

# WINTER '20



## MONTHLY FEATURE

Healthy food doesn't mean that you have to sacrifice taste. Our passion is to make plant based food crave worthy. We use only the cleanest ingredients to make food that will make you feel great.

VEGAN



GLUTEN FREE



DAIRY FREE



## SALADS



### SPICED CHICKPEA

sprouted spiced chickpea, quinoa, shredded kale, red pepper, edamame, lemon vinaigrette

### DETOX DHAL

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

### RAINBOW CRUNCH

red cabbage, avocado, edamame, zucchini, pick turmeric cauliflower, carrot, green goddess dressing

### KALE CAESAR

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

### CLEO BOWL

housemade baked falafel, cucumber, red cabbage, arugula, walnut, pickled red onion, tahini vinaigrette

### ADD ONs

CHICKEN  
AVOCADO  
TEMPEH

EGG  
QUINOA  
VEG x2

## WRAPS



### COBB WRAP

chicken, arugula, egg, bacon, avocado, carrot, green goddess dressing, whole wheat wrap

### FALA WRAP



arugula, baked falafel, red cabbage, pickled red onion, tahini lemon, whole wheat wrap

### CALI WRAP



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

### MARKET BURRITO

cherry tomato, avocado, egg, arugula, turmeric cauliflower, GG dressing, whole wheat wrap

## COLD PRESS JUICES

Our raw cold press juices are made daily with 100% certified organic vegetables bottled in 355ml glass bottles. If you would like to see the entire menu of juices, nut milks, and raw shots please visit our website!



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## MAC + CHEESE

*Our "cheese" sauce is made from organic cashews, carrots, turmeric root, and spices!*

red quinoa and white quinoa pasta, housemade cashew "cheese" sauce, sauteed kale, sauteed onion, puffed quinoa grain, sea salt



## TOAST + SOUP



### AVOCADO TOAST



smashed avocado, olive oil, pink salt, hemp seed, flax seed, sourdough bread

### ENERGY PROTEIN

avocado, HB egg, ginger tomato jam, hemp seed, olive oil, pink salt, sourdough bread

### CARROT COCONUT



carrot, coconut milk, onion, turmeric root, garlic, chili flakes, spices

### WEEKLY FEATURE

each week we have a different vegan soup on feature!

## SMOOTHIES



### THE HULK

green beast juice, cashew milk, kale, banana, vegan protein, coconut oil

### THE SWEETIE

cold brew coffee, cashew milk, banana, cacao powder, almond butter

### POWER PLANT

blueberry, cashew milk, almond butter, GF oat, medjool date, hemp seed

### PINK PANTHER

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

## SNACKS



### CHIA PUDDING

each week we rotate flavours for our vegan gluten-free chia pudding made w/ cashew milk

### ENERGY BITES

each week we have a different flavour of vegan gluten-free energy bites

## ORDER/DELIVERY

If you can't make it down to the shop we are available on multipl delivery apps so that you can have fresh and nutritious food delivered right to your home or office!

