

* Organic Juice Bar

made to order

16oz Classic ... \$7

apple // orange // grapefruit // carrot
↪ Mix and Match up to 3 ... \$8

16oz Custom Juice ... \$9

Choose 3 Ingredients

- 1 Choose your base ▼
apple // carrot // orange //
grapefruit // celery
- 2 Add 2 of the following ▼
beet // cucumber // lemon // lime //
kale // spinach // ginger // cayenne

16oz Premium Juice ... \$10

Choose any 4 of the ingredients listed above.

| kid friendly 8oz // \$4 | | |
|--------------------------------------|--|--|
| fresh pressed kale apple juice | banana, date, coconut milk, and cocoa powder smoothie | blueberry, banana, date and coconut milk smoothie |

You Had Me At Acai Bowl
// \$9

Unsweetened acai purée, wild blueberries, banana, mejool dates,
coconut milk. Topped with gluten free granola, cocoa nibs, raw
pumpkin seeds, shredded coconut, mixed fruit.

* Organic Superfood
Smoothies //16oz

- Sunshine's Very Own ... \$11
Kale, spinach, cucumber, avocado, celery with apple &
lemon, flax oil, spirulina.
- Hey, Stella ... \$10
Wild blueberries, spinach, kale, apple, coconut water,
açai.
- Mama Always Said ... \$11
Banana, housemade almond milk, medjool dates,
Madagascar vanilla bean, cacao powder, vigin coconut
oil, cinnamon.
- Just Keep Swimming ... \$10
Strawberry, raspberry, banana, goji berries, medjool
dates, vanilla bean, coconut milk.
- Make My Day ... \$9
Banana, avocado, fresh ginger, flax oil, juiced apple,
cinnamon.
- Shaken, Not Stirred ... \$11
Wild blueberries, banana, house made almond milk,
medjool dates, Madagascar vanilla bean, vegan protein.
- Fasten Your Seatbelts ... \$10
Pineapple, orange, fresh tumeric, banana, coconut oil,
coconut milk, chia seeds.

Add
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Ginger // \$1
Turmeric // \$1
Spirulina // \$1.5

Hemp Protein // \$1.5
Flax Oil // \$1
Any fruit or vegetable // \$1

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* made with
organic
ingredients,
gluten free

- Avocado Sub // \$13
One whole avocado, alfalfa sprouts vegan garlic mayo, iceberg lettuce, feta cheese
and mango chutney on our toasted housemade quinoa bun. Served with side salad.
- Roast Chicken // \$13
Antibiotic/hormone free range chicken breast, avocado, house honey mustard,
caramelized onion, pesto mayo and baby greens on our toasted housemade quinoa
bun. Served with side salad.
- Roast Beef // \$13
Ontario antibiotic/hormone free beef brisket, house BBQ sauce, aged cheddar,
caramelized onion, vegan garlic mago, arugula, house dressing on our toasted
housemade bun. Served with side salad.
- Wild Albacore Tuna // \$15
Low mercury, sustainable. Dill-jalapeno mayo, cucumber, iceberg lettuce, red onion,
house honey mustard on our house organic quinoa bun. Served with pickles on the
side. Dairy Free.

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- Breakfast Burrito // \$12 Add Rowe Farms bacon // \$2
Two Ontario free run eggs, black beans, guacamole, pico de gallo, organic aged
cheddar, and oven roasted sweet potato in a rice tapioca flour wrap.
[Make it vegan by subbing tofu for eggs and daiya for cheddar.]
- Greek Chicken Wrap // \$13
Antibiotic/hormone free range chicken breast, hummus, cucumber, tomato, red onion,
olives, romaine, feta, and Greek dressing in a rice tapioca wrap.
- Sweet Potato Wrap // \$12
Oven roasted sweet potatoes, black beans, guacamole, pico de gallo, vegan garlic
mayo, baby spinach, house dressing in a rice tapioca flour wrap. [vegan]
- The Works Wrap // \$14
Antibiotic/hormone free range chicken breast, vegan garlic mayo, oven roasted
sweet potato, caramelized onion, feta cheese, avocado, pico de gallo, baby spinach,
and house dressing in a rice tapioca flour wrap.

custom
- bowls

- 1 Mixed greens OR
brown basmati rice.
- 2 1 protein: chicken // beef brisket //
tofu // 2 free run eggs
- 3 4 toppings of your choice
- 4 Dressing of your choice



* Please let us know about any food allergies