

## 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 Turmeric

strawberry, banana, Blume turmeric blend, coconut milk

10

9

9



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

### BREAKFAST BOWLS

Choose 1 base:

ANTIOXIDANT SMOOTHIE (GF, V) 10  
blueberries, strawberries, banana, avocado, coconut milk

PORRIDGE (GF, V) 8  
oats, hemp seeds, almond milk

ORGANIC YOGURT (GF) 9

Choose 3 toppings:

ORANGE AND DATE GRANOLA

FRUIT COMPOTE

ORGANIC YOGURT

CHIA SEEDS

TOASTED COCONUT

CACAO NIBS

FRESH FRUIT

AMARO POACHED APPLES

HEMP SEEDS

TOASTED HAZELNUTS

BEE POLLEN

EXTRA TOPPINGS  
\$2 EACH

### SWEET TOASTS

SERVED ON FIFE SOURDOUGH

#### Butter & Jam

organic butter, housemade preserves

#### Almond & Apple (V)

almond butter, spiced amaro poached apples, toasted coconut

5

9

ADD ALMOND  
BUTTER \$2

# THE GARDEN STRATHCONA

## SAVORY TOASTS

SERVED ON FIFE SOURDOUGH + SIDE SALAD

Beet Hummus Toast (V) 9  
roasted beet hummus, pickled Biota carrots, tahini drizzle,  
pepitas, black sesame

Ham & Cheese Melt 10  
smoked Two Rivers ham, house made sweet onion jam,  
emmental cheese

Mushroom & Cheese Melt 10  
mushroom and walnut paté, sautéed mushrooms, emmental  
cheese

Braised Chicken Cubano 14  
Chicken thighs, ham, pickles, dijon aioli, emmental cheese

## BOWLS

The Sprouted Seeds Bowl (GF, V) NEW ! 12  
sprouted seed mix, radish, cabbage, pickled carrots, black kale,  
tahini ginger dressing, sesame seeds

The Mushroom Bowl (GF, V) 12  
mushrooms, peas, wild rice, brown rice,  
black kale, pickled beets, pickled carrots, pickled  
mushrooms, pumpkin seeds

Soba Noodle Bowl NEW ! 12  
Braised chicken, miso broth, soba noodles, cabbage,  
pickled mushroom, ramen egg, sesame seeds

VEGAN CHEESE  
\$3



ADD:  
RAMEN EGG \$2  
BRAISED CHICKEN \$4  
SPROUTED HUMMUS \$2  
SUB:  
VEGAN CHEESE \$3

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