

BREAKFAST ALL DAY

We are happy to leave items off of dishes, but no substitutions are allowed.

EGGS, BACON AND TOAST / 11

2 eggs any style, grilled sourdough, butter
applewood smoked bacon, butter & jam (**available GF**)

EGGS FLORENTINE WITH ASPARAGUS / 13

poached egg, toasted sourdough, smashed avocado,
hollandaise, roasted asparagus, fresh seasonal fruit
add bacon / 4

SOFT SCRAMBLED EGG SANDWICH / 10

monterey jack cheese, two organic scrambled eggs,
brioche bun, fresh herbs, radish sprouts, side green salad
add bacon / 4

MATCHA BLUEBERRY PANCAKES / 11

vegan butter, fresh blueberries, maple **V, GF**

BIG BREAKFAST BOWL / 13

ancient grains, bacon, sunny side up egg,
wilted greens, green sriracha, tomato salad **GF**

ACAI BOWL / 10

all the fruit, toasted coconut flakes,
house made Manitoba hemp seed granola, bee pollen **GF**

THIN MINT PROTEIN BOWL / 14

acai, bananas, cashews, cacao nibs, cacao powder, almond butter,
hemp, mint, chia, vanilla, topped with Manitoba hemp seed granola and all the fixings! **V, GF**

ACAI BOWL ENHANCEMENTS:

*Add almond butter, cacao, chia seeds, flax seeds,
hemp seeds, raw pepitas, ginger, kale or MCT oil / 1 each*

*Add grassfed ghee, maca, reishi mushroom boost,
vegan protein, turmeric, or neocell collagen / 2 each*

ADD ONS

GRILLED SEASONAL VEGETABLES / 5

SIDE GREEN/ SWEET POTATO SALAD / 5

SIDE DRESSING/ SAUCE / 1.5

ORGANIC EGG / 2 each

WARM ANCIENT GRAINS / 4

ORGANIC BERRIES / 5

APPLEWOOD SMOKED BACON / 4

FREE RANGE CHICKEN BREAST / 5

WILD CAUGHT SALMON / 6.75

GINGER MARINATED TEMPEH / 4

HALF AVOCADO / 2.5

SMALL PLATES

MAPLE CHILI GLAZED YAMS / 6

sriracha, maple, maldon salt, cilantro **V,GF**

HERBED CAULIFLOWER / 8

seared cauliflower, herbs, chili flakes, lemon zest, toasted cashews **V, GF**

GF=gluten free **V**=vegan

SUB GLUTEN FREE BREAD FOR ADDITIONAL \$2 WITH ANY DISH.

LUNCH ALL DAY

GREEN GODDESS BOWL / 14

broccolini, asparagus, wilted kale, ancient grains, avocado,
green hummus, chimichurri, radish, pea shoots **V, GF**

KIMCHEE GRAIN BOWL / 14

ancient grains, house-made kimchee,
fried egg, shiitakes, snap peas, red bell pepper,
gochujang, house-made pickles **GF**

New! AHIMSA BOWL / 14

Spiced lentils, coconut sesame chutney, garlicky spinach,
pickled vegetables, lemon tahini chz, goji berries,
fried shallots on a bed of forbidden rice **V, GF**

OMEGA 3 BOWL / 16

grilled garlicky salmon, white quinoa, steamed seasonal
vegetables, pickled carrots, walnut gremolata,
lemongrass teriyaki on side **GF**

SAMMY & TOAST

(sandwiches includes green salad or sweet potato salad)

AVOCADO TOAST / 11

radish, cherry tomato, serrano chimichurri,
cold soft boiled egg, radish sprouts

ROASTED CHICKEN CLUB SANDWICH / 14

roasted chicken breast, bacon, tomato, lettuce,
garlic aioli, pickles, on grilled sourdough

AVOCADO PESTO SANDWICH / 12

kale pesto, garlic aioli, avocado, spinach
on grilled sourdough **V**

TEMPEH BAHN MI / 13

teriyaki glazed tempeh, pea shoots, radish sprouts,
cilantro, sriracha aioli, pickles, grilled sourdough, **V**

SOUP & SALAD

MASSAGED KALE & BRUSSELS CAESAR / 13

seaweed caesar dressing, baby kale, pepitas,
shaved brussels sprouts, avocado, cotija
nori furikake **GF**

SUMMER BEET SALAD / 13

Beet tar-tar, smashed avocado, spinach, red onions
baby tomatos, roasted garlic & orange dressing,
toasted cashews. **V, GF**

New! TRUE NORTH COBB / 15

Smoked Salmon, soft boiled egg, bacon, tomatos,
brie cheese, avocado on a bed of pickled carrots &
butter letuce, Creamy lemon-thyme aioli **GF**

36 HOUR FREE RANGE CHICKEN BROTH / 7

pho herbs, lime, lava salt

ALWAYS VEGAN SOUP CUP / 6 or BOWL / 8 **V,GF**

SOUP CUP & HALF SALAD COMBO 13

DRINKS ALL DAY

BOTTOMLESS MIMOSAS \$20
(OR WITH NON ALCOHOLIC KOMBUCHA MIMOSAS \$16)
With 10\$ minimum food purchase

MIMOSA / 9
KOMBUCHA MIMOSA / 7

NATURA ORGANIC WINES \$10

PINOT NOIR
CHARDONNAY
ROSE

SUFFERFEST BEER COMPANY

TAPER IPA/ 9
SHAKEOUT BLONDE/ 9
FLY BY PILSNER/ 9
REPEAT KOLCH/ 6
FKT PALE ALE/ 6

AQUA FRESCA OF THE DAY/ 3

SMOOTHIES

all smoothies are vegan and gf

LOCAL COLD PRESSED JUICE / 8

TROPI-KALE / 10
kale, pineapple, nopal, toasted coconut, ginger, mint, lime

GOLDEN MANGO / 10
mango, turmeric, ginger, lime, black pepper, tangerine

New! COLD BREW SMOOTHIE/ 10
stumptown cold brew, bananas, almond butter, maple, vanilla, cinnamon

BERRY ALIVE / 10
blueberry, strawberry, goji berry, almond butter, banana, coconut water

LEAN GREEN HEMP MACHINE / 10
pear, avocado, mint, lime, ginger, cucumber, spinach, Manitoba hemp seeds, coconut water

ENHANCEMENTS

Add almond butter, cacao, chia seeds, flax seeds, raw pepitas, ginger, kale or MCT oil / 1

Add grassfed ghee, maca, reishi mushroom boost, vegan protein, turmeric, or neocell collagen / 2

Add avocado / 2.5

Add a double shot of espresso or matcha / 3.25

SUMMER 2018

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