

Made-to-Order Menu 1

* Many dishes can be adjusted for vegetarian, vegan and made without gluten preferences.

Ask staff for guidance,
or scan this QR Code
to see meal ingredients
on Nutrislice!



ALL DAY BREAKFAST > 8 am - 9 pm

BREAKFAST PLATE | \$7.50

Turkey sausage or bacon, or vegan sausage crumble, with black beans, toast, scrambled eggs and grated hashbrowns

GREEN CHILI BREAKFAST BURRITO | \$7

Scrambled eggs, potato, green chili sauce, cheddar cheese, pico de gallo

GLUTEN-FRIENDLY PANCAKES | \$9

Warm blueberry compote, coconut whip, maple syrup, cashew crumble

LATIN BOWL | \$9

Sweet potato hash, chorizo or vegan sausage crumble, poached egg, avocado, black beans, whole wheat tortilla

ADD

CHEDDAR | VEGAN CHEEZE | GUACAMOLE | \$1.50

BACON | \$2.50

BEYOND BURGER PATTY | \$6

VEGAN SAUSAGE CRUMBLE OR HOUSE CHORIZO | \$3

SOUP | \$3

CAULIFLOWER QUINOA FALAFEL (4 pieces) | \$5

VEGAN GLUTEN-FREE BUN | \$1.50

MISO GRAVY | \$2

HANDHELDS > 10:30 am - 9 pm

Your choice of fries, coleslaw or green salad.

SUNSHINE BURGER | \$11

Beretta farms beef or crispy tofu patty, lettuce, tomato, pickles, burger sauce, multigrain bun

ULTIMATE VEGGIE BURGER | \$10

Patty of beets, quinoa and chickpea, with shredded lettuce, tomato, pickles, cashew sauce, multigrain bun

BBQ VEGAN BURGER | \$13

Beyond burger patty, vegan cheese, lettuce, tomato, pickle, BBQ sauce, ancient grains bun

WEEKLY PLANT-BASED SPECIAL | MARKET PRICE

Please ask our staff for this week's special

NASHVILLE CHICKEN OR TOFU | \$10

Crispy chicken leg or crispy tofu, coleslaw, house pickles, hot sauce, brioche bun

CRISPY FISH TACOS | \$11

Three tortillas with shredded lettuce, pico de gallo and avocado creme

BLACKBERRY GRILLED CHEESE | \$8

Jalapeno jack, Swiss cheese, blackberry ketchup, sourdough bread, parmesan butter

CHICKEN FINGERS | \$14

Crispy chicken fingers served with fries, coleslaw and honey mustard sauce

SIDES

FRIES | COLESLAW | GREEN SALAD | BLACK BEANS | \$3

SOUP | \$4 for small \$6 for large

POUTINE with chalet sauce & cheese curds | \$8

CRISPY BRUSSELS SPROUTS with lemon oil and Parmesan | \$8

Made-to-Order Menu 2

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BOWLS > 10:30 am - 9 pm

BLACKENED SALMON TOFU | \$16

Salmon or crispy tofu, sweet potato, lentils, carrots, beets, sprouts, masala dressing

POUTINE | \$10

Fries, chalet sauce, cheese curds, pulled chicken or vegan sausage crumble

QUARTER CHICKEN | \$14

Crispy Brussels sprouts, fries, chalet sauce

CAULIFLOWER QUINOA FALFAL BOWL | \$9

Tomato, shredded lettuce, pickles, hummus, and garlic sauce

KALE CAESAR | \$10

Pulled chicken or crispy tofu, baby kale, crispy chickpeas, edamame, asiago, garlic croutons, creamy lemon dressing

ADD

CHEDDAR | VEGAN CHEEZE | GUACAMOLE | \$1.50

BACON | \$2.50

BEYOND BURGER PATTY | \$6

VEGAN SAUSAGE CRUMBLE OR HOUSE CHORIZO | \$3

SOUP | \$3

CAULIFLOWER QUINOA FALFEL (4 pieces) | \$5

VEGAN GLUTEN-FREE BUN | \$1.50

MISO GRAVY | \$2

PASTA > 11 - 8 pm

All our pasta is made to order and served with Parmesan and focaccia.

SPAGHETTI BOLOGNESE | \$9.50

Spaghetti with marinara meat sauce

SPAGHETTI MARINARA | \$6.50

Spaghetti with marinara sauce. Add vegan sausage crumble for \$3 or cauliflower quinoa falafel for \$5

FETTUCCINE PESTO CREAM | \$7.50

Roasted squash, kale pesto, pine nuts

WEEKLY SPECIAL | MARKET PRICE

Ask our staff for our weekly pasta special

SMOOTHIES > 11 - 8 pm

Add scoop of protein powder \$5

OK | \$8.50 Strawberry, peach, cherry, ginger, apple and cranberry

BEACH | \$7.50 Banana, pineapple, mango and coconut

PUMPED | \$7.50 Banana, oat milk, almond butter and protein powder

SIDES

SOUP | FRIES | COLESLAW | GREEN SALAD | BLACK BEANS | \$3

SOUP | \$4 for small \$6 for large

POUTINE with chalet sauce & cheese curds | \$8

CRISPY BRUSSELS SPROUTS with lemon oil and Parmesan | \$8