEDJOO DATES / BANANA (V)

ADD ONS

ORGANIC PRESSED HEMP OIL	2.50
ORGANIC HEMP PROTEIN	2.50
SPIRULINA	2.50
CHLORELLA	2.50
HEMP SEEDS	2.50
MACA POWDER	2.50
GOJI BERRIES	2.50
E3 LIVE	3.00
BLUE MAJIK	3.50
2oz GINGER SHOT	3.50

COLD PRESSED JUICE 16 oz 9.75

/01 GLOW

CARROT / PINEAPPLE / JALAPENO

/02 BOOST

BEET / APPLE / GINGER / LEMON

/03 ENHANCED

SPINACH / CELERY / APPLE / CUCUMBER / LEMON

/04 BALANCE

PINEAPPLE / GRAPEFRUIT / ORANGE / LEMON / BLUE MAJIK ALGAE

/05 JOY

ORANGE / APPLE / BEET / GRAPEFRUIT

ACTIVATED POTIONS 8 oz 7.50

/01 GOLDEN POTION

YELLOW TURMERIC ROOT / GRAPEFRUIT / LEMON / ORANGE / GINGER / ORGANIC PRESSED HEMP OIL

/02 RUNNERS HIGH

WHITE TURMERIC ROOT / PINEAPPLE / LEMON / GINGER / CHLORELLA

/03 BLUE MAGIK

ALKALINE WATER / MAPLE SYRUP / GINGER / PINK HIMALAYAN SALT / BLUE MAJIK ALGAE

ORGANIC KOMBUCHA ON TAP

FLAVOURS BASED ON AVAILABILITY 8oz / 6.50

KOMBUCHA COCKTAILS 24oz / 11.00
CHOICE OF ACTIVATED POTION / KOMBUCHA / GINGER SHOT

COLD BEVERAGES

HOUSE MADE COLD BREW (V) 16oz / 5.00

COLD BREW LATTE (V) 24oz / 6.50
HOUSE PRESSED HEMP MILK /
HOUSE MADE COLD BREW CONCENTRATE / MAPLE SYRUP

LEMONCOCCO 355ml / 3.50

RASPBERRY YERBA
MATE KOMBUCHA 340ML / 6.00

WATER

FLOW WATER 250ml / 3.50

PERRIER WATER 330ML / 3.50