

## 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

### blue lemonade **NEW**

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

### iced matcha latte **NEW**

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

### iced americano **NEW**

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

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

### grapefruit glow 16 oz \$7

grapefruit•fresh mint•lemon  
cucumber•sparkling water  
agave

### 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.

## 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

two grilled whole wheat tortillas with scrambled tofu,  
tempeh bacon, fresh 'cheese' sauce, red cabbage, toasted  
sunflower seeds, green onion & garlic mayo *with home fries*  
Also available *unwrapped, on a bed of lettuce.*

### pancake platter \$15

two pancakes (choose one type) & scrambled tofu  
*choice of grilled vegan sausage or tempeh bacon*

### full breakfast \$15

scrambled tofu with grilled spinach, baked beans,  
home fries & toast  
*choice of grilled vegan sausage or tempeh bacon*

### 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

sliced banana \$2

toast \$2

baked beans \$2.25

scrambled tofu \$3

tempeh bacon \$2.50

home fries \$3

grilled vegan sausage patties \$3



OUR ENTIRE MENU IS VEGAN EXCEPT  
WHERE INDICATED BY \*

## starters

**soup** / cup \$4.50 / bowl \$6.50  
house-made from scratch daily  
Add *grilled cornbread & flax hummus* \$3

**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

**indian dosas** / \$7  
two spiced pancakes filled with curried chick peas & vegetables  
with *coconut curry sauce, cucumber & toasted coconut*  
**not available during brunch**

**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

**quinoa onion rings** / \$7  
hand-crafted, coated with breadcrumbs & puffed quinoa  
Add *dip* \$1.50

**french fries** / \$6 **sweet potato fries** / \$7.50  
hand cut, tossed with sea salt  
Add *dip or gravy* \$1.50

## tacos

*Two tacos served in grilled whole wheat tortillas.  
Also available unwrapped, on a bed of lettuce.*

**squash tacos** / \$10  
crunchy panko coated squash with shredded kale,  
creamy jalapeno/lime sauce, tomato, onion & cilantro

**falafel tacos** / \$10  
herb falafel balls with red cabbage, tahini sauce, spicy zhug,  
sweet amba, crispy onions & tomato

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

## wraps

*Our wraps are served in a grilled whole wheat tortilla.  
Also available unwrapped, on a bed of lettuce.*

**buffalo wrap** / \$12 **NEW**  
crispy chick'n tenders with spicy buffalo sauce, creamy ranch  
dressing, grated carrot, alfalfa sprouts, lettuce & tomato

**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

## burgers

*Our high-protein almond & grain burger is made in-house  
and served on a whole wheat bun from Fred's Bread.  
Also available bunless, on a bed of lettuce.*

**chipotle bacon burger** / \$12  
chipotle mayo, grilled tempeh bacon, tomato, lettuce & jicama

**mushroom onion burger** / \$12  
sauteed mushrooms & onions, tomato, lettuce,  
alfalfa sprouts & garlic mayo  
**not available during brunch**

**banquet burger** / \$13 **NEW**  
grilled tempeh bacon, fresh 'cheese' sauce, garlic mayo,  
dill pickles, alfalfa sprouts, lettuce, tomato & red onion

**bbq burger** / \$13  
bbq sauce, quinoa onion rings, garlic mayo, napa cabbage,  
hot banana chilies, tomato & lettuce



## 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, crispy chick'n  
tenders, 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*

**ultimate falafel salad** / \$15 **NEW**  
herb falafel balls, flax hummus, crispy onions, heirloom  
grape tomatoes, cucumber, cilantro, mint, parsley &  
dried cranberries on lettuce  
with *tahini, spicy zhug & sweet amba*

**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*

**phytosalad** / \$15.50  
assorted organic microgreens, sprouts & flowers with  
soba noodles, edamame, crispy onions, grilled tofu steaks,  
toasted mixed nuts, napa cabbage, fresh mint, lemon,  
lime & sun-dried tomato with 3\*6\*9 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*

## fresh bowls

*Our bowls are served on your choice of brown basmati rice or  
soba noodles, and in regular or baby size.*

**the standard bowls**  
baby size: on rice \$12.50 / on soba noodles \$13.50  
regular size: on rice \$16.50 / on soba noodles \$18.50

**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 / on soba noodles \$14  
regular size: on rice \$17 / on soba noodles \$19

**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\**

## add-ons

**basics**  
brown basmati rice \$3  
soba noodles \$4  
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

**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  
kale slaw \$2

**protein** \$2.50  
chick peas  
crispy tofu cubes  
crispy tofu steaks  
crispy chick'n tenders  
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\*  
goat cheese\*

**signature mixes** \$2.50  
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  
crispy onions \$2  
goji berries \$2  
sun-dried tomatoes \$2  
falafel balls \$3  
burger patty \$4  
dried cranberries \$2  
black bean filling \$2  
chick pea & vegetable curry \$2  
flax hummus \$2

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

Our locations are not gluten, soy or nut free.  
Please ask to see our gluten allergy friendly  
menu and/or full ingredient lists if you have  
allergies or sensitivities.

OUR ENTIRE MENU IS VEGAN EXCEPT  
WHERE INDICATED BY ✨

## 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

## customize your burger, wrap or tacos

with any of the following sides & upgrades

<b>kale slaw</b>	free
<b>side superfood salad</b>	\$4.25
<b>cup of soup</b>	\$4.50
<b>side french fries</b>	\$3
<b>side french fries with dip</b>	\$4.50
<b>side sweet potato fries</b>	\$3.75
<b>side sweet potato fries with dip</b>	\$5.25
<b>side dragon fries NEW</b>	\$4
<b>side sweet potato dragon fries NEW</b>	\$4.75
<b>goat cheese* or aged cheddar*</b>	\$2.50
<b>fresh 'cheese' sauce</b>	\$1.50

## fresh original dressings 100% house made

**house**  
vinaigrette with flax oil,  
apple cider vinegar and hints  
of garlic, tamari & mustard

**3\*6\*9**  
deliciously sweet and savoury  
with tahini, maple syrup,  
lemon & omega rich oil blend

**wild ginger NEW**  
vinaigrette with tamari,  
citrus, miso, sesame  
seeds and lots of ginger

**ranch NEW**  
light and creamy with dill,  
chives, parsley & garlic

**tahini (oil free)**  
creamy sesame with  
garlic, lemon & parsley

**knockout NEW**  
slightly sweet, super  
savoury nutritional yeast  
based sauce

**peanut lime**  
coconut, lime & a hint of  
hot chili sauce