**Build Your Own Salad Bowl**

$16

**Step 1**
Choose either bowl or wrap

**Step 2**
Choose 1 salad greens, 3 veggies & 1 organic grain

**Step 3**
Choose 1 antipasto, 1 crunchy topping & your choice of dressing

**Optional**
Add $2 for warm protein

---

**Signature Salads**

**Salad Bowl**
$14

Choice of:

- **Caesar Salad**
  Romaine lettuce, chopped kale, heirloom tomato, soft-boiled egg, parmesan chip, caesar dressing, toasted multi-grain

- **Wild Mushroom Salad**
  Baby spinach, seasonal local farmed mushroom, wild rice, soft-boiled egg, capsicum, yuzu shoyu dressing

- **Avocado & Heirloom Tomato Salad**
  Chopped kale, avocado, heirloom tomato, banana shallot, herbs, balsamic reduction, olive oil, sea salt

**Protein Salad Bowl**
$18

Choice of:

- **Chicken & Green Apple Salad**
  Romaine lettuce, heirloom tomato, mini cucumber, chicken of the day, soft-boiled egg, apple, pumpkin seed, chia seed dressing

- **Wafu Salad with Fish**
  Mixed mesclun, buckwheat noodles, edamame, fish of the day, wild rice, wakame, heirloom tomato, furikake, yuzu shoyu dressing

- **Bean Ragout & Falafel Salad**
  Mixed mesclun, falafel, chickpea, kidney bean, mini cucumber, Kalamata olives, banana shallot, hummus dressing

---

**Smoothies**

**Nutty Banana**
Banana, walnuts, almond milk, dates, cinnamon, sea salt, chia seeds

**Avocado Glow**
Avocado, banana, mango, spinach, dates, soy milk

**Red & Rad**
Raspberries, red cabbage, banana, low-fat milk, berry yoghurt

**Strawberry Rhapsody**
Strawberries, yoghurt, banana, orange, oats, honey

**FRESH JUICE BLENDS**

**Immunity Booster**
Apple, orange, ginger, lemon wedge

**Hydrate**
Fresh coconut water, apple juice, kale, wheat grass, parsley

---

**Coffee**

Add $1 for non-dairy milk

- **Espresso**
  $4

- **Espresso Macchiato**
  $4.80

- **Piccolo Latte**
  $4.80

- **Café Americano**
  $5

- **Café Latte**
  $6

- **Cappuccino**
  $6

- **French Press Coffee**
  $7.50

- **Dirty Chai**
  $7.50

- **Green Tea Latte**
  $7

- **Chai Latte**
  $7

- **Mocha**
  $7

- **White Chocolate**
  $7

---

**Smores**

**Organic Cola**
$7

**Canned Sodas**
$2.50

**Fiji Water**
$5

**Beer**

---

**Kids Menu**

- **Cauliflower Mac & Cheese**
  $8

- **Rainbow Salad**
  $8

- **Turkey Club Wrap**
  $8

---

All prices are inclusive of 7% goods and services tax.