

**SALADS & HEARTY BOWLS**

Nutritional information excludes dressing and proteins.

**Mad Caesar**

**Crispy Taco Salad**

**The Santa Fe**

**Piri-Piri Bowl**

**Bibimbowl**

**Thai Curry Salad**

**Maple Farm Bowl**

**DRESSINGS**

Based on 50 g serving

**Caesar**

**Carrot Ginger**

**Maple Chipotle**

**Avocado Tomatillo**

**Gochujang**

Based on 15g serving

**Piri-Piri**

**Chili Peanut**

**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 (mg)   | Vitamin C (mg)  |
| <b>Mad Caesar</b>         | 109   | 6   | 1   | 573   | 11   | 4   | 2   | 6   | 0   | 80  |
| <b>Crispy Taco Salad</b>  | 263   | 12  | 4   | 258   | 29   | 9   | 4   | 13  | 2   | 55  |
| <b>The Santa Fe</b>       | 198   | 7   | 4   | 370   | 28   | 6   | 5   | 10  | 0   | 54  |
| <b>Piri-Piri Bowl</b>     | 540   | 13  | 2   | 25  | 55   | 5   | 8   | 13  | 19  | 127   |
| <b>Bibimbowl</b>          | 266   | 5   | 1   | 711   | 48   | 6   | 10  | 6   | 2   | 66  |
| <b>Thai Curry Salad</b>   | 279   | 9   | 2   | 409   | 50   | 7   | 11  | 12  | 3   | 32  |
| <b>Maple Farm Bowl</b>    | 308   | 11  | 4   | 511   | 45   | 7   | 3   | 10  | 3   | 71  |
|                           |    |    |    |    |    |    |    |    |    |    |
|                           | Energy (kCal)   | Total Fat (g)   | Saturated Fat (g)   | Sodium (mg)   | Carbs (g)  | Fibre (g)   | Sugar (g)   | Protein (g)   | Iron (mg)   | Vitamin C (mg)  |
| <b>Caesar</b>             | 240   | 26  | 2   | 200   | 1  | 0   | 0   | 1   | 2   | 2   |
| <b>Carrot Ginger</b>      | 195   | 20  | 3   | 495   | 4  | 1   | 2   | 2   | 0   | 1   |
| <b>Maple Chipotle</b>     | 240   | 23  | 2   | 225   | 8  | 1   | 6   | 1   | 0   | 0   |
| <b>Avocado Tomatillo</b>  | 72  | 7   | 1   | 66  | 2  | 1   | 1   | 1   | 2   | 4   |
| <b>Gochujang</b>          | 18  | 0   | 0   | 183   | 4  | 0   | 0   | 0   | 0   | 0   |
| <b>Piri-Piri</b>          | 186   | 20  | 2   | 196   | 4  | 1   | 0   | 1   | 0   | 10  |
| <b>Chili Peanut</b>       | 134   | 11  | 2   | 254   | 5  | 2   | 1   | 5   | 1   | 1   |
|                           |  |  |  |  |  |  |  |  |  |  |
|                           | Energy (kCal)   | Total Fat (g)   | Saturated Fat (g)   | Sodium (mg)   | Carbs (g)  | Fibre (g)   | Sugar (g)   | Protein (g)   | Iron (mg)   | Vitamin C (mg)  |
| <b>Lemon-Herb Chicken</b> | 230   | 15  | 3   | 539   | 13   | 1   | 0   | 11  | 1   | 1   |
| <b>Piri-Piri Chicken</b>  | 220   | 14  | 3   | 705   | 14   | 2   | 1   | 10  | 1   | 3   |
| <b>Red Curry Chicken</b>  | 209   | 13  | 3   | 493   | 13   | 1   | 0   | 11  | 1   | 1   |
| <b>Luisa's Chicken</b>    | 242   | 17  | 3   | 608   | 15   | 1   | 0   | 10  | 1   | 1   |
| <b>Cilantro-Lime Tofu</b> | 87  | 5   | 1   | 27  | 3  | 0   | 0   | 9   | 2   | 0   |
| <b>Piri-Piri Tofu</b>     | 81  | 5   | 5   | 109   | 3  | 1   | 1   | 6   | 1   | 7   |
| <b>Beef Barbacoa</b>      | 165   | 13  | 5   | 79  | 2  | 0   | 0   | 12  | 1   | 0   |
| <b>Battered Haddock</b>   | 192   | 8   | 1   | 531   | 16   | 1   | 0   | 17  | 2   | 0   |











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**BURRITOS**

All burritos are made with wheat tortilla and contain gluten.

|                                     |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (mg) |  Vitamin C (mg) |
|-------------------------------------|---|---|---|---|--|---|---|---|---|--|
| <b>The Barranquilla</b>             | 1062  | 62  | 12  | 2410  | 102  | 11  | 4   | 33  | 6   | 25   |
| <b>The El Dorado</b>                | 1054  | 60  | 16  | 2259  | 101  | 15  | 10  | 35  | 6   | 28   |
| <b>The Flaming Batata</b>           | 978   | 49  | 7   | 1618  | 117  | 11  | 2   | 22  | 5   | 33   |
| <b>The Smoking Gun - Chicken</b>    | 1068  | 62  | 13  | 2547  | 102  | 11  | 4   | 33  | 6   | 23   |
| <b>The Smoking Gun - Tofu</b>       | 914   | 50  | 10  | 1965  | 90   | 10  | 4   | 32  | 6   | 22   |
| <b>The Vida Verde</b>               | 1001  | 50  | 7   | 1603  | 102  | 10  | 4   | 29  | 8   | 28   |
| <b>The Daikon Dynasty - Chicken</b> | 1026  | 56  | 8   | 1700  | 106  | 10  | 12  | 30  | 7   | 39   |
| <b>The Daikon Dynasty - Tofu</b>    | 871   | 45  | 6   | 1119  | 94   | 9   | 12  | 28  | 8   | 28   |
| <b>The Fish 'N' Chips</b>           | 886   | 39  | 7   | 2097  | 105  | 5   | 2   | 33  | 6   | 22   |











**BURRITO BOWLS**

|                                     |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (mg) |  Vitamin C (mg) |
|-------------------------------------|---|---|---|---|--|---|---|---|---|--|
| <b>The Barranquilla</b>             | 887   | 57  | 12  | 2002  | 77   | 13  | 5   | 26  | 5   | 54   |
| <b>The El Dorado</b>                | 880   | 55  | 15  | 1851  | 76   | 16  | 11  | 28  | 4   | 57   |
| <b>The Flaming Batata</b>           | 803   | 43  | 7   | 1211  | 93   | 13  | 3   | 15  | 4   | 61   |
| <b>The Smoking Gun - Chicken</b>    | 894   | 57  | 12  | 2139  | 77   | 13  | 5   | 26  | 5   | 52   |
| <b>The Smoking Gun - Tofu</b>       | 739   | 45  | 10  | 1558  | 65   | 12  | 4   | 25  | 5   | 50   |
| <b>The Vida Verde</b>               | 826   | 51  | 6   | 1196  | 77   | 12  | 5   | 22  | 6   | 57   |
| <b>The Daikon Dynasty - Chicken</b> | 851   | 52  | 7   | 1293  | 81   | 11  | 13  | 22  | 6   | 68   |
| <b>The Daikon Dynasty - Tofu</b>    | 696   | 40  | 5   | 711   | 69   | 11  | 12  | 21  | 4   | 66   |
| <b>The Fish 'N' Chips</b>           | 712   | 34  | 6   | 1690  | 81   | 7   | 2   | 26  | 4   | 51   |











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SOUPS











Based on 12 oz serving

|                              |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (mg) |  Vitamin C (mg) |
|------------------------------|---|---|---|---|--|---|---|---|---|--|
| <b>Coconut Curry Chowder</b> | 238   | 14  | 9   | 1020  | 24   | 3   | 10  | 7   | 3   | 0  |
| <b>Moroccan Chicken Soup</b> | 204   | 3   | 0   | 986   | 34   | 10  | 3   | 10  | 3   | 0  |








SANDWICHES

|                          |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (mg) |  Vitamin C (mg) |
|--------------------------|---|---|---|---|--|---|---|---|---|--|
| <b>Fajita Barbacoa</b>   | 658   | 27  | 9   | 999   | 75   | 5   | 10  | 26  | 6   | 26   |
| <b>Piri-Piri Chicken</b> | 623   | 22  | 4   | 1373  | 86   | 6   | 3   | 22  | 7   | 28   |
| <b>Tofu Banh Mi</b>      | 499   | 13  | 2   | 880   | 74   | 5   | 6   | 22  | 7   | 8  |
| <b>Smashed Chickpea</b>  | 555   | 19  | 2   | 1171  | 87   | 8   | 3   | 17  | 11  | 8  |

SMOOTHIES

|                        |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (%) |  Vitamin C (%) |
|------------------------|---|---|---|---|--|---|---|---|--|---|
| <b>Very Berry</b>      | 360   | 1   | 0.3   | 25  | 93   | 10  | 32  | 4   | 20   | 60  |
| <b>Green Machine</b>   | 200   | 1   | 0.3   | 50  | 49   | 6   | 24  | 5   | 15   | 110   |
| <b>Nutty by Nature</b> | 550   | 18  | 3.5   | 125   | 96   | 10  | 60  | 12  | 10   | 40  |

EXTRAS

|                                |  Energy (kCal) |  Total Fat (g) |  Saturated Fat (g) |  Sodium (mg) |  Carbs (g) |  Fibre (g) |  Sugar (g) |  Protein (g) |  Iron (%) |  Vitamin C (%) |
|--------------------------------|---|---|---|---|--|---|---|---|--|---|
| <b>Dark Chocolate Brownie</b>  | 330   | 21  | 15  | 80  | 39   | 6   | 23  | 4   | 15   | 0   |
| <b>Portuguese Custard Tart</b> | 190   | 8   | 2.5   | 35  | 26   | 0   | 17  | 3   | 8  | 0   |
| <b>Apple Blossom Pastry</b>    | 360   | 19  | 9   | 400   | 44   | 0   | 19  | 3   | 10   | 4   |
| <b>Classic Chocolate Chunk</b> | 380   | 18  | 14  | 40  | 58   | 2   | 30  | 4   | 2  | 0   |
| <b>Ginger Cookie</b>           | 360   | 14  | 12  | 90  | 58   | 2   | 28  | 4   | 2  | 0   |
| <b>Cinnamon Toast Churro</b>   | 360   | 14  | 10  | 150   | 58   | 2   | 32  | 4   | 3  | 0   |
| <b>Rosemary Focaccia</b>       | 356   | 6   | 1   | 1470  | 63   | 3   | 1   | 11  | 5  | 0   |