

## THE GARDEN STRATHCONA

### SMOOTHIES (GF, V) 100% ORGANIC

#### The Deep and Dark

blueberries, cacao, banana, almond butter,  
maca, cinnamon, coconut milk

#### The Green

spinach, banana, mango, ashwaganda, ginger,  
coconut milk

#### The Pink Blume

strawberry, banana, Blume beetroot blend,  
coconut milk



10

9

9

ADD:  
COLLAGEN PEPTIDES \$3  
VEGAN PROTEIN \$2

### BREAKFAST BOWLS

Choose 1 base:

ANTIOXIDANT SMOOTHIE (GF,V) 11  
blueberries, strawberries, banana, avocado, coconut milk

PORRIDGE (GF,V) 9  
oats, hemp seeds, almond milk

ORGANIC YOGURT OR 10  
YOGGU COCONUT YOGURT (GF,V)

EXTRA TOPPINGS  
\$2 EACH

Choose 3 toppings:

ORANGE AND DATE GRANOLA  
YOGGU COCONUT YOGURT  
ORGANIC YOGURT  
CHIA SEEDS  
TOASTED COCONUT  
CACAO NIBS

FRESH FRUIT  
AMARO POACHED APPLES  
HEMP SEEDS  
TOASTED HAZELNUTS  
BEE POLLEN

## THE GARDEN STRATHCONA

### BOWLS

Coconut Curry Bowl (GF, V) 15

kale, broccoli, rice noodles, lime, cashews, toasted coconut  
choice of soy curls or braised chicken thigh

Mushroom Bowl (GF, V) 12

mushrooms, peas, wild rice, brown rice, black  
kale, pickled beets, pickled carrots, pickled  
mushrooms, pumpkin seeds

Soba Noodle Salad (V) 12

Kale, red pepper, edamame, carrots, pickled cabbage  
sesame, ginger tahini dressing

Vegan Scramble (V, GF Option) 14

Tofu, black beans, tomato, roasted poblano and avocado crema.  
Served with Fife Sourdough and olive oil drizzle



WE USE ORGANIC INGREDIENTS, LOCALLY GROWN AS MUCH AS POSSIBLE  
MEAT IS FREE RANGE AND HUMANELY RAISED BY TWO RIVERS, EGGS ARE FREE RANGE FROM RABBIT  
RIVER