

# 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