

MENU

BREAKFAST | \$5

Choose a style, yogurt*, and flavour | 250 mL

1

STYLE

- Parfait
- Overnight Oats
- Chia Pudding

2

YOGURT

- Vanilla
- Plain
- Greek
- Plain Greek
- Dairy-Free Coconut

3

FLAVOUR

- Mixed Fruit
- Blueberry Lemon
- Raspberry Lemon
- Raspberry Chocolate
- Spiced Pear & Pistachio
- Pomegranate & White Chocolate
- PB & Banana
- PB & Jam
- Raspberry Pistachio
- Strawberry Cheesecake
- Strawberry Hazelnut
- Strawberry Banana
- Salted Caramel

*Greek and dairy-free yogurt - extra \$0.50

JUST ADD EGG | \$5

Just add egg and heat in a hot skillet

Classic Vegetarian GF ✓

Olive oil, minced garlic, red & green onion, celery, bell peppers, cherry tomatoes, spinach

Mediterranean GF ✓ OPTION

Olive oil, minced garlic, red & green onion, cherry tomatoes, black olives, feta cheese, spinach

Mexican GF ✓

Olive oil, minced garlic, taco seasoning, red & green onion, corn, black beans, bell peppers, spinach

Dill & Goat Cheese GF ✓ OPTION

Olive oil, minced garlic, red & green onion, goat cheese, fresh dill, cherry tomatoes, spinach

Basil Pesto GF

Olive oil, minced garlic, basil pesto, red & green onion, feta cheese, tomato, bell peppers, arugula

DINNER SKILLETTS | \$18

Heat ingredients in a hot skillet | 1 L

1

BASE

- Quinoa
- Brown Rice
- Basmati Rice
- Rice Noodles
- Fusilli

2

FLAVOUR

- Creamy Dill
- Pineapple
- Peanut Lime
- Chow Mein
- Tzatziki
- Sweet Chili
- Pad Thai
- Honey Sriracha
- Jambalaya
- Teriyaki
- Honey Garlic
- Tomato & Parm
- Butter Cauliflower
- Butternut Squash Enchilada



LUNCH | \$10.50 / \$19.50

Pour contents of the jar into a bowl and enjoy | 500 mL | 1 L

Kale Caesar GF ✓ OPTION

Quinoa, red & green onions, parmesan cheese, hemp hearts, purple cabbage, broccoli, chickpeas, kale

Chipotle Rainbow GF ✓ OPTION

Brown rice, red & green onion, pecans, corn, black beans, edamame, bell peppers, spinach, chipotle ranch

Mediterranean Fusilli GF OPTION ✓ OPTION

Red & green onion, feta, black olives, cherry tomato, chickpeas, bell peppers, cucumber, spinach

Tzatziki Bowl GF

Quinoa, red & green onion, feta, olives, chickpeas, bell peppers, cucumber, cherry tomato, tzatziki sauce

Caprese Pasta Salad GF OPTION ✓ OPTION

Fusilli, red & green onion, sunflower seeds, bocconcini, cherry tomato, basil, arugula, balsamic vinaigrette

Black Bean Quinoa GF ✓

Quinoa, red & green onion, corn, black beans, edamame beans, bell peppers, spinach, spicy lime dressing

Sushi Bowl GF ✓

Basmati rice, red & green onion, shredded carrot, edamame beans, bell peppers, cucumber, nori, tofu, house-made soy ginger dressing

Apple Gouda ✓ OPTION

Farro, red & green onion, cranberries, hemp hearts, walnuts, gouda, radish, apples, arugula, house-made maple-dijon dressing

Farro & Fresh Grape ✓ OPTION

Farro, red & green onion, almonds, feta cheese, grapes, chickpeas, cucumber, spinach, white-wine vinaigrette

Chow Mein ✓ OPTION HEAT & EAT

Red & green onion, purple cabbage, carrots, snap peas, bell peppers, spinach, chow mein sauce

Pineapple Fried Rice GF ✓ HEAT & EAT

Basmati rice, red & green onion, cashews, pineapple, green beans, carrots, peas, sesame tamari sauce

Seasonal Soups \$10

Taco Soup, Lasagna Soup

Taco GF ✓ OPTION

Basmati rice, green & red onion, corn, black beans, bell peppers, cherry tomatoes, creamy taco sauce

Beet Blend ✓ OPTION

Quinoa, red & green onion, dried cranberries, goat cheese, beets, pecans, celery, carrots, bell peppers

Mango Thai Chopped GF OPTION ✓ OPTION

Peanuts, mango, red & green onion, purple cabbage, edamame, carrots, bell peppers, cilantro, cucumber, peanut satay sauce.

Pear Crunch GF OPTION ✓ OPTION

Quinoa, red & green onion, pecans, dried cranberries, goat cheese, carrots, celery, pear, granola, balsamic

The Fresh GF ✓

Quinoa, red & green onion, pumpkin seeds, celery, cherry tomato, chickpeas, cucumbers, greens, lemon dill vinaigrette

Tuscan Orzo ✓ OPTION

Orzo, red & green onion, feta, olives, sun-dried tomato, beans, peppers, arugula, tuscan italian dressing

Strawberry Arugula ✓ OPTION

Farro, red & green onion, sunflower seeds, diced jalapeno, goat cheese, radish, fresh strawberries, basil, arugula, maple-balsamic vinaigrette

Butternut Squash Orzo

Orzo, red & green onion, pumpkin seeds, dried cranberries, goat cheese, roasted butternut squash, broccoli, chickpeas, spinach, red wine vinaigrette

NEW Winter Pomegranate GF ✓ OPTION

Quinoa, red & green onion, pistachios, goat cheese, chickpeas, pomegranate, pear, arugula, maple balsamic dressing

Dill Pickle Pasta Salad GF OPTION ✓ OPTION

Fusilli, red & green onion, cheddar cheese, cabbage, dill pickles, celery, tomatoes, house-made dill ranch dressing

Corn & Dill GF ✓ OPTION

Quinoa, red & green onion, fresh dill, feta cheese, radish, corn, chickpeas, bell peppers, cucumber, maple-Dijon dressing

PROTEIN BITES | \$10

A quick and delicious snack | 6 bites

Peanut Butter & Chocolate Chip GF ✓

Coconut & Cocoa (nut free) GF DAIRY FREE

Nutella Roche GF

Almond Crunch (keto) GF ✓

Peanut Butter Skor GF

Cookies & Cream

Cinnamon Roll GF