

OUR ENTIRE MENU IS VEGAN EXCEPT WHERE INDICATED BY *

NEW item ☀️ CLASSIC item 🥤

fruit smoothies

12 oz \$6 / 16 oz \$7.50 / 32 oz \$15
Add vega sport protein, spirulina or vitamineral greens \$2

the wizard

pineapple•orange•lemon
strawberry•banana

rainbow

raspberry•orange•banana
strawberry•blueberry

purple smoothie ☀️

coconut milk•apple
blueberry•banana

lucky charm

mango•strawberry
blueberry•raspberry

tropical transfusion

pineapple•strawberry
banana•coconut milk

breathless 🥤

mango•strawberry•banana

green juices

12 oz \$6.50 / 16 oz \$8 / 32 oz \$16
Add raw coconut oil, spirulina or vitamineral greens \$2
Choose your green juice blended with ice or no ice.

super cleanse

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

green candy ☀️

romaine•spinach•cilantro
mint•ginger•apple•pineapple

all green 🥤

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

premium detox ☀️

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

immunity shots

awake 3 oz \$5 ☀️

for energy, circulation & stamina
espresso•cocoa•maple syrup
maca•mesquite•cayenne

fire 3 oz \$5 ☀️

a daily health-building
digestive tonic
apple cider vinegar•raw honey*
orange•lemon•garlic•ginger
cayenne•turmeric

killer 3 oz \$5 ☀️

to ward off colds & flu
lemon•cayenne•pink salt
ginger•echinacea•astragalus

straight ginger

1 oz \$2 / 2 oz \$4

antibiotic 3 oz \$5 ☀️

an anti-bacterial & anti-fungal tonic
lemon•orange•ginger•garlic
acerola cherry•oregano oil

green smoothies

12 oz \$7 / 16 oz \$8.50 / 32 oz \$17
Add vega sport protein, spirulina or vitamineral greens \$2

radiant green ☀️

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

energizer

kale•romaine•spinach
orange•strawberry
blueberry•banana

green detox ☀️

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

alkaline balance

kale•romaine•spinach
cucumber•strawberry
apple•lemon•pear

power shakes

12 oz \$7 / 16 oz \$8.50 / 32 oz \$17
Add vega sport protein, spirulina or vitamineral greens \$2

amazon warrior

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

almond java

double espresso•banana
almond butter•maple syrup
almond milk

vital protein ☀️

vega sport protein•spirulina
blueberry•banana
almond & hemp milk

swoosh 🥤

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

date almond 🥤

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

power cookie ☀️

raw pecans•lucuma
maca•raw cacao nibs•dates
pear•almond & hemp milk

supermilks

12 oz \$7 / 16 oz \$8.50 / 32 oz \$17
Add vega sport protein, spirulina or vitamineral greens \$2

green ☀️

alkalizing, deep cleansing,
metabolism boosting, energizing
kale•spinach•romaine
pink salt•maple syrup
almond milk

deep chocolate ☀️

anti-oxidizing, heart-healthy,
body strengthening, nourishing
maca•mesquite•cocoa
raw coconut oil•maple syrup
almond & hemp milk

pink ☀️

anti-oxidizing, liver cleansing,
muscle, blood & bone building
strawberry•acerola cherry
beet•pink salt•maple syrup
almond milk

turmeric gold ☀️

anti-inflammatory, detoxing,
immunizing, stomach soothing
turmeric•orange•ginger
cayenne•raw honey*
cinnamon•almond & hemp milk

vegetable juices

12 oz \$6.50 / 16 oz \$8 / 32 oz \$16
Add turmeric, spirulina or vitamineral greens \$2

multivitamin ☀️

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

beet root frappé 🥤

carrot•beet•ginger
apple•nutmeg

immune elixirs

12 oz \$7 / 16 oz \$8.50 / 32 oz \$17
Add turmeric, echinacea or oregano oil \$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•chywanprash*

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, orange, pineapple,
pear, 2% milk*, almond milk, hemp milk, skim milk*, soy milk

add any of the following 12 oz or 16 oz 50¢ / 32 oz \$1

banana, beet, blueberry, celery, cilantro, coconut milk, 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

raw almonds, almond butter, raw cacao nibs, ginger, matcha
green tea, maple syrup, peanut butter, raw pecans, raw honey*

add any of the following 12 oz or 16 oz \$2 / 32 oz \$4

acai, acerola cherry, astragalus, chywanprash*, raw coconut oil,
echinacea, lucuma, maca, mesquite, milk thistle, oregano oil,
spirulina, turmeric, vega sport protein, vitamineral greens

add any of the following at no extra charge:

agave, cinnamon, cayenne, nutmeg, pink salt



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Printed on Rolland Enviro Satin 80lb.

cold drinks

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

electrolyte lemonade

16 oz \$7 ☀️
pear•lemon•pink salt
raw honey*•raw coconut oil
filtered water

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
& ice with your choice of milk

iced coffee 16 oz \$6 ☀️

ice-blended double espresso,
mesquite & cinnamon
with your choice of milk

rise ginger kombucha \$5

This sparkling fermented tea
originated in China 2000 years
ago and is nicknamed "the elixir
of life!" It is loaded with probiotics
& vitamins. It boosts immunity,
energy & metabolism, is a natural
detoxifier and is reputed to
alleviate arthritis & joint pain.

hot drinks

choose your organic milk

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

espresso \$3 single \$4 double

americano \$3 single \$4 double

cappuccino \$4

latte \$5

matcha green tea latte \$6

hot chocolate \$4

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
with your choice of agave or raw honey*

moroccan mint tea \$4.50

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)



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 our bodies' 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 which possesses
the richest known source of natural vitamin c in the world.
Also a good source of vitamin a, riboflavin and folic acid.

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 cacao nibs

Cacao nibs are highly antioxidant, and can help to promote
cardiovascular health and protect from environmental toxins.
Also said to increase the levels of specific neurotransmitters
in our brains, which can promote a sense of well-being.

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.

lucuma

A sub-tropical, golden fleshy fruit from Peru. A healthy sweetener
with powerful anti-inflammatory and anti-aging benefits.
Contains high levels of beta carotene, b-vitamins and iron.

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.

vitamineral greens

A nutritionally dense green superfood powder with many
therapeutic qualities. Contains a full spectrum of naturally
occurring minerals, vitamins, essential amino acids,
antioxidants, chlorophyll, fibre and phytonutrients.

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 \$8.50

banana \$9.50

banana nut \$10.50

blueberry \$9.50

blueberry almond \$10.50

entrees \$13

Add aged cheddar cheese* to any entrée \$2.25

pancake platter

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

full breakfast

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

brunch burrito

scrambled tofu, lettuce, alfalfa sprouts, grated carrot,
tomato & fresh 'cheese' sauce
with your choice of soup, salad or home fries

tex mex tortilla scramble

crispy corn tortillas, brown basmati rice and spicy black beans
with scrambled tofu, avocado, cilantro, tomato, lettuce, green
onion, Valentina hot sauce & fresh 'cheese' sauce

sides

fresh blueberries \$2

sliced banana \$2

toast \$2

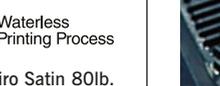
baked beans \$2

scrambled tofu \$3

tempeh bacon \$2.25

home fries \$3

grilled vegan sausage patties \$3



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NEW item ☀️ CLASSIC item 🍴

tasters

soups of the day / cup \$4 / bowl \$6 🍴

Add Fred's Bread seeded red fife baguette & Earth Balance vegan butter \$2

Add grilled cornbread & flax hummus \$3

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

wheat free / yeast free

bread, olives & dukkah / \$6 ☀️

Fred's Bread seeded red fife baguette, olive oil, dukkah & marinated olives

mighty greens / \$6

steamed baby bok choy, kale & swiss chard with 3*6*9 dressing & hulled hemp seeds

Add grilled tofu steaks or marinated tofu cubes \$2.25

quinoa onion rings / \$6.50

hand-crafted, coated with breadcrumbs & puffed quinoa Add dip \$1.25

indian dosas / \$9 🍴

spiced pancakes filled with curried chick peas & vegetables with coconut curry sauce, cucumber & toasted coconut

not available during brunch

fresh platter great for sharing! / \$12 ☀️

sikil pak, cashew scallion paté, dukkah & olive oil, flax hummus, marinated olives, cucumber & heirloom grape tomatoes

with Fred's Bread seeded red fife baguette

Add falafel \$3

french fries / \$6

hand cut, tossed with fresh thyme & sea salt

Add dip or gravy \$1.25

sweet potato fries / \$7.50

hand cut, tossed with fresh thyme & sea salt

Add dip or gravy \$1.25

poutine / \$8 ☀️

french fries, roasted mushroom gravy & fresh 'cheese' sauce Substitute sweet potato fries \$1.50

green poutine / \$10 ☀️

french fries, steamed baby bok choy, kale & swiss chard, roasted mushroom gravy, fresh 'cheese' sauce, green onions & sunflower seeds

Substitute sweet potato fries \$1.50

tacos

Our tacos are served in grilled whole wheat tortillas.

Available unwrapped, salad style!

Substitute raw gluten-free green wraps \$3

squash tacos / \$9 ☀️

crunchy panko coated squash with shredded kale, creamy jalapeno/lime sauce, tomato, onion & cilantro

grilled tofu tacos / \$9 ☀️

grilled tofu steaks with shredded kale, creamy jalapeno/lime sauce, tomato & onion

falafel tacos / \$9 ☀️

herb falafel balls with lettuce, tahini sauce, chili oil, crispy onions, tomato & date syrup

customize your burger, wrap or tacos with...

goat cheese* or aged cheddar* \$2.25

fresh 'cheese' sauce \$1.25

side salad \$4

cup of soup \$4

side french fries \$3 with dip \$4.25

side sweet potato fries \$3.75 with dip \$5

burgers

Our high-protein, made-from-scratch almond & grain burger

patty is served on a whole wheat bun from Fred's Bread

with kale slaw. Available bunless, salad style!

bbq burger / \$12

bbq sauce, quinoa onion rings, garlic mayo, napa cabbage, hot banana chilies, tomato & lettuce

picnic burger / \$11.50

curry mayo, avocado, lettuce, tomato, green onions & alfalfa sprouts

chipotle bacon burger / \$11.50

chipotle mayo, grilled tempeh bacon, tomato, lettuce & jicama

thai burger / \$11 🍴

thai peanut sauce, tomato, lettuce, green onions, bean sprouts & cilantro

mushroom onion burger / \$11.50 🍴

sauteed mushrooms & onions, tomato, lettuce, alfalfa sprouts & garlic mayo

not available during brunch

Please be aware that our locations are not gluten, soy or nut free. If you have a gluten sensitivity, please ask to see our gluten allergy friendly menu.

wraps

Our wraps are served in a grilled whole wheat tortilla with

kale slaw. Available unwrapped, salad style!

clubhouse wrap / \$11

grilled tempeh bacon & seasoned crispy tofu steaks with tomato, lettuce & garlic mayo

holiday / \$11 🍴

avocado & marinated tofu cubes with garlic mayo, grated carrot, jicama, tomato, lettuce, cucumber, red onion & alfalfa sprouts

black bean burrito / \$11 🍴

spicy black beans with avocado, fresh 'cheese' sauce, cilantro, alfalfa sprouts, tomato, lettuce, cucumber, red onion & Valentina hot sauce

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

carrot miso ☀️

cool and zesty with cashews, garlic & mirin

tahini (oil free) 🍴

creamy sesame with garlic, lemon & parsley

sriracha maple ☀️

spicy and sweet with maple syrup, tamari & garlic

peanut lime

sweet and nutty with coconut milk, lime & a little hot chili sauce

fresh original dips 100% house made

chipotle mayo

spicy & smoky vegan mayo

roasted mushroom

gravy ☀️ creamy brown gravy with slices of roasted mushroom

curry mayo

vegan mayo with mild indian spices

garlic mayo

vegan mayo with garlic

fresh 'cheese' sauce ☀️

a mild vegan cheesy sauce

thai peanut sauce 🍴

decadent and rich with natural peanut butter, carrot juice, ginger & garlic

miso gravy 🍴

rich and savoury with nutritional yeast, miso & Dijon

Not all ingredients are listed on the menu. If you have an allergy, please ask to see our full ingredient list.

salads

soup, salad & cornbread combo / sm \$8 / lrg \$12 🍴

a cup or bowl of one of our daily soups with side salad, 2 slices of grilled cornbread & flax hummus with your choice of dressing

superfood salad / sm \$8 / lrg \$12

edamame, napa cabbage, cucumber, assorted sprouts & microgreens, parsley, cilantro & Fresh Salad Topper on salad greens with your choice of dressing

Add grilled tofu steaks, marinated tofu cubes, goat cheese* or aged cheddar cheese* \$2.25

tangled thai / \$11

shredded carrot & yellow beets, jicama, napa cabbage, chopped peanuts, cilantro, cucumber & Fresh Salad Topper with peanut lime dressing

Add crispy tofu cubes \$2.25

big salad / \$12 🍴

avocado, red pepper, tomato, carrot, cucumber & hulled hemp seeds on salad greens with your choice of dressing

Add grilled tofu steaks, marinated tofu cubes, goat cheese* or aged cheddar cheese* \$2.25

mega life / \$13 🍴

marinated tofu cubes, grilled spinach, alfalfa & sunflower sprouts, grated carrots, parsley & Toasted Mixed Nuts on salad greens with your choice of dressing

all star / \$14

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 with your 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

ironman / \$15 ☀️

herb falafel balls, flax hummus, crispy onions, heirloom grape tomatoes, cucumber, cilantro, mint, parsley & dried figs on salad greens

with tahini dressing, chili oil & date syrup

phytosalad / \$15 ☀️

assorted microgreens, sprouts & flowers with soba noodles, edamame, crispy onions, grilled tofu steaks, Toasted Mixed Nuts, napa cabbage, fresh mint, lemon, lime & sun-dried tomatoes with 3*6*9 dressing

transformer / \$16 ☀️

quinoa, avocado, cashew scallion paté, sikil pak, marinated tofu cubes & adzuki beans, chick peas, edamame, cucumber, heirloom grape tomatoes, lettuce & raw green wrap with carrot miso dressing

fresh bowls

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

the standard bowls

baby size: on rice \$10.50 / on soba noodles \$11.50

full size: on rice \$15 / on soba noodles \$17

jerusalem

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

Add falafel \$3

dragon 🍴

grilled zucchini & tofu steaks with rich miso gravy, tomato, sesame seeds, cilantro & green onions

energy

marinated tofu cubes, rich coconut curry sauce, chick pea & vegetable stew, cucumber, tomato, red onion, sunflower sprouts & tahini sauce

buddha 🍴

thai peanut sauce with marinated tofu cubes, tomato, cilantro, cucumber, bean sprouts, chili powder & chopped peanuts

macro greens 🍴

steamed greens & broccoli, raw bean sprouts & grilled sweet potato with your choice of sauce or dressing

Add grilled tofu steaks or tempeh \$2.25

veg only \$12 / on rice \$13 / on soba \$14

the premium bowls

baby size: on rice \$11 / on soba noodles \$12

full size: on rice \$15.50 / on soba noodles \$17.50

green goddess 🍴

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

powerhouse

avocado, chick peas & grilled tofu steaks with sunflower sprouts, sunflower seeds, Toasted Mixed Nuts, tomato, red onion & spicy tahini sauce

tiger

grilled napa cabbage, crispy tofu cubes, 3*6*9 dressing, hot chili oil, red peppers, whole roasted cashews, sesame seeds & green onions

not available during brunch

beach 🍴

grilled red pepper, zucchini & sweet potato with avocado, sun-dried tomato, sunflower sprouts, olive oil, tamari, lemon & mixed herbs

with your choice of grilled tofu steaks or goat cheese*

add-ons

basics

brown basmati rice \$3

soba noodles \$4

side salad \$4

any dressing

or dip \$1.25

Fred's Bread seeded

red fife baguette \$2

raw gluten-free

green wrap \$2

french fries \$3

with dip \$4.25

sweet potato fries \$3.75

with dip \$5

vegetables

raw \$2

alfalfa sprouts

avocado slices

bean sprouts

cucumber

edamame

grape tomatoes

grated carrot

jicama

napa cabbage

red onion

red pepper

shredded kale

tomato

grilled \$3

red pepper

spinach

sweet potato

zucchini

steamed \$4

broccoli

spinach

mixed greens

shredded carrot

& yellow beets \$3

sunflower sprouts \$3

micro greens \$3

kale slaw \$2

protein \$2.25

aged cheddar cheese*

goat cheese*

chick peas

crispy tofu cubes

crispy tofu steaks

marinated tofu cubes

marinated adzuki beans

grilled tofu steaks

grilled tempeh

grilled tempeh bacon

peanuts

roasted cashews

sesame seeds

sunflower seeds

hulled hemp seeds

signature mixes \$2.25

Fresh Salad Topper

puffed quinoa, goji berries,

currants, pistachios,

hazelnuts, almonds &

sea salt

Toasted Mixed Nuts

cashews, walnuts,

pistachios, pecans

Dukkah

nuts, seeds & spices

accents

cilantro or parsley 50¢

green onions 50¢

hot banana chilies \$1

pickled ginger \$1

crispy onions \$2

marinated olives \$2

goji berries \$2

sun-dried tomatoes \$2

quinoa \$3

falafel balls \$3

burger patty \$4

sauces & spreads \$2

black bean filling

cashew scallion paté

chick pea & vegetable curry

flax hummus

sikil pak

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