

# *f*resh

• SINCE 1999 •

**wine** 5 oz \$8 / half litre \$25 / 750ml bottle \$35

## red

### **creekside estate syrah**

Aromatic nose of damson plum, black raspberry, cherry and cracked white pepper. The palate is medium bodied and decidedly creamy with lush flavours of fruit and spice.

### **featherstone cabernet franc**

A very full-bodied and flavourful wine with deep rich colour. Fruity with ripe red berry flavours. Smokey aromas attest to time in American oak.

## white

### **creekside estate reserve sauvignon blanc**

The nose is an intensely aromatic mix of gooseberry, guava, star fruit and grassy/citrus notes. The palate is where the oak makes an appearance, providing a creamy texture and vanilla finish, balanced by the wine's tropical fruit flavours and crisp lemon acidity.

### **southbrook connect organic white**

The nose presents notes of tropical fruit, with a fresh herbaceous note and bergamot. Palate has a nice balance of acidity, sweetness and alcohol making it refreshing and cleansing.

## micro-brewed beer & cider

*Our outstanding micro-brewed beers and cider are fresh, handcrafted and local. These producers brew in small batches using all-natural ingredients*

<b>mill street organic lager</b>	\$6
<b>mill street 100th meridian organic amber lager</b>	\$6
<b>mill street stock ale</b>	\$6
<b>muskoka mad tom ipa</b>	\$6
<b>muskoka detour</b>	\$6
<b>pommies dry cider</b> <i>gluten free</i>	\$6

[freshrestaurants.ca](http://freshrestaurants.ca)



[freshrestaurants](https://www.instagram.com/freshrestaurants)



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## desserts

Our handmade desserts are made for us by Sweets from the Earth, a local vegan bakery. Indulge your sweet tooth with these decadent treats, safe in the knowledge that they are all-natural, and baked without preservatives, refined flours or refined sugars.

carrot cake	\$7 slice
chocolate fudge cake	\$7 slice
vanilla cupcake	\$3.50
cookies 'n' cream cupcake	\$3.50
walnut brownie <sup>1</sup>	\$2.75
chocolate chip cookie	\$2
peanut butter cookie <sup>2</sup>	\$2
s'mores cookie	\$2

1 gluten free: made in a gluten-free facility and individually wrapped

2 made in a gluten-free facility, but may come into contact with gluten in our environment

Cakes (\$50) are available by special order with a minimum of 3 days notice

## hot drinks

### choose your organic milk

almond / soy / 2%\* / skim\* / cream\* / soy cream

### choose your sweetener

organic sugar / raw honey\* / agave

espresso	\$3 single	\$4 double
americano	\$3 single	\$4 double
cappuccino	\$4	
latte	\$5	

We are proud to serve Cafe Solar®, a first-of-its-kind coffee from Honduras. Cafe Solar® is solar-dried using innovative renewable energy technology. It emerges from a progressive program that is protecting thousands of hectares of tropical forest and making social waves by putting women in important leadership positions. It has a full, earthy body with toasted caramel aromas, subdued acidity and a sweet syrupy texture.

hot chocolate	\$4
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Add coconut whipped cream \$1.25

matcha latte	\$6
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Detoxifying, energizing and alkalizing. 10x more antioxidants than a cup of regular green tea. Boosts energy without the jitters.

gojiccino™	\$5
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Antioxidant-rich cappuccino-style beverage made with pure goji berries—malt, chocolate & coffee flavour notes. Caffeine-free and gluten-free.

ginger fireball	\$4
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An intense daily kick-start for your immune & digestive systems.

juiced ginger•lemon•hot water choice of agave or raw honey\*

moroccan mint tea	\$4
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green tea•fresh mint•agave

sweet ginger tea	\$5
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green tea•maple syrup•raw ginger

Tealish™ fine teas	\$3
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sencha (green) / canadian breakfast (black) / toasty almond (herbal) / lemon meringue (herbal) / peppermint (herbal)

superfood hot chocolate <b>NEW</b>	\$7
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Fortifying and vitamin rich. Chock full of healthy fats.

Fuels endurance and stamina. Heart healthy.

maca•mesquite•dark cocoa•raw coconut oil•almond milk•maple syrup

OUR ENTIRE MENU IS VEGAN EXCEPT WHERE INDICATED BY \*