

SMOOTHIES

SMALL \$7.00 LARGE \$9.00

STRAWBERRIES AND CREME : strawberry, banana, cranberry, coconut milk, almonds, greens
GREENA COLADA : pineapple, banana, coconut milk, dates, greens
MUDDY MONKEY : banana, peanut butter, cocoa, maple syrup, soy milk
NUTTY BANANA : banana, walnut, pecan, cinnamon, cacao nib, coconut milk, greens

SMALL \$8.25 LARGE \$10.00

GORILLA GREEN : banana, cocoa, cherry, cranberry, hemp protein, coconut milk, greens
PURPLE MONSTER : blueberry, strawberry, cranberry, beet, pineapple, date, coconut milk, greens
POWER HOUSE : banana, pineapple, mango, hemp protein, flax, wheatgrass, greens
HEART SMART : pineapple, strawberry, beet, cranberry, banana, almond, flax, coconut milk, greens
MUMBAI MANGO : banana, mango, chia, coconut milk, greens
DETOX : pineapple, celery, cucumber, lemon, ginger, turmeric, greens
LIQUID GOLD : carrot, orange, pineapple, ginger, turmeric, cayenne (optional)
SUNRISE : raspberry, pineapple, lime, ginger, cranberry, lucuma, greens

SUPERFOOD ADD-ONS

ADD ANY 3 TO YOUR SMOOTHIE FOR \$1.75 OR 1 FOR \$0.75

. almonds	. coffee	. lucuma
. brazil nuts	. cranberry	. maca
. cacao nibs	. dates	. matcha
. cacao powder	. dried cherries	. peanut butter
. camu camu	. dried mango	. pecans
. cayenne	. flax	. spirulina
. chia	. goji berries	. turmeric
. chlorella	. hazelnuts	. walnuts
. cinnamon	. hemp protein	. wheatgrass
. coconut oil	. hemp seeds	

EVERYDAY FOOD

BAJA BOWL \$11.50
spinach, kale, rice, sweet corn, taco "meat", black beans, pico de gallo, salsa verde, cashew sour cream, sprouts

GREEN RABBIT BOWL \$9.95
spinach, kale, rice, fresh veggies, tahini sauce, flax ume oil, marinated tofu, avocado, sprouts

SUPERHERO RICE BOWL \$10.95
spinach, kale, rice, tahini sauce, flax ume oil, tempeh, kimchi, sweet potato, avocado, sprouts

CHILI BOWL \$9.50
spinach, kale, black bean chili topped with cashew sour cream, avocado and sprouts

MAC N' CHZ \$9.95
gluten free pasta with veggie and cashew cheese sauce with spinach and broccoli, topped with avocado

AVOCADO TOAST \$6.50
avocado, caramelized onion, harissa, za'atar on sourdough add tofu scramble \$3 extra

BREAKFAST BURRITO (available until 2pm) \$9.95
rice, beans, tofu scramble, pico, spinach, and cashew sour cream

GRAB AND GO (ROTATING MENU)

BOUNTY BOWL \$5.95
lentil, quinoa and wild rice with a curry vinaigrette with almonds, currants

PRETTY IN PINK SALAD \$6.50
arugula, quinoa, beets, pickled onion, brussels sprouts, toasted walnuts, almond feta, blueberry balsamic vinaigrette

DETOX SALAD \$5.95
cleansing fresh herbs, lentils, chickpeas, quinoa, almonds in a light lemon dressing topped with tofu feta

LOTUS BOWL \$6.50
kale and soba noodle salad with a shaved brussels sprouts and a sesame chili vinaigrette

JERUSALEM BOWL \$12.95
greens, quinoa, falafels, pickled turnip, tomatoes, cucumber, red onion, tahini, tzatziki, lemon vinaigrette, and spouts

GREEN GODDESS \$11.95
quinoa, tempeh, green veggies and herbs, cilantro-lime dressing, toasted sunflower seed

SWEETS & SNACKS

CHIA PUDDING \$6.75
chia pudding layered with berry compote topped with buckwheat granola

TURTLE BAR \$4.50
pecan crust, almond and date caramel, chocolate ganache

BLACK BEAN BROWNIES \$4.25
black beans, cocoa, maple syrup, almond butter. *flourless

CHOCOLATE CHIP COOKIES \$4.25 / pack of 2
whole grain buckwheat, maple syrup sweetened, contains almonds

CHICKPEA BLONDIE \$4.25
chickpeas, peanut butter, chocolate chips. *flourless

MACAROONS (rotating flavours) \$3.95 / pack of 2
vanilla almond, chocolate, chocolate peppermint, chocolate peanut butter, mocha

Cashew pudding (rotating) \$4.95

other desserts include an ever-changing selection of hamilton's finest cashew cheesecakes, raw vegan tiramisu, hello dollies, our popular cashew pudding parfaits + inspired creations from our chefs