

BOWLS

Nutritional information excludes dressing and proteins.

Mad Caesar

Your choice of protein, roasted broccoli, mixed greens, capers, coconut bacon, hemp parm, Caesar dressing.

Crispy Taco Salad

Avocado, cilantro roasted corn, black beans, grape tomatoes, cheddar, red onion, mixed greens, tortilla strips, chili flakes, maple chipotle dressing.

The Santa Fe

Cilantro-lime tofu, cilantro roasted corn, feta, black beans, red onion, cucumber, mixed greens, tortilla strips, chili flakes, fresh lime squeeze, avocado-tomatillo dressing.

Bibimbowl











Your choice of protein, kimchi, roasted sweet potato, pickled carrot & daikon, cucumber, brown rice, mixed greens, sesame seeds, gochujang sauce, carrot ginger dressing.

Piri-Piri Bowl

Your choice of protein, roasted sweet potato, Peppadew peppers, carrot and cabbage slaw, brown rice, mixed greens, corn nuts, piri-piri dressing.

Thai Curry Salad

Your choice of protein, roasted sweet potato, Peppadew peppers, carrot and cabbage slaw, brown rice, mixed greens, corn nuts, piri-piri dressing.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Mad Caesar	180	7	1	623	10	4	3	1	13	130
Crispy Taco Salad	450	26	8	450	45	16	8	16	20	140
The Santa Fe	280	6	5	1073	27	5	6	5	13	90
Bibimbowl	283	5	0	494	55	5	2	13	18	10
Piri-Piri Bowl	540	13	1.5	25	55	5	8	13	19	127
Thai Curry Salad	416	20	4	685	50	7	11	12	3	32

PROTEINS

Based on 1 serving

Lemon-Herb Chicken

Piri-Piri Chicken

Red Curry Chicken











Luisa's Chicken

Cilantro-Lime Tofu

Piri-Piri Tofu

Beef Barbacoa

Battered Haddock

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (g)	 Vitamin C (mg)
Lemon-Herb Chicken	117	12	3	612	13	1	1	10	1	1
Piri-Piri Chicken	220	14	3	705	14	2	1	10	1	3
Red Curry Chicken	209	13	3	493	13	1	0	11	1	1
Luisa's Chicken	242	17	3	608	15	1	0	10	1	1
Cilantro-Lime Tofu	87	5	1	27	3	0	0	9	2	0
Piri-Piri Tofu	80	5	1	109	3	1	1	6	1	7
Beef Barbacoa	168	13	5	88	2	0	0	11	1	0
Battered Haddock	192	8	1	531	16	1	0	17	2	0

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DRESSINGS

Based on 60 g serving

Caesar

Carrot Ginger

Maple Chipotle











Avocado Tomatillo

Gochujang

*Based on 15 g serving

Piri-Piri

Chili Peanut











	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Caesar	240	26	2	200	1	0	0	1	2	2
Carrot Ginger	190	20	1.5	610	4	1	1	2	4	2
Maple Chipotle	250	24	2	135	10	0.3	8	1	2	6
Avocado Tomatillo	80	8	0.5	90	2	1	1	0.5	2	4
Gochujang *Based on 15 g serving	25	0.1	0	310	2	0	0	1	2	0
Piri-Piri	25	2.5	0.4	30	1	0	0	0.3	0	2
Chili Peanut	137	12	2	259	5	2	1	5	1	1

SOUP

Based on 12 oz

Coconut Curry Chowder

Coconut milk, red curry, carrot, sweet potato, corn, onion, mushrooms, broccoli, edamame, garlic, ginger, tomatoes.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Coconut Curry Chowder	440	20	14	980	62	8	9	12	20	35

SANDWICHES

Fajita Barbacoa

Ontario beef barbacoa, Peppadew peppers, cheddar, mixed greens, jalapeno cilantro vinaigrette.

Piri-Piri Chicken











Piri-piri chicken, carrot and cabbage slaw, cucumber, mixed greens, piri-piri dressing.

Tofu Banh Mi

Cilantro-lime tofu, pickled carrot & daikon, cucumber, mixed greens, carrot ginger dressing.

Smashed Chickpea

Smashed chickpea salad, dill pickles, grape tomatoes, mixed greens.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
Fajita Barbacoa	438	23	9	619	45	2	12	19	2	26
Piri-Piri Chicken	460	6	6	960	68	4	10	22	15	50
Tofu Banh Mi	297	12	2	571	38	2	5	10	2	8
Smashed Chickpea	500	11	1.5	1110	85	8	12	20	35	25

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BURRITOS

All burritos are made with wheat tortilla and contain gluten.

THE SMOKING GUN - CHICKEN

Luisa's chicken, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, mad hot sauce, sour cream, Mexican Caesar dressing.

THE SMOKING GUN - TOFU

Cilantro-lime tofu, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, mad hot sauce, sour cream, Mexican Caesar dressing.

THE BARRANQUILLA

Luisa's chicken, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, sour cream, creamy cilantro dressing.

THE EL DORADO

Beef barbacoa, guacamole, Cotija cheese, cilantro roasted corn, red onion grape tomatoes, black beans, brown rice, mixed greens, sour cream, Mexican Caesar dressing.

THE FLAMING BATATA

Sweet potato, guacamole, cilantro roasted corn, black beans, brown rice, mixed greens, tortilla strips, mad hot sauce, sour cream, Mexican Caesar dressing.

THE VIDA VERDE

Cilantro-lime tofu, guacamole, cilantro roasted corn, grape tomatoes, black beans, brown rice, tortilla strips, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE DAIKON DYNASTY - CHICKEN











Luisa's chicken, mango, avocado, pickled carrot and daikon, cucumber, brown rice, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE DAIKON DYNASTY - TOFU

Cilantro-lime tofu, mango, avocado, pickled carrot and daikon, cucumber, brown rice, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE FISH 'N' CHIPS

Battered haddock, matchstick fries, sweet potato, pickles, brown rice, mixed greens, sour cream, lime squeeze, tartar sauce.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
THE SMOKING GUN - CHICKEN	1068	62	13	2547	102	11	4	33	6	23
THE SMOKING GUN - TOFU	914	50	10	1965	90	10	4	32	6	22
THE BARRANQUILLA	1062	62	12	2410	102	11	4	33	6	25
THE EL DORADO	1054	60	16	2259	101	15	10	35	6	28
THE FLAMING BATATA	978	49	7	1618	117	11	2	22	5	33
THE VIDA VERDE	1001	50	7	1603	102	10	4	29	8	28
THE DAIKON DYNASTY - CHICKEN	1087	65	9	1941	105	9	13	27	6	39
THE DAIKON DYNASTY - TOFU	932	54	7	1360	93	8	13	25	7	38
THE FISH 'N' CHIPS	886	39	7	2097	105	5	1.5	33	6	22

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BURRITO BOWLS

THE SMOKING GUN - CHICKEN

Luisa's chicken, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, mad hot sauce, sour cream, Mexican Caesar dressing.

THE SMOKING GUN - TOFU

Cilantro-lime tofu, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, mad hot sauce, sour cream, Mexican Caesar dressing.

THE BARRANQUILLA

Luisa's chicken, guacamole, Cotija cheese, cilantro roasted corn, grape tomatoes, black beans, brown rice, mixed greens, sour cream, creamy cilantro dressing.

THE EL DORADO

Beef barbacoa, guacamole, Cotija cheese, cilantro roasted corn, red onion grape tomatoes, black beans, brown rice, mixed greens, sour cream, Mexican Caesar dressing.

THE FLAMING BATATA

Sweet potato, guacamole, cilantro roasted corn, black beans, brown rice, mixed greens, tortilla strips, mad hot sauce, sour cream, Mexican Caesar dressing.

THE VIDA VERDE

Cilantro-lime tofu, guacamole, cilantro roasted corn, grape tomatoes, black beans, brown rice, tortilla strips, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE DAIKON DYNASTY - CHICKEN











Luisa's chicken, mango, avocado, pickled carrot and daikon, cucumber, brown rice, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE DAIKON DYNASTY - TOFU

Cilantro-lime tofu, mango, avocado, pickled carrot and daikon, cucumber, brown rice, mixed greens, hummus mayo spread, creamy cilantro dressing.

THE FISH 'N' CHIPS

Battered haddock, matchstick fries, sweet potato, pickles, brown rice, mixed greens, sour cream, lime squeeze, tartar sauce.

	 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (mg)	 Vitamin C (mg)
THE SMOKING GUN - CHICKEN	894	57	12	2139	77	13	5	26	5mg	52
THE SMOKING GUN - TOFU	739	45	10	1558	65	12	4	25	5mg	50
THE BARRANQUILLA	887	57	12	2002	77	13	5	26	5mg	54
THE EL DORADO	880	55	15	1851	76	16	11	28	4mg	57
THE FLAMING BATATA	803	43	7	1211	93	13	3	15	4mg	61
THE VIDA VERDE	826	51	6	1196	77	12	5	22	6mg	57
THE DAIKON DYNASTY - CHICKEN	912	61	8	1534	80	11	14	19	5mg	68
THE DAIKON DYNASTY - TOFU	757	49	6	952	68	10	13	18	5mg	66
THE FISH 'N' CHIPS	712	34	6	1690	81	7	2	26	4	51

SMOOTHIES

Very Berry









Strawberries, cherries, blueberries, raisins, dried cranberries, banana, orange juice.

Green Machine

Spinach, kale, banana, orange juice, agave, cucumber, ginger.

Nutty by Nature

Almond milk, banana, dates, peanut butter, almond extract.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
360	1	0.3	25	93	10	32	4	20	60
200	1	0.3	50	49	6	24	5	15	110
550	18	3.5	125	96	10	60	12	10	40

EXTRAS

Dark Chocolate Brownie

Gluten-free flour, sugar, cocoa powder, chocolate chips, baking powder, coconut oil, flax seed, vanilla.

Portuguese Custard Tart

Milk, water, sugar, enriched wheat flour, shortening, egg yolk, liquid whole eggs, cornstarch, salt, natural vanilla, natural lemon flavour.

Apple Blossom Pastry

Apples, enriched bleached pastry flour, vegetable shortening, water, white cane sugar, lemon from concentrate, modified corn starch, liquid whole egg, brown cane sugar, salt, glaze, white vinegar, oats, yeast, enzymes, cinnamon, natural butter flavour, dextrose.

Ginger Cookie

Enriched white flour, brown sugar, semi-sweet chocolate chips, pure coconut oil, carrot, pineapple, granulated sugar, coconut, baking powder, vanilla extract, salt.

Classic Chocolate Chunk











Apples, enriched bleached pastry flour, vegetable shortening, water, white cane sugar, flavour, dextrose.

Cinnamon Toast Churro

Enriched white flour, brown sugar, pure coconut oil, white chocolate, cinnamon cereal, water, caramel bits, granulated sugar, baking powder, salt.

Rosemary Focaccia

Unbleached wheat flour, olive oil, sea salt, rosemary, yeast, malted barley flour.

 Energy (kCal)	 Total Fat (g)	 Saturated Fat (g)	 Sodium (mg)	 Carbs (g)	 Fibre (g)	 Sugar (g)	 Protein (g)	 Iron (%)	 Vitamin C (%)
330	21	15	80	39	6	23	4	15	0
190	8	2.5	35	26	0	17	3	8	0
360	19	9	400	44	0	19	3	10	4
360	16	12	80	56	2	30	4	12	n/a
380	18	14	40	58	2	30	4	12	n/a
360	14	10	150	58	2	32	4	14	n/a
224	2.5	0.5	608	42	0	1.5	6	16	0

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