

Starters

- soup cup 5.5 // bowl 7.5
add grilled cornbread & cashew cheese + 4
grilled cornbread
with cashew cheese
two pieces 4 // half loaf 8
dragon broccoli // 8.5
dragon fries // 9.5
buffalo cauliflower // 13
poutine // 9.5
green poutine // 14
quinoa onion rings // 8.5
french fries // 7
sweet potato fries // 8.5
green poutine // 14
quinoa onion rings // 8.5
french fries // 7
sweet potato fries // 8.5

Tacos

- Two tacos served in grilled whole wheat tortillas.
Also available unwrapped, on a bed of lettuce.
crispy cauliflower tacos // 13
squash tacos // 13
grilled tofu tacos // 11
falafel tacos // 13

Wraps

- Served in a grilled whole wheat tortilla. Also available unwrapped, on a bed of lettuce.
rebel wrap // 14
buffalo wrap // 15
black bean burrito // 14
clubhouse wrap // 14

Burgers

- Our high-protein almond & grain burger is made in-house. Served on a whole wheat bun from Fred's Bread. Also available bunless, on a bed of lettuce.
banquet burger // 15
flying cashew burger // 15
chipotle mushroom bacon burger // 15
bbq burger // 15

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

- side superfood salad // 5.5
cup of soup // 5.5
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 Protein
brown basmati rice // 3 chick peas | dry roasted peanuts | toasted sunflower seeds // 2.5
soba noodles // 4
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
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
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
crispy chick'n // 4.5
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
Accents
cilantro, mint or parsley | scallions // 1
crispy onions | dill pickle | banana chilies | pickled ginger | quick pickled yellow beets | sun-dried tomatoes // 2
goji berries | dried cranberries | spicy black beans | beet sauerkraut // 3
green falafel | burger patty // 4
crispy cauliflower | crispy squash // 5

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

Hot Chocolate

- Add coconut whip + 1.5
superfood hot chocolate // 7.5
classic hot chocolate // 5
peppermint hot chocolate // 6.5

Salads

- soup, salad & cornbread combo // sm 13 // lrg 15
superfood salad // sm 10.5 // lrg 14.5
big salad // sm 11 // lrg 15
detox caesar // 14
tangled thai // 14
ultimate falafel salad // 16
all star // 17
phytosalad // 18.5
monster protein salad // 18

- quinoa, power greens, marinated adzuki, goji, heirloom grape tomatoes, cucumber, mixed nuts, parsley, cilantro, sunflower sprouts, sweet potato, tofu steaks, choice of dressing
fresh Original Dressings
100% house made
house // vinaigrette with flax oil, apple cider vinegar, garlic, tamar & 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

Fresh Bowls

- Served on brown basmati rice, in baby or large size. Upgrade to soba noodles: baby size + 1, large size + 2
buddha // 14.5 // 18.5
macrobiotic // 15.5 // 19.5
tiger // 15 // 19
green goddess // 15.5 // 19.5
powerhouse // 15.5 // 19.5
beach // 15.5 // 19.5
essential greens one size only
beach // 15.5 // 19.5
pitaya ultra // 11.5

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
pitaya ultra // 11.5

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
the remedy // 12
pure green // 12
easy green // 12
antioxidant // 12
apple ginger glow // 12
rosy glow // 12
the healer // 12
vitamin c elixir // 11
charcoal green lemonade // 11
master cleanse lemonade 16oz 9 // 32oz 18

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
iced americano // 4.25
iced latte // 5.25
espresso affogato // 5.75

Tea, etc.

- ginger fireball // 5
moroccan mint tea // 4.5
sweet ginger tea // 5.5
premium teas // 3.5
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
For all Coffee, Matcha and Premium Teas
choose your milk (coconut / almond / oat / 2% / cream*
choose your sweetener (organic raw sugar / agave / honey*)

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

Fruit Smoothies

- med 7 // lg 8.5 // quart bottle 17
Add coconut whip to med or lg + 1.5
Add coconut bliss ice cream to med or lg + 2.5
ocean blue
starburst
strawberry swirl
the wizard
rainbow
pink flamingo spring/summer

Green Smoothies

- med 8.5 // lg 10 // quart bottle 20
Add vegan protein + 2.5
big green
green dream
radiant green
green detox

Power Shakes

- med 8.5 // lg 10 // quart bottle 20
Add coconut bliss ice cream to med or lg + 2.5
antioxidant sunrise
vital protein
date almond
swoosh
bliss protein
deep chocolate
bulldog
Immune Elixirs

- Made to order / organic / cold pressed
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
immune boost
liver flush
lung lover served hot
deep immune served hot
killer shot // 3oz 6
to ward off colds and flu
recovery shot // 3oz 6
to rebound from illness and injury

Green Juices

- Made to order / organic / cold pressed / raw
sm 5.5 // med 8.5 // lg 10 // quart bottle 20
super cleanse
premium detox
all green
multivitamin

Superfood Milkshakes

- banana split // 10
mineral mint chip // 10
reishi chocolate // 10

Cold Drinks

- mineral water // 3.5
fresh lemonade // 5.5
fresh ginger ale // 6.5
grapefruit spritz // 7.5
draft kombucha glass 6 // quart bottle 15

Create Your Own Juice

- choose up to 3 of the following
add any of the following juiced ingredients
add any of the following
add any of the following
add any of the following
add any of the following
add any of the following
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:

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

Brunch

- Saturdays, Sundays & Holidays 10:30 am to 3 pm
pancakes
classic plain // 11
banana // 12
banana nut // 13.5
blueberry // 12
blueberry almond // 13.5
entrées
pancake platter // 17
full breakfast // 17
tex mex tortilla scramble // 17

- sides
vegan sausage // 4
sliced banana // 2.5
toast // 3
baked beans // 3