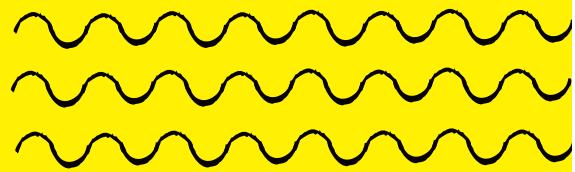


S



sand -wiches

Avocado Sub // \$14

Avocado, vegan mayo, alfalfa sprouts, mango relish, iceberg lettuce, feta.

Chicken Dog // \$12

Smoked chicken sausage, ketchup, mustard, relish, sauerkraut.

Roast Chicken // \$12

Caramelized onion, guac, baby greens, pesto mayo.

Philly Brisket // \$12

Roast beef, horseradish mayo, mustard, arugula, cheddar, caramelized onion.

wr -aps

Breakfast Burrito // \$11

Scrambled egg, black beans, sweet potato, guac, pico de gallo.

Greek Chicken Wrap // \$11

Oven roasted chicken, tomato, cucumber, olives, romaine, feta, dressing.

Sweet Potato Wrap // \$11

Roasted sweet potato, black beans, guac, baby greens, garlic vegan mayo.

mixed salad - bowl

// \$13

Baby greens, choose 5 toppings + dressing.

double chicken // \$3

brown rice - bowl

// \$13

Choose 5 toppings + dressing.

double chicken // \$3

All of our meat is sourced from local Ontario farms, ethically raised, and free of hormones and antibiotics. Inquire about which meats are certified organic.

All of our vegetables, grains & condiments are certified organic.

All of our bread is gluten free and made with organic quinoa flour.

* Organic Juice Bar

As If

8oz \$6 // 16oz \$11.50

Beet, carrot, apple, ginger.

What She's Having

8oz \$6.5 // 16oz \$12

Cucumber, celery, spinach, romaine, parsley, lime.

It's Alive!

8oz \$5.5 // 16oz \$10.5

Carrot, pineapple, cucumber, lemon, cayenne.

These Go To Eleven

8oz \$5.75 // 16oz \$11

Apple, orange, grapefruit, celery, lemon, ginseng.

The OG OJ

\$4.5 8oz // \$7.5 16oz

Fresh squeezed orange juice.

* Organic Superfood Smoothies // 16oz

Sunshine's Very Own ... \$11.5

Whole kale, spinach, cucumber, avocado, with apple & lemon juice, flax oil, spirulina.

Hey, Stella ... \$10.5

Wild blueberries, spinach, coconut water, raw honey and açai.

Mama Always Said ... \$12

Banana, raw sprouted almonds, vanilla bean, dates, cocoa, virgin coconut oil, cinnamon.

Just Keep Swimming ... \$10.5

Strawberry, raspberry, goji berries, dates, vanilla bean, coconut milk.

Cold Pressed Shots

Ginger //\$/3

Turmeric //\$/4.5

sunshine