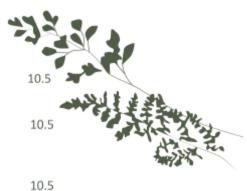
THE GARDEN STRATHCONA

SMOOTHIES (GF, V)

The Deep and Dark blueberries, cacao, banana, almond butter, maca, cinnamon, coconut milk

The Green spinach, banana, mango, ashwagandha, ginger, coconut milk

The Mumgry banana, dates, hemp seeds, coconut milk, Mumgry peanut butter, raw oats



BREAKFAST BOWLS

Choose 1 base:

PORRIDGE (GF, V) 10.5
oats, hemp seeds, almond milk
ORGANIC YOGURT (GF) 11.5

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

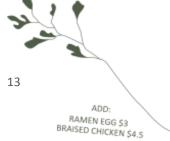
EXTRA TOPPINGS \$2 EACH

SWEET TOASTS

Toasted Banana Bread espresso cream cheese, cacao nibs, cardamom maple drizzle 8

LUNCH BOWLS

The Mushroom Bowl (GF, V)	13
mushrooms, peas, wild rice, brown rice, kale, pickled beets, pickled carrots, pickled mushrooms, pumpkin seeds, green onion	
Kale Caesar Salad (V option)	13
kale, cabbage, sourdough croutons, parmigiana reggiano	
Vegan Scramble (v, GF Option)	15
tofu, black beans, tomato, cashew crème, roasted poblano crema served with Fife Sourdough and olive oil drizzle green onion	
Rigatoni Pomodoro (V option)	16
rigatoni pasta, tomato, basil, herbed ricotta, parmigiana reggiano	
SOUPS & STEWS Served with fresh house made focaccia bread	
Spiced Split Pea & Lentil Soup (v, GF option)	12.5
split peas, lentils, celery, carrot, zaatar, pumpkin seeds	
Tomato Soup (v, GF option)	12.5
classic creamy tomato soup made vegan with pureed yams and white beans	
Spicy Vegan Chili (v, GF option)	13.5
black beans, cannellini beans, carrots, tomato, jalapeno, vegan ground, poblano crema	



GRILLED SANDWICHES

Served on Fife Sourdough and accompanied by a mini Potato Salad (v)

The Breakfast Sandwich free range eggs, ham, cheddar, poblano sauce	15	
The Veggie Breakfast Sandwich	15	
free range egg Florentine, grilled mushrooms, cheddar, poblano sauce		
Curried 'Chicken' Sandwich (v)	15	
Chao cheeze, soy curls, dried apricots, pickled onion, curried mayo		
Mushroom and Cheese	14	
emmental cheese, roasted mushrooms, mushroom pâté (contains nuts)		SUB VEGAN CHEESE + S2
Ham and Cheese	15	. , ,
emmental cheese, smoked ham, roasted garlic mayo, dill pickles		
Simple Grilled Cheese	11	
Fife Sourdough, provolone, cheddar		
SANDWICH & SIDE COMBO	18	
Full Sandwich & choice of side		

WE USE ORGANIC INGREDIENTS, LOCALLY GROWN AS MUCH AS POSSIBLE MEAT AND EGGS ARE FREE RANGE AND HUMANELY RAISED

Sub vegan chili +\$1

Kale Caesar Salad (v option), Full cup of Potato Salad or Cup of Soup