



gluten allergy friendly

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.

Our locations are not gluten, soy or nut free. All ingredients are not listed on the menu. Please ask to see our full ingredient lists if you have allergies or sensitivities.

starters

soup / cup \$4.50 / bowl \$6.50 house-made from scratch daily Add grilled cornbread & flax hummus \$3 Please check the soup ingredient list for barley, beer, tvp, wheat flour or spelt flour.

grilled cornbread / 2 pieces \$3 / half loaf \$6 served with flax hummus wheat free / yeast free

mighty greens / \$6.50 steamed baby bok choy, kale & swiss chard with 3*6*9 dressing & hulled hemp seeds Add grilled tofu steaks or marinated tofu cubes \$2.50

dragon fries / \$8 NEW Sub sweet potato fries \$1.50 french fries, miso gravy, hot banana chilies, green onions, sesame seeds and chili oil

poutine / \$8.50 Sub sweet potato fries \$1.50 french fries, roasted mushroom gravy & fresh 'cheese' sauce

green poutine / \$11.50 Sub sweet potato fries \$1.50 french fries, steamed baby bok choy, kale & swiss chard, roasted mushroom gravy, fresh 'cheese' sauce, green onions & toasted sunflower seeds

french fries / \$6 Add dip or gravy \$1.50 hand cut, tossed with sea salt

sweet potato fries / \$7.50 Add dip or gravy \$1.50 hand cut, tossed with sea salt

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

fresh original dips & sauces 100% house made

- chipotle mayo: vegan mayo with spicy & smoky chipotle peppers
garlic mayo: vegan mayo with garlic
thai peanut sauce: decadent & rich with natural peanut butter, carrot juice, ginger & garlic
miso gravy: classic thick & rich gravy with nutritional yeast, miso & dijon
jalapeno/lime: creamy mayo-based sauce with fresh jalapeno, lime juice & cilantro
bbq sauce: our signature bbq sauce with allspice, molasses & cayenne
roasted mushroom gravy: creamy brown gravy with roasted mushrooms
fresh 'cheese' sauce: a mild vegan cheesy sauce

tacos

On our regular menu, tacos are served in whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.

grilled tofu tacos / \$10 grilled tofu steaks with shredded kale, creamy jalapeno/lime sauce, tomato, onion & cilantro

unwraps

On our regular menu, these items are served in whole wheat tortillas. Please order unwrapped, on a bed of lettuce instead.

holiday wrap / \$12 avocado & marinated tofu cubes with garlic mayo, dill pickle, jicama, tomato, lettuce, cucumber, grated carrot, red onion & alfalfa sprouts

clubhouse wrap / \$12 grilled tempeh bacon & seasoned crispy tofu steaks with tomato, lettuce & garlic mayo

black bean burrito / \$12 spicy black beans with avocado, fresh 'cheese' sauce, cilantro, alfalfa sprouts, tomato, lettuce, cucumber, red onion & mexican hot sauce



add-ons

- basics: brown basmati rice \$3, quinoa \$3, any dressing, sauce or dip \$1.50, side french fries \$3 with dip \$4.50, sweet potato fries \$3.75 with dip \$5.25, side dragon fries \$4, side sweet potato dragon fries \$4.75, side superfood salad \$4.25
protein: chick peas, crispy tofu cubes, crispy tofu steaks, marinated tofu cubes, marinated adzuki beans, grilled tofu steaks, grilled tempeh, grilled tempeh bacon, dry roasted peanuts, roasted cashews, hulled hemp seeds, toasted sunflower seeds, sesame seeds, hulled watermelon seeds, aged cheddar cheese* or goat cheese*
vegetables: raw \$2.25, alfalfa sprouts, avocado slices, diced cucumber, edamame, grape tomatoes, grated carrot, jicama, napa cabbage, red cabbage, red onion, red pepper, shredded kale, tomato, grilled \$3.50, red pepper / spinach, sweet potato / zucchini, steamed \$4.50, broccoli, spinach, mixed greens, spiralized carrot & yellow beet \$3, sunflower sprouts \$3, microgreens \$3, kale slaw \$2
signature mixes: Fresh Salad Topper, puffed quinoa, goji berries, currants, pistachios, hazelnuts, almonds & sea salt, Toasted Mixed Nuts, cashews, walnuts, pistachios, pecans

- accents: cilantro, mint or parsley 50¢, green onions 50¢, hot banana chilies \$1, dill pickle \$1, beet sauerkraut \$2, pickled ginger \$1, goji berries \$2, sun-dried tomatoes \$2, dried cranberries \$2, black bean filling \$2, chick pea & vegetable curry \$2, flax hummus \$2

salads

soup, salad & cornbread combo /sm \$10 / lrg \$12 a cup or bowl of one of our daily soups with side superfood salad, 2 slices of grilled cornbread & flax hummus choice of dressing

superfood salad / sm \$8.50 / lrg \$12.50 edamame, napa cabbage, cucumber, assorted organic microgreens, parsley, cilantro & Fresh Salad Topper on lettuce choice of dressing Add grilled tofu steaks, marinated tofu cubes, goat cheese* or aged cheddar cheese* \$2.50

tangled thai / \$12 spiralized carrot & yellow beets, jicama, napa cabbage, dry roasted peanuts, cilantro, cucumber & Fresh Salad Topper with peanut lime dressing Add crispy tofu cubes \$2.50

big salad / sm \$9 NEW / lrg \$13 avocado, red pepper, tomato, grated carrot, cucumber & hulled hemp seeds on lettuce choice of dressing Add grilled tofu steaks, marinated tofu cubes, goat cheese* or aged cheddar cheese* \$2.50

mega life / \$14 marinated tofu cubes, grilled spinach, alfalfa & sunflower sprouts, grated carrot, parsley & toasted mixed nuts on lettuce choice of dressing

ace of kales / \$14 grilled tempeh bacon, jicama, heirloom grape tomatoes, toasted mixed nuts, green onions & avocado on kale massaged with our house dressing

all star / \$15.50 quinoa & marinated adzuki beans on shredded raw kale with goji berries, heirloom grape tomatoes, cucumber, toasted mixed nuts, parsley, cilantro, sunflower sprouts, grilled sweet potato & tofu steaks choice of dressing

monster protein salad / \$15.50 NEW grilled tempeh, marinated tofu cubes, avocado, chick peas, dried cranberries, marinated adzuki beans, red cabbage, cucumber, grape tomatoes & hulled watermelon seeds on lettuce choice of dressing

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OUR ENTIRE MENU IS VEGAN EXCEPT WHERE INDICATED BY *

fresh bowls

On our regular menu, Fresh bowls are served on brown basmati rice or soba noodles. The soba noodles contain gluten. Please order on rice only.

the standard bowls baby size: on rice \$12.50 regular size: on rice \$16.50

energy coconut curry sauce, marinated tofu cubes, curried chick peas & vegetables, sunflower sprouts, cucumber, tomato, red onion & tahini

jerusalem flax hummus, grilled spinach, tomato, cucumber, parsley, red onion, sunflower sprouts, olive oil, tamari, lemon, mixed herbs & chili powder

buddha thai peanut sauce with marinated tofu cubes, tomato, cilantro, cucumber, red cabbage, jicama, chili powder, green onions, dry roasted peanuts & lemon

the premium bowls baby size: on rice \$13 regular size: on rice \$17

macrobiotic NEW steamed greens & broccoli, grilled sweet potato, slow-fermented beet sauerkraut, toasted nori, marinated adzuki beans, assorted organic microgreens & hulled watermelon seeds choice of sauce or dressing Add grilled tofu steaks or tempeh \$2.50

tiger grilled napa cabbage, crispy tofu cubes, 3*6*9 dressing, chili oil, red peppers, whole roasted cashews, sesame seeds & green onions not available during brunch

yyz NEW grilled tofu steaks, red cabbage, slow-fermented beet sauerkraut, hulled watermelon seeds, dried cranberries, grated carrot, sesame seeds, cucumber & assorted organic microgreens with knockout sauce

green goddess steamed greens & broccoli with grilled tempeh, pickled ginger, toasted sunflower seeds, tahini, toasted nori & ginger tamari sauce

powerhouse avocado, chick peas & grilled tofu steaks with sunflower sprouts, toasted sunflower seeds, toasted mixed nuts, tomato, red onion & spicy tahini

beach grilled red pepper, zucchini & sweet potato with avocado, sun-dried tomato, sunflower sprouts, olive oil, tamari, lemon & mixed herbs choice of grilled tofu steaks or goat cheese*

fruit smoothies

12 oz \$6.50 / 16 oz \$7.50 / 32 oz \$15
 Add *vega sport protein, spirulina or blue majik* \$2
 Add *coconut whipped cream* to 12 or 16 oz smoothie \$1.25

the wizard
 pineapple•orange•lemon
 strawberry•banana

rainbow
 raspberry•orange•banana
 strawberry•blueberry

purple smoothie
 coconut milk•apple
 blueberry•banana

lucky charm
 mango/apple blend•strawberry
 blueberry•raspberry

tropical transfusion
 pineapple•strawberry
 banana•coconut milk

breathless
 mango/apple blend•strawberry
 banana

green smoothies

12 oz \$8 / 16 oz \$9 / 32 oz \$18
 Add *vega sport protein, spirulina or blue majik* \$2

radiant green
 kale•romaine•spinach
 apple•ginger•lemon
 banana•raw almonds

pina colada NEW
 spinach•coconut milk
 pineapple•banana•agave

green detox
 kale•parsley•spinach
 blueberry•apple•lemon
 banana•ginger

energizer
 kale•romaine•spinach
 orange•strawberry
 blueberry•banana

immune elixirs

12 oz \$8 / 16 oz \$9 / 32 oz \$18
 Add *turmeric or echinacea* \$2

immune boost
 carrot•beet•ginger•apple
 echinacea•acerola cherry

lung lover hot
 pineapple•apple•ginger
 lemon•cayenne•astragalus

liver flush
 grapefruit•beet•ginger•lemon
 cayenne•milk thistle

deep immune hot
 apple•dates•banana•ginger
 lemon•chyanprash*

turmeric gold hot or cold
 turmeric•orange•ginger
 cayenne•raw honey*
 cinnamon•almond milk

killer shot 3 oz \$5
 to ward off colds & flu
 lemon•cayenne•echinacea
 astragalus•ginger•himalayan
 pink salt

green juices

12 oz \$8 / 16 oz \$9 / 32 oz \$18
 Add *spirulina or blue majik* \$2
Choose your green juice blended with or without ice

super cleanse
 kale•spinach•parsley•celery
 apple•lemon•grapefruit

premium detox
 romaine•spinach•kale
 parsley•cucumber•celery
 apple•lemon•cayenne
 ginger•himalayan pink salt

all green
 kale•spinach•parsley•celery
 cucumber•ginger•lemon

vegetable juices

12 oz \$8 / 16 oz \$9 / 32 oz \$18
 Add *turmeric or spirulina* \$2

multivitamin
 carrot•spinach•celery
 parsley•lemon•apple
 double ginger

beet root frappé
 carrot•beet•ginger
 apple•nutmeg

power shakes

12 oz \$8 / 16 oz \$9 / 32 oz \$18
 Add *vega sport protein, spirulina or blue majik* \$2

endorphin NEW
 12 or 16 oz sizes only
 blue majik•pineapple
 coconut milk•banana
 almond milk•agave
 coconut whipped cream

berry whip NEW
 12 or 16 oz sizes only
 vega sport protein•strawberry
 raspberry•almond milk
 banana•agave
 coconut whipped cream

amazon warrior
 acai•coconut milk•strawberry
 banana•agave•almond milk

swoosh
 peanut butter•dark cocoa
 maple syrup•banana
 cinnamon•almond milk

vital protein
 vega sport protein•spirulina
 blueberry•banana
 almond milk

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

almond java
 double espresso•banana
 almond butter•maple syrup
 almond milk

date almond
 almond butter•dates
 maple syrup•banana
 cinnamon•almond milk

create your own juice

choose 1 to 3 of the following
 12 oz \$6 / 16 oz \$7 / 32 oz \$14
 apple, carrot, cucumber, grapefruit, mango/apple blend, orange,
 pineapple, 2% milk*, almond milk, skim milk*, soy milk

add any of the following 12 oz or 16 oz 50¢ / 32 oz \$1
 banana, beet, blueberry, celery, coconut milk, dark cocoa,
 dates, garlic, kale, lemon, mint, parsley, raspberry, romaine,
 spinach, strawberry

add any of the following 12 oz or 16 oz \$2 / 32 oz \$4
 acai, acerola cherry, astragalus, almond butter, raw almonds,
 blue majik, chyanprash*, raw coconut oil, echinacea, ginger,
 raw honey*, maca, matcha green tea, maple syrup, mesquite,
 milk thistle, peanut butter, spirulina, turmeric, vega sport protein

add coconut whipped cream \$1.25
add any of the following at no extra charge:
 agave, cinnamon, cayenne, nutmeg, himalayan pink salt

COLD PRESSED JUICES

100% organic. raw. small batch. no HPP.
 One 16 oz bottle of cold pressed juice contains
 approximately 3 pounds or 10 servings of
 fresh produce. Made fresh daily. While supplies last.

urban detox \$11
 kale•spinach•parsley
 romaine•chard
 green apple•lemon
 ginger•cayenne

the daily dose \$11
 beet•fennel•carrot•lemon
 goji berries
 himalayan pink salt

apple ginger glow \$12
 green apple
 extra ginger•lemon

easy green \$12
 kale•spinach•mint
 cilantro•green apple
 pineapple

vitamin c elixir \$11
 carrot•orange•lemon
 green apple•cayenne

clean green \$11
 spinach•parsley•celery
 romaine•dandelion•cucumber
 lemon•ginger

the healer \$12
 turmeric root•ginger•orange
 pineapple•celery•lemon

green warrior \$12
 romaine•spinach•parsley
 cucumber•celery
 lemon•himalayan pink salt
 kale•green apple

charcoal green lemonade \$11
 activated charcoal
 spinach•parsley
 alkaline water
 green apple•lemon
 maple syrup

antioxidant \$12
 beet•parsley•kale
 lemon•green apple



cold drinks

fresh lemonade 16 oz \$5
 lemon•filtered water•agave

fresh ginger ale 16 oz \$6
 ginger•lemon•agave
 sparkling water

blue lemonade NEW
 16 oz \$8
 blue majik•apple•lemon
 raw coconut oil
 raw honey*•filtered water

grapefruit glow 16 oz \$7
 grapefruit•fresh mint•lemon
 cucumber•sparkling water
 agave

iced matcha latte NEW
 12 oz \$6 / Add *coconut
 whipped cream* \$1.25
 ice-blended matcha green tea
choice of milk & sweetener

iced gojiccino™ 16 oz \$6
 antioxidant-rich goji beverage
 over ice *choice of milk*

tonica original kombucha \$5 NEW
**Fermented cold tea,
 nicknamed the “elixir of life”.
 Loaded with probiotics &
 vitamins. Boosts immunity,
 energy & metabolism and is
 a natural detoxifier.**

iced americano NEW
 12 oz \$4
 ice-blended double shot
 americano
choice of milk & sweetener

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

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

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

ginger fireball \$4
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
 green tea•fresh mint•agave

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

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

superfood hot chocolate NEW \$7
**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

superfoods single \$2 / double \$4

Amplify your juice with any of these superfood boosts

acai
 The deep purple acai berry contains powerful antioxidants
 that help defend the body against life’s stressors. Antioxidants
 help protect vulnerable cells, reducing risk of disease and
 slowing the aging process.

acerola cherry
 Essential for growth and repair of tissues in all parts of
 your body. The acerola cherry is considered a superfruit and
 possesses the richest known source of natural vitamin c in
 the world. Also a good source of vitamin a, riboflavin
 and folic acid.

blue majik
 An extract of spirulina, this powerful antioxidant enhances
 blood oxygenation. It is a natural anti-inflammatory,
 protects nerve cells from degeneration and stimulates the
 immune system.

raw coconut oil
 A heart-healthy fat that keeps your body running smoother,
 it helps you to resist both viruses and bacteria that can
 cause illness. Coconut oil boosts thyroid function to increase
 metabolism, energy and endurance. Also increases digestion
 and absorption of fat-soluble vitamins.

raw honey *
 Raw honey has not been filtered, strained or heated above
 115 degrees F. Loaded with vitamins & minerals, it also has
 natural antibacterial and anti-inflammatory qualities,
 probiotics and antioxidants. Not suitable for children under
 1 year of age.

raw maca
 Maca is a root plant and adaptogen. Adaptogens enable the
 body to increase resistance and adapt to external conditions.
 Maca is believed to have a balancing effect on the endocrine
 glands and hormone production.

raw mesquite
 From the pod of the mesquite tree. Tastes sweet and nutty,
 with a low glycemic count. Helps regulate cholesterol and
 sugar levels in the blood. Excellent source of fibre, lysine,
 calcium, magnesium, potassium, iron & zinc.

spirulina
 A blue green algae harvested from the sea. It is an easily
 digested plant protein rich in iron, b-vitamins, carotenoids,
 the essential fatty acid gla and other antioxidants.

turmeric
 Turmeric is a rhizome that is part of the ginger family
 and has been used for centuries as an important
 anti-inflammatory herbal remedy in ayurvedic medicine.

vega sport protein
 A complete multi-source, alkaline forming, plant-based
 protein blend that improves strength and exercise
 performance, repairs and builds muscle, and reduces
 recovery time between training.

weekend brunch

Saturdays, Sundays and Holidays
Served from 10:30 am to 3 pm



pancakes
 Our pancakes do not contain
 gluten and are served
 with pure maple syrup and
 Earth Balance vegan butter.

classic plain \$9
banana \$10
banana nut \$11
blueberry \$10
blueberry almond \$11

entrees
 Add *aged cheddar cheese** to any entrée \$2.50

breakfast tacos \$13
 scrambled tofu, tempeh bacon, fresh ‘cheese’ sauce,
 red cabbage, toasted sunflower seeds, green onion & garlic
 mayo on a bed of lettuce *with home fries*
**On our regular menu, these are served in whole wheat tortillas.
 Please order on a bed of lettuce instead.**

pancake platter \$15
 two pancakes (choose one type), scrambled tofu &
 tempeh bacon
**On our regular menu, this item is served with a choice of vegan
 sausage or tempeh bacon. The vegan sausages contain gluten.
 Please order with tempeh bacon.**

full breakfast \$15
 scrambled tofu with grilled spinach, baked beans,
 home fries, grilled cornbread & tempeh bacon
**On our regular menu, this item is served with toast and
 a choice of vegan sausage or tempeh bacon. The vegan
 sausages and toast contain gluten. Please order with
 tempeh bacon, and with cornbread instead of toast.**

tex mex tortilla scramble \$15
 crispy corn tortillas, brown basmati rice and spicy black beans
 with scrambled tofu, avocado, cilantro, tomato, lettuce,
 green onion, mexican hot sauce & fresh ‘cheese’ sauce

sides

fresh blueberries \$2 scrambled tofu \$3
 sliced banana \$2 tempeh bacon \$2.50
 baked beans \$2.25 home fries \$3

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