



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

the house margarita 2oz // 13

cazadores tequila reposado, cointreau, lime, agave, orange bitters, lime wheel, citrus pink 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

grapefruit negroni 1.5oz // 13

aperol, dillon's unfiltered gin 22, carpano classico, pink grapefruit, charred orange peel

Craft Cider

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

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

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

Rosé

ros'aura feudi di san gregorio

2017 campagna, italy // 12/55

Bubbly

prosecco, la delizia italy // 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

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.

*Our entire menu is vegan except where indicated by **

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

Customize your wrap or tacos with any of the following sides & upgrades

side superfood salad // 5.5

cup of soup // 5.5

please check ingredient list

side french fries // 3.5

side french fries with dip // 5.5

side sweet potato fries // 4.25

side sweet potato fries with dip // 6.25

side dragon fries // 6

side sweet 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

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 dragon fries // 6

side sweet potato dragon fries // 6.75

side poutine // 6

side sweet potato poutine // 6.75

side superfood salad // 5.5

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, hazelnuts,
almonds, sea salt)
// 3

toasted mixed nuts
(cashews, walnuts, pistachios,
pecans)
// 3

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, tempeh, pickled ginger, sunflower seeds, tahini, 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

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 15

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

spiralized 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**

Vegetables

alfalfa sprouts | jicama |
diced cucumber | red cabbage |
grated carrot | red onion | tomato |
napa cabbage
// 2.25

avocado | red pepper
// 2.5

spiralized 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

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

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

deep 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

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

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 *served hot*

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

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, banana, 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

deep immune *served hot*

sm 5.5 // med 8.5 // lg 10 // quart bottle 20
apple, lemon, ginger, dates, banana, chywanprash*

killer shot // 3oz 6

to ward off colds and flu
echinacea, astragalus, lemon, cayenne, ginger, pink salt

recovery shot // 3oz 6

to rebound from illness & injury
organic turmeric, black pepper, ashwagandha, lemon, ginger, cayenne

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

energy // ashwagandha, organic turmeric, ginseng, organic cold pressed lemon & pineapple, mineral water, craft kombucha

All Day Smoothie Bowls

Frozen blended base with our house made 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
toppings: granola, banana, strawberry, hemp, coconut, agave, cacao nibs, peanut butter

sub almond butter + 2

pitaya ultra // 11.5

blended base: organic pink dragonfruit, strawberry, banana, dates, coconut milk
toppings: granola, banana, strawberry, hemp, coconut, agave, dark chocolate syrup, peanut butter

sub almond butter + 2

Coffee

espresso

3.25 single // 4.25 double

americano

3.25 single // 4.25 double

mct americano

5.25 single // 6.25 double

MCT (medium chain triglyceride) coconut oil pulsed with hot coffee & cinnamon

brain fuel, fat burning & metabolism boosting

cortado // 4.25

cappuccino // 4.25

latte // 5.25

cold brew coffee // 5

make it a float +2.5

iced americano // 4.25

iced latte // 5.25

espresso affogato // 5.75

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 coconut whip + 1.5

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

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 // 5.5

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

turmeric latte // 6.5

anti-inflammatory // organic turmeric, ginger, black pepper, almond milk

charcoal latte // 6.5

detoxifier // activated charcoal, ginger, raw virgin coconut oil, cinnamon, almond milk

goji berry latte // 6.5

antioxidant // gojiccino™, vanilla, coconut milk, cinnamon

Cold Pressed Juices

100% organic / raw / small batch / no hpp
One bottle of cold pressed juice contains approximately 3 lbs or 10 servings of fresh produce. While supplies last.

urban detox // 12

kale, spinach, parsley, romaine, chard, apple, lemon, ginger, cayenne

the remedy // 12

cucumber, parsley, spinach, basil, turmeric root, apple, chlorophyll, ginger, chia seeds

pure green // 12

spinach, parsley, romaine, chard, cucumber, chlorophyll, lemon, ginger

easy green // 12

kale, spinach, mint, cilantro, apple, pineapple

antioxidant // 12

beet, parsley, kale, lemon, apple

apple ginger glow // 12

apple, extra ginger, lemon

rosy glow // 12

rose water, silica, coconut, strawberry, apple

the healer // 12

turmeric root, ginger, orange, pineapple, celery, lemon

vitamin c elixir // 11

carrot, orange, lemon, apple, cayenne

charcoal green lemonade // 11

activated charcoal, spinach, parsley, alkaline water, apple, lemon, maple syrup

master cleanse lemonade

16oz 9 // 32oz 18

turmeric root, lemon, ginger, cayenne, maple syrup, alkaline water

Create Your Own Juice

choose up to 3 of the following

med 7 // lg 8 // quart bottle 16

almond milk, apple, carrot, coconut milk, cucumber, grapefruit, orange, pineapple

add any of the following juiced ingredients

med or lg .5 // quart bottle 1

beet, kale, lemon, spinach/parsley/celery

add any of the following

med or lg .5 // quart bottle 1

banana, blueberry, dark cocoa, dates, kale, spinach, strawberry

add any of the following

med or lg 2 // quart bottle 4

acerola cherry, activated charcoal, astragalus, ashwagandha, cacao nibs, chywanprash*, echinacea, ginseng, maca, maple syrup, mesquite, 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

coconut bliss ice cream // 2.5

acai or pitaya (pink dragonfruit) // 4

add any of the following at no extra charge:

agave, black pepper, cinnamon, cayenne, dark chocolate syrup, honey*, nutmeg, pink salt

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