Craft Cocktails

**julia caesar** 1oz // 14
beattie’s sweet potato vodka, Singer’s caesar mix, horseradish, hot sauce, pepperoncini, celery, cracked black pepper, wild salt rim
On our regular menu, this item is served with a crispy cauliflower garnish which contains gluten. Please order it without the crispy cauliflower.

**wild muskoka mule** 1.5oz // 13
beattie’s farm crafted vodka, ginger beer, lime, spiced maple bitters, rosemary

**gin + flowers** 2oz // 14
dillon’s rose gin, elderflower liqueur, pluck herbal iced tea, mineral water, edible flowers

**aperol spritz** 2.5oz // 13
aperol, la delizia prosecco, organic craft kombucha, fresh orange peel

**havana colada** 2oz // 14
havana club anejo rum, coconut bliss, lime, pineapple, salted rim

**cotton candy sour** 2oz // 14
altos plata silver tequila, leblon cachaca, strawberry sumac shrub, lemon, aquafaba, agave

**the house margarita** 2oz // 13
cazadores tequila reposado, cointreau, lime, agave, orange bitters, lime wheel, citrus salt rim

**the crown** 1oz // 14
the botanist gin, bittermen’s hopped grapefruit bitters, cucumber, lime, ginger beer, spruce tip sugar

**northern-lights old fashioned** 2oz // 13
lot 40 rye whisky, ginger beer, aromatic bitters, orange bitters, forest fire bitters, charred orange peel, rosemary

**drunken cherry manhattan** 2oz // 13
dillon’s cherry gin, lot 40 rye whisky, orgeat, elderberry syrup, aromatic bitters, filthy black cherries

**classic negroni** on tap 3 oz // 13
dillon’s dry gin, sweet vermouth, professor Dillon’s aperitivo liqueur, charred orange peel

**botanical g & t** 1.5oz // 13
shetland reel original gin, fever-tree tonic, lemon, mint, star anise
From the Shetland Isles comes the UK’s most remote gin. This award-winning small batch craft gin features apple, mint grown wild on the Islands, plus other botanicals including juniper berries, coriander seeds, orris root, cinnamon and citrus peel. Clean and refreshing.

**Craft Cider**

**pommies original cider** (gluten free) 5% 473ml // 8

**west avenue cherriosity cider** on tap (gluten free) barrel fermented sour cherries and apples, 6.5% 12oz // 9

Red Wine

**tempranillo, vina bujanda crianza**
2015 rioja, spain // 12/55

**cabernet sauvignon, anno domini**
2017 venezia, italy // 11/50

**malbec, andeluna cellars**
2016 mendoza, argentina // 12/55

**syrah, blanville, “horus”**
2014 languedoc, france // 12/55

**pinot noir, murphy-goode**
2015 california // 12/55

**shiraz, geoff merrill, “pimpala road”**
2015 mcilravey vale, australia // 50

**nebbiolo, ca’ del baio “bricdelbaio”**
2016 langhe, italy // 60

White Wine

**organic dry riesling, kew vineyards**
2017 beamsville, niagara // 10/45

**pinot grigio, anno domini**
2017 venezia, italy // 10/45

**grüner veltliner, sepp moser**
2017 niederösterreich, austria // 12/55

**chardonnay, murphy-goode**
2015 california // 12/55

**loureiro vinho verde, aphros**
2016 vinho verde, portugal // 70

**sauvignon blanc, daniel chotard**
2017 sancerre, france // 75

Rosé

**ros’aura feudi di san gregorio**
2017 campagna, italy // 12/55

**tavel rosé, domaine lafond**
2017 tavel, france // 65

Bubbly

**prosecco, la delizia**
italy // 11/50

**cava reserva brut**
cava, spain // 11/50

**mimosa** // 12
prosecco, orange juice, strawberries
Gluten Allergy Friendly Menu

All items on this menu are made with gluten-free ingredients.

However, they are prepared on the same surfaces and cooked in the same fryers and on the same grills as items that do contain gluten.

We cannot guarantee that they will not come into contact with gluten during preparation.

Starters

soup // cup 5.5 / bowl 7.5
add grilled cornbread & cashew cheese + 4
please check the soup ingredient list for barley, beer, tvp or wheat flour.

grilled cornbread
with cashew cheese
two pieces 4 // half loaf 8

dragon broccoli // 8.5
broccoli, miso gravy, banana chilies, scallions, sesame seeds, chili oil

dragon fries // 9.5
miso gravy, banana chilies, scallions, sesame seeds, chili oil
sub sweet potato fries + 1.5

poutine // 9.5
fries, mushroom gravy, fresh 'cheese' sauce
sub sweet potato fries + 1.5

green poutine // 14
fries, steamed greens, mushroom gravy, fresh 'cheese' sauce, scallions, sunflower seeds
sub sweet potato fries + 1.5

french fries // 7
hand cut, tossed with sea salt
add dip or gravy + 2

sweet potato fries // 8.5
hand cut, tossed with sea salt
add dip or gravy + 2

Unwraps

On our regular menu, these items are served in whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.

rebel wrap // 14
grilled power greens, cashew cheese, avocado, quick pickled yellow beets, lettuce, garlic mayo
// not available during brunch

black bean burrito // 14
spicy black beans, avocado, fresh 'cheese' sauce, cilantro, alfalfa, tomato, lettuce, cucumber, red onion, hot sauce

clubhouse wrap // 14
tempeh bacon, crispy tofu steaks, tomato, lettuce, garlic mayo

Tacos

On our regular menu, tacos are served in grilled whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.

grilled tofu tacos // 11
tofu steaks, power greens, tomato, jalapeno/lime sauce, onion, cilantro

Add-Ons

Basics
brown basmati rice // 3
quinoa // 3
any dressing, sauce or dip // 2
side french fries // 3.5
with dip // 5.5
side sweet potato fries // 4.25
with dip // 6.25
side side sweet potato fries with dip // 6.25
side dragon fries // 6
side side potato dragon fries // 6.75
side poutine // 6
side sweet potato poutine // 6.75
goat cheese * or aged cheddar * // 3.25
cashew cheese // 3.25
fresh 'cheese' sauce // 2

Protein
chick peas | dry roasted peanuts | toasted sunflower seeds
// 2.5
marinated adzuki beans | watermelon seeds
// 3
roasted cashews | hemp seeds
cashew cheese | aged cheddar cheese * | goat cheese *
// 3.25
crispy tofu cubes | crispy tofu steaks | grilled tofu steaks | tempeh bacon | grilled tempeh | marinated tofu cubes
// 4
signature mixes
brazil nut parmesan
(brazil nuts, ground almonds, sesame seeds, nutritional yeast, sea salt, flax seeds)
// 3
fresh salad topper
(puffed quinoa, goji berries, currants, pistachios, almonds, sea salt)
// 3
toasted mixed nuts
(cashews, walnuts, pistachios, pecans)
// 3

Fresh Original Dips & Sauces
100% house made
chipotle mayo // spicy & smoky
garlic mayo // creamy & garlicky
thai peanut sauce // decadent & rich, with chilies, ginger & garlic
miso gravy // savoury & rich, with nutritional yeast, miso & dijon
jalapeno lime // creamy mayo base with jalapeno, lime & cilantro
bbq // our signature bbq sauce with allspice, molasses & cayenne
mushroom gravy // classic brown gravy with roasted mushrooms
fresh 'cheese' sauce // mild vegan cheesy sauce

Our locations are not gluten, soy or nut free.
Please ask to see our full ingredient lists if you have allergies or sensitivities.

For groups of eight or more an automatic gratuity of 18% will be added.
Fresh Original Dressings

100% house made

**house** // vinaigrette with flax oil, apple cider vinegar, garlic, tamari & mustard

369 // sweet & savoury. Omega rich oil blend with tahini, maple & lemon

**ranch** // classic flavour with dill, chives & parsley

**tahini** // sesame with turmeric, mint, garlic, flax oil, lemon & black pepper

**peanut lime** // coconut, lime & a hint of hot chilies

**caesar** // creamy garlic with capers, worcestershire & lemon

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**Vegetables**

- alfalfa sprouts | jicama | diced cucumber | red cabbage | grated carrot | red onion | tomato | napa cabbage
  // 2.25
- avocado | red pepper
  // 2.5
- spiraled carrot & yellow beet | grape tomatoes
  // 2.75
- shredded power greens (red, green & black kale, broccoli, brussels sprouts, radicchio, fennel & cabbage – may change seasonally)
  // 2.75
- edamame | sunflower sprouts | microgreens
  // 3.5
- grilled red pepper | grilled sweet potato | grilled zucchini
  // 4
- grilled mixed greens (kale, bok choy & swiss chard)
  // 6
- steamed broccoli
  // 6
- steamed greens (kale, bok choy & swiss chard)
  // 6

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**Accents**

- cilantro, mint or parsley | scallions
  // 1
- banana chilies | pickled ginger | quick pickled yellow beets | sun-dried tomatoes | dill pickle
  // 2
- goji berries | dried cranberries | spicy black beans | beet sauerkraut
  // 3

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**Fresh Bowls**

Served on brown basmati rice, in baby or large size. On our regular menu we offer an option of soba noodles. The noodles contain gluten – please order on rice only.

**buddha** // 14.5 // 18.5
peanut sauce, tofu cubes, tomato, cilantro, cucumber, red cabbage, jicama, tajin, scallions, peanuts, lemon

**macrobiotic** // 15.5 // 19.5
steamed greens & broccoli, sweet potato, beet sauerkraut, nori, marinated adzuki, microgreens, watermelon seeds, choice of sauce or dressing
add tofu steaks + 4
add tempeh + 4

tiger // 15 // 19
grilled napa cabbage & power greens, crispy tofu cubes, chili oil, red peppers, cashews, sesame seeds, scallions, 3‘6”9 dressing // not available during brunch

green goddess // 15.5 // 19.5
steamed greens & broccoli, temppeh, pickled ginger, sunflower seeds, tahiini, nori, ginger tamari sauce

**powerhouse** // 15.5 // 19.5
avocado, chick peas, tofu steaks, sunflower sprouts, sunflower seeds, mixed nuts, tomato, red onion, spicy tahini

**beach** // 15.5 // 19.5
grilled red pepper, zucchini & sweet potato, avocado, sun-dried tomato, sunflower sprouts, lemon, beach sauce (olive oil, tamari & mixed herbs), choice of tofu steaks, goat cheese*
  or cashew cheese

**essential greens** one size only
veggies only 13.5 // on rice + 2
steamed greens & broccoli, tofu steaks, brazil nut parmesan, choice of sauce or dressing

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**Salads**

**soup, salad & cornbread combo** // sm 13 // lrg 15
cup or bowl of soup, superfood salad, grilled cornbread, cashew cheese, choice of dressing

**superfood salad** // sm 10.5 // lrg 14.5
edamame, napa cabbage, cucumber, microgreens, parsley, cilantro, Fresh Salad Topper, lettuce, choice of dressing
add tofu steaks or tofu cubes + 4
add goat cheese* or cheddar * + 3.25

**big salad** // sm 11 // lrg 14.5
avocado, red pepper, tomato, carrot, cucumber, hemp, lettuce, choice of dressing
add tofu steaks or tofu cubes + 4
add goat cheese* or cheddar * + 3.25
add quinoa + 3

**detox caesar** // 14
power greens, brazil nut parmesan, tempeh bacon, sun-dried tomatoes, flowers, lemon, caesar dressing
add tofu steaks + 4
add crispy tofu cubes + 4

**tangled thai** // 14
spirialized carrot & yellow beets, red pepper, red cabbage, jicama, napa cabbage, peanuts, cilantro, cucumber, Fresh Salad Topper, peanut lime dressing
add crispy tofu cubes + 4

**all star** // 17
quinoa, power greens, marinated adzuki, goji, heirloom grape tomatoes, cucumber, mixed nuts, parsley, cilantro, sunflower sprouts, sweet potato, tofu steaks, choice of dressing

**monster protein salad** // 18
tempeh, tofu cubes, avocado, chick peas, cranberries, marinated adzuki, red cabbage, cucumber, heirloom grape tomatoes, watermelon seeds, lettuce, choice of dressing

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**Fresh Original Bowls**

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**macrobiotic** // 15.5 // 19.5
steamed greens & broccoli, sweet potato, beet sauerkraut, nori, marinated adzuki, microgreens, watermelon seeds, choice of sauce or dressing

**powerhouse** // 15.5 // 19.5
avocado, chick peas, tofu steaks, sunflower sprouts, sunflower seeds, mixed nuts, tomato, red onion, spicy tahini

**beach** // 15.5 // 19.5
grilled red pepper, zucchini & sweet potato, avocado, sun-dried tomato, sunflower sprouts, lemon, beach sauce (olive oil, tamari & mixed herbs), choice of tofu steaks, goat cheese*
  or cashew cheese

**essential greens** one size only
veggies only 13.5 // on rice + 2
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add tofu steaks + 4
add tempeh + 4

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  or cashew cheese

**essential greens** one size only
veggies only 13.5 // on rice + 2
steamed greens & broccoli, tofu steaks, brazil nut parmesan, choice of sauce or dressing

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**Fresh Original Dressings**

100% house made

**house** // vinaigrette with flax oil, apple cider vinegar, garlic, tamari & mustard

369 // sweet & savoury. Omega rich oil blend with tahini, maple & lemon

**ranch** // classic flavour with dill, chives & parsley

**tahini** // sesame with turmeric, mint, garlic, flax oil, lemon & black pepper

**peanut lime** // coconut, lime & a hint of hot chilies

**caesar** // creamy garlic with capers, worcestershire & lemon
Power Shakes

Add coconut bliss ice cream to med or lg + 2.5

antioxidant sunrise
med 8.5 // lg 10 // quart bottle 20
acai, almond milk, dates, banana, strawberry, cacao nibs

vital protein
med 8.5 // lg 10 // quart bottle 20
spirulina, blueberry, banana, almond milk, vegan protein
date almond
med 8.5 // lg 10 // quart bottle 20
almond butter, dates, maple syrup, banana, cinnamon, almond milk

swoosh
med 8.5 // lg 10 // quart bottle 20
peanut butter, cocoa, maple syrup, banana, cinnamon, almond milk

bliss protein
med 8.5 // lg 10 // quart bottle 20
tart cherry, banana, coconut milk, vegan protein, coconut whip, pitaya
deeper chocolate
med 8.5 // lg 10 // quart bottle 20
mesquite, maca, cocoa, banana, maple syrup, almond milk, raw virgin coconut oil

bulldog
med 8.5 // lg 10 // quart bottle 20
cold brew coffee, dates, MCT coconut oil, banana, almond butter, coconut milk, dark chocolate syrup

Fruit Smoothies

Add coconut whip to med or lg + 1.5
Add coconut bliss ice cream to med or lg + 2 5

ocean blue
med 7 // lg 8.5 // quart bottle 17
organic cold pressed apple, blueberry, banana

starburst
med 7 // lg 8.5 // quart bottle 17
organic cold pressed apple, tart cherry, banana

strawberry swirl
med 7 // lg 8.5 // quart bottle 17
strawberry, coconut milk, banana, organic cold pressed apple

the wizard
med 7 // lg 8.5 // quart bottle 17
organic cold pressed pineapple & orange, strawberry, banana

rainbow
med 7 // lg 8.5 // quart bottle 17
organic cold pressed orange & strawberry, blueberry pink flamingo
med 7 // lg 8.5 // quart bottle 17
organic cold pressed watermelon, banana, strawberry spring/summer

Green Smoothies

Add vegan protein + 2 5

big green
med 8.5 // lg 10 // quart bottle 20
kale, spinach, dates, vanilla, banana, coconut milk, cinnamon

green dream
med 8.5 // lg 10 // quart bottle 20
kale, spinach, dates, peppermint, chlorophyll, almond milk, banana

radiant green
med 8.5 // lg 10 // quart bottle 20
almond butter, ginger, kale, organic cold pressed apple & lemon, banana, spinach

green detox
med 8.5 // lg 10 // quart bottle 20
kale, spinach, blueberry, organic cold pressed apple & lemon, banana, ginger

Cold Drinks

mineral water // 3.5
fresh lemonade // 5.5
organic cold pressed lemon, filtered water, agave

fresh ginger ale // 6.5
organic cold pressed lemon, ginger, agave, mineral water
grapefruit spritz // 7.5
organic cold pressed pink grapefruit, lemon & cucumber, mineral water, agave
draft kombucha
glass 6 // quart bottle 15

Tonics

Refreshing handcrafted translucent tonics served over ice, sweetened with agave:

insight tonic // 8.75
focus // peppermint chlorophyll, reishi, organic cold pressed apple & lemon, mineral water, craft kombucha

joy tonic // 8.75
stress // rose water, tart cherry, strawberry, organic cold pressed lemon, mineral water, craft kombucha
detox tonic // 8.75
cleanse // activated charcoal, ginger, pink salt, organic cold pressed lemon, mineral water, craft kombucha

adrenal tonic // 8.75
craft kombucha

All Day Smoothie Bowls

Frozen blended base with our house mode gluten-free granola and nutrient rich toppings. Long lasting, easy to digest fuel.

acai refuel // 11.5
blended base: organic acai, banana, dates, dark cocoa, almond milk

pitaya ultra // 11.5
blended base: organic pink dragonfruit, strawberry, banana, dates, coconut milk

Imposter bowls:

sub almond butter + 2
sub almond butter + 2

Immune Elixirs

Made to order / organic / cold pressed

immune boost
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
carrot, beet, apple, ginger, echinacea, acerola cherry

liver flush
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
grapefruit, beet, lemon, ginger, cayenne, milk thistle

lung lover
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
pineapple, apple, lemon, ginger, cayenne, astragalus

depth immune served hot
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
lemon, ginger, dates, banana, chywanprash

killer shot // 3oz 6
to ward off colds and flu
chamomile, echinacea, astragalus, lemon, cayenne, ginger, pink salt

recovery shot // 3oz 6
to rebound from illness & injury
organic turmeric, black pepper, ashwagandha, lemon, ginger, cayenne

Superfood Milkshakes

banana split // 10
strawberry, pineapple, coconut milk, maca, banana, dark chocolate syrup, coconut bliss ice cream

mineral mint chip // 10
peppermint, chlorophyll, cacao nibs, almond milk, banana, coconut bliss ice cream

reishi chocolate // 10
reishi, dates, coconut bliss ice cream, cocoa, almond milk, banana, cinnamon, pink salt

made to order / organic / cold pressed
Coffee

<table>
<thead>
<tr>
<th>espresso</th>
<th>3.25 single // 4.25 double</th>
</tr>
</thead>
<tbody>
<tr>
<td>americano</td>
<td>3.25 single // 4.25 double</td>
</tr>
<tr>
<td>mct americano</td>
<td>5.25 single // 6.25 double</td>
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<tr>
<td>brain fuel, fat burning &amp; metabolism boosting</td>
<td></td>
</tr>
<tr>
<td>cortado</td>
<td>// 4.25</td>
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<tr>
<td>cappuccino</td>
<td>// 4.25</td>
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<tr>
<td>latte</td>
<td>// 5.25</td>
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<tr>
<td>cold brew coffee</td>
<td>// 5 make it a float +2.5</td>
</tr>
<tr>
<td>iced americano</td>
<td>// 4.25</td>
</tr>
<tr>
<td>iced latte</td>
<td>// 5.25</td>
</tr>
<tr>
<td>espresso affogato</td>
<td>// 5.75</td>
</tr>
</tbody>
</table>

For all Coffee, Matcha and Premium Teas

choose your milk
coconut / almond / oat / 2% / cream*
choose your sweetener
organic raw sugar / agave / honey*

Hot Chocolate

Add superfood hot chocolate // 7.5
maca, mesquite, dark cocoa, raw virgin coconut oil, almond milk, maple syrup
chock full of healthy fats, fuels endurance and stamina. heart healthy.

classic hot chocolate // 5
dark cocoa, almond milk, agave

peppermint hot chocolate // 6.5
peppermint chlorophyll, dark cocoa, almond milk, agave

Create Your Own Juice

choose any of the following juiced ingredients
med or lg 5 // quart bottle 1
beet, kale, lemon, spinach, parsley, celery

add any of the following juiced ingredients
med or lg 2 // quart bottle 4
acerola cherry, activated charcoal, astragalus, ashwagandha, cacao nibs, chyawanprash*, echinacea, ginseng, maca, maple syrup,imesquite, milk thistle, peanut butter, peppermint chlorophyll, reishi, tart cherry

add any of the following
med or lg 2.5 // quart bottle 5
almond butter, ginger, gluten-free granola, matcha, mct coconut oil, organic fresh turmeric, raw virgin coconut oil, rose water, vegan protein

add coconut whipped cream // 1.5

add any of the following at no extra charge:
agave, black pepper, cinnamon, cayenne, dark chocolate syrup, honey*, nutmeg, pink salt

Tea, etc.

| ginger fireball | // 5 ginger, lemon, hot water Your choice of sweetener – agave, maple syrup or honey* intense daily kick-start for your immune & digestive systems |
| moroccan mint tea | // 4.5 green tea, fresh mint, agave |
| sweet ginger tea | // 5 green tea, maple syrup, raw ginger |
| premium teas | // 3.5 hot or iced locally blended – ask for current flavours |

Matcha

10X more antioxidants than regular green tea. Boosts energy without the jitters.

matcha americano // 5.5
mct matcha // 6.5
matcha cortado // 5.5
matcha latte // 6.5
iced matcha latte // 6.5
matcha affogato // 7

Botanical Lattes

Caffeine-free
Ask for sweetener – agave or honey*
rose latte // 6.5
mood booster // rose water, vanilla, beet, ginger, coconut milk, crushed pistachios
anti-inflammatory // organic turmeric, ginger, black pepper, almond milk
detoxifier // activated charcoal, ginger, raw virgin coconut oil, cinnamon, almond milk
antioxidant // gojiccino*, vanilla, coconut milk, cinnamon

Green Juices

Made to order / organic / cold pressed / raw

super cleanse
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
spinach, parsley, celery, kale, apple, lemon, grapefruit

premium detox
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
spinach, parsley, celery, kale, cucumber, lemon, apple, ginger, cayenne, pink salt

all green
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
spinach, parsley, celery, kale, cucumber, lemon, ginger

multivitamin
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
spinach, parsley, celery, kale, carrot, lemon, apple, ginger
Brunch

Saturdays, Sundays & Holidays 10:30 am to 3 pm

pancakes
Our pancakes are made with gluten free ingredients, including Bob’s Red Mill Gluten Free flour, ground flax seeds and vanilla rice milk. We serve them with pure Canadian maple syrup and Earth Balance vegan butter.

classic plain // 11
for the purist - simple and delicious

banana // 12
fresh sliced banana cooked right into the batter

banana nut // 13.5
banana pancakes with toasted cashews, walnuts, pistachios & pecans

blueberry // 12
fresh blueberries cooked right into the batter

blueberry almond // 13.5
blueberry pancakes with toasted almonds

entrees

pancake platter // 17
two pancakes (choose one type), scrambled tofu, choice of vegan sausage or house made tempeh bacon

full breakfast // 17
scrambled tofu, grilled spinach, baked beans, home fries, grilled cornbread, choice of vegan sausage or house made tempeh bacon

On our regular menu, this item is served with toast, which contains gluten. Please order with cornbread instead of toast.

tex mex tortilla scramble // 17
crispy corn tortillas, scrambled tofu, spicy black beans, avocado, cilantro, tomato, lettuce, scallions, hot sauce, brown basmati rice, fresh 'cheese' sauce

add aged cheddar* to any entrée + 3.25

sides

fresh blueberries // 2.5
sliced banana // 2.5
baked beans // 3
scrambled tofu // 4
tempeh bacon // 4
vegan sausage // 4
home fries // 4