



Chickpea Ragout
from **\$3.25 CAD**



Cream of Mushroom Soup
from **\$3.25 CAD**



Sweet Potato Lentil Salad
from **\$3.25 CAD**



Quinoa-Couscous Salad
from **\$3.25 CAD**



Creamy Pasta Salad
from **\$3.25 CAD**



Cranberry Dijon Chicken Wrap
\$5.75 CAD



Roasted Mushroom and Goat
Cheese Wrap
\$5.50 CAD



Rice Paper Rolls
\$4.99 CAD



Maple Pecan Chicken Wrap
\$5.75 CAD



Pesto Turkey Wrap
\$5.75 CAD



Asian Shrimp Salad
\$11.99 CAD



Buddha Bowl
\$12.99 CAD



Cashew Fried Rice
\$8.99 CAD



Quinoa Curry Cakes with Slaw
\$8.99 CAD



Butternut Squash 3-Cheese
Ravioli
\$9.99 CAD



Jerk Chicken Skewers with
Quinoa-Couscous
\$10.99 CAD



Beef Enchiladas
\$10.99 CAD



Garlic Shrimp with Vegetable Stir
Fry
\$11.99 CAD



Skirt Steak with Sautéed Greens
\$11.99 CAD



Eggplant Parmesan
\$9.99 CAD