

SMOOTHIES

\$6.75 | 12oz
\$10.75 | 20oz

THE HULK

green beast, cashew milk, banana, kale, coconut oil, pumpkin seed, vegan protein

POWER PLANT

blueberry, gf oats, almond butter, cashew milk, kale, date, hemp seed, cacao powder

THE SWEETIE

coldbrew coffee, banana, almond butter, cashew milk, cacao powder, vegan protein

PINK PANTHER

raspberry, strawberry, banana, cashew milk, ginger root, chia seed

TOAST

BREAKY SANDWICH **\$8.50**

avocado, hard boiled egg, bacon, ginger tomato jam, green goddess, sourdough

AVOCADO + SEED **\$6.00**

avocado, sesame seed, flax seed, olive oil, sea salt, sourdough bread

ENERGY PROTEIN **\$7.00**

hard boiled egg, avocado, ginger tomato jam, sesame seed, flax seed, sourdough

ALMOND + HEMP **\$6.00**

almond butter, hemp seed, cacao nib, sea salt, sourdough

HOT DRINKS

IMMUNITY TEA **\$4.25**

lemon, ginger root, cayenne pepper, oil of oregano, maple syrup, hot water

CHAGA CIDER **\$4.75**

coldpress apple, chaga mushroom, nutmeg, cinnamon, hot water

SALADS

\$6.75 | reg
\$9.75 | lrg

CLEO BOWL

chickpea falafel, cucumber, red cabbage, arugula, pickled red onion, walnut, tahini lemon dressing

KALE CAESAR 2.0

kale, tempeh "bacon", carrot, arugula, walnut, sesame seed, cashew caesar dressing

RAINBOW CRUNCH

red cabbage, turmeric cauliflower, carrot, avocado, zucchini, edamame, cashew lime sauce

SPICED CHICKPEA

quinoa, marinated sprouted chickpea, edamame, red pepper, lemon vinaigrette

DETOX DHAL

arugula, turmeric cauliflower, red cabbage, cherry tomato, quinoa, pumpkin seed, lemon vinaigrette

BYO SALAD

1 base, any 4 vegetables, 1 protein, and any dressing of your choice! **large size only*

chicken - \$3	baked falafel - \$3
avocado - \$1	tempeh bacon - \$3
hb egg - \$1	extra dressing - \$1

BAKED TREATS

QUINOA PUFF COOKIE

100g - \$3 6pk - \$5.99

BREAKFAST BAR

80g - \$2.75

All of our baked treats are made by Galt Bakery and are gluten, dairy, egg, and wheat free!

WRAPS

CALI WRAP **\$10.25**

turmeric cauliflower, avocado, tempeh "bacon", arugula, carrot, cashew caesar dressing, whole wheat wrap

FALA WRAP **\$10.25**

chickpea falafel, cucumber, red cabbage, arugula, pickled red onion, tahini lemon dressing, whole wheat wrap

KALE CAESAR WRAP **\$10.25**

kale, tempeh "bacon", carrot, arugula, sesame seed, walnut, cashew caesar dressing

COBB WRAP **\$10.50**

arugula, chicken, hard boiled egg, bacon, avocado, cherry tomato, green goddess dressing, whole wheat wrap

THAI CHICKEN WRAP **\$10.50**

red cabbage, turmeric cauliflower, carrot, carrot, avocado, zucchini, edamame, cashew lime sauce, whole wheat wrap

MARKET BURRITO **\$8.75**

cherry tomato, avocado, hard boiled egg, kale, turmeric cauliflower, cashew lime sauce, whole wheat wrap

Gluten-free? Try any wrap as a salad!

SOUP

\$6.00 | 500ml
\$10.00 | 1 litre

LENTIL STEW

plum tomato, carrot, celery, kale, green lentil, onion, white bean, garlic, spices

SQUASH SOUP

butternut squash, sweet potato, carrot, onion, celery, turmeric, ginger, spices



**PLANT BASE FOOD
MADE FRESH DAILY**

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**WINTER 2019
MENU**
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IN A HURRY?

PRE-ORDER VIA PHONE

519-267-3015
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**WANT TO LEARN MORE?
VISIT US ONLINE**

14 QUEEN SQUARE
CAMBRIDGE, ON

WWW.GALTJUICECOMPANY.COM