

THE GARDEN STRATHCONA

SMOOTHIES (GF, V)

100% ORGANIC

The Deep and Dark

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

10

The Green

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

8

The Turmeric

strawberry, banana, Blume turmeric blend, coconut milk

8

BREAKFAST BOWLS

8

Choose 1 base:

ANTIOXIDANT SMOOTHIE (GF, V)

blueberries, strawberries, banana, avocado, coconut milk

PORRIDGE (GF, V)

oats, hemp seeds, almond milk

ORGANIC YOGURT (GF)

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

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

EXTRA TOPPINGS
\$2 EACH

SWEET TOASTS

SERVED ON FIFE SOURDOUGH

Butter & Jam

organic butter, housemade preserves

4

Almond & Apple (V)

almond butter, spiced amaro poached apples, toasted coconut

6



THE GARDEN STRATHCONA

SAVORY TOASTS

SERVED ON FIFE SOURDOUGH + SIDE SALAD

Beet Hummus Toast (V) 8

roasted beet hummus, pickled Biota carrots, creamy pumpkin seed pesto, pepitas, black sesame

Ham & Cheese Melt 9

smoked Two Rivers ham, house made sweet onion jam, emmenthal cheese

Mushroom & Cheese Melt 9

mushroom and walnut paté, sautéed mushrooms, emmenthal cheese

Cubano Melt 10

Two Rivers pulled pork, ham, pickles, dijon aioli, emmenthal cheese

VEGAN CHEESE
\$2

BOWLS

SERVED FROM 10:30AM ONWARDS

The Sprouted Seeds Bowl (GF) 12


sprouted seed mix, radish, cabbage, pickled carrots, pickled mushrooms, five spice orange miso dressing, black kale, ramen egg

The Mushroom Bowl (GF, V) 10

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

The Faro Bowl 12

toasted emmer and einkorn berries, pumpkin seed pesto, fermented cabbage, pickled onions, cucumber, black kale, walnuts



ADD:
RAMEN EGG \$2
PULLED PORK \$4
SPROUTED HUMMUS \$2
SUB:
VEGAN CHEESE \$2

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