

## SMOOTHIES

### DREAMY CHOCOLATE

almond milk, cocoa powder, almond butter, hemp hearts, banana, dates

### TROPICAL GINGER

pineapple, mango, banana, spinach, ginger, lemon juice

### BEETS n' BERRIES

roasted beets, strawberries, kale, dates, lemon juice

### SUPER SMOOTHIE

berries, greens, antioxidants galore  
\*talk to the staff for more information

### Açaí SMOOTHIE BOWL

açaí fruit puree, banana, blueberries  
topped with pumpkin seeds, goji berries, sliced bananas, granola

### LITTLE PEA SMOOTHIE

strawberries, banana, nut milk, hemp hearts

— **Add to any smoothie or bowl:** hemp, chia, flax, amla, pea protein —

### BLUEBERRY OVERNIGHT OATS

GF rolled oats, blueberries, almond butter, a dash of date sugar  
\*add \$2 jar deposit for take-out

### GRANOLA BOWL

house-made granola served with your choice of non-dairy milk

## NICE CREAM

### STRAWBERRY BANANA

ripe bananas, strawberries, coconut milk, chia seeds

### BLUEBERRY MANGO

blueberries, mangos, coconut milk, chia seeds

### CHOCOLATE, BANANA, & AVOCADO

cacao, ripe banana, avocado, coconut milk, chia seeds

### GOLDEN TEA

ripe bananas, coconut milk, spiced turmeric tea blend, chia seeds

### BANANA

100% banana power

## BAKED GOODS

### STRAWBERRY MUFFIN

### BANANA MUFFIN

### DARK CHOCOLATE RASPBERRY SCONE

### CINNAMON BUN

made with organic flour

### COFFEE CAKE

a gluten friendly twist on a traditional coffee cake  
filled with maple-sweetened almond & GF oat streusel from top to bottom

### ORANGE BERGAMOT CAKE

zested orange and fragrant notes of bergamot - the fun  
ingredient that gives Earl Grey tea it's distinguishing flavour

### RASPBERRY BAKEWELL

lovely, light almond cake filled with raspberry jam  
topped with toasted almonds & a light sugar dusting

### 3-LAYER CHOCOLATE CRUNCH CAKE

3 layers filled with cookie crunch & finished  
with a velvety chocolate buttercream

### MINI CHOCOLATE CUPCAKES

with vanilla-bean buttercream icing

### SALTED CHOCOLATE CHIP COOKIES

### SANDY'S CHAMPION COOKIES

baked with maple walnuts

### BANANADOODLE COOKIES

## PUREES

### ORGANIC APPLE SAUCE

apples with a touch of cinnamon & maple syrup

### ORGANIC PUREES

- green peas & barley •
- blueberry, green apple & spinach •
- sweet potato & white bean •

\*add \$2 jar deposit for take-out



gluten friendly



contains nuts



contains coconut



contains soy

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## SALADS

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### OPEN SESAME SALAD

roasted & shredded beets with shredded kale  
tossed in a sesame ginger dressing

### COUSCOUS CURRY SALAD

crisp diced green apples, tart dried cranberries, chickpeas,  
green onion & red peppers in a curry dressing

### 4-BEAN QUINOA SALAD

red kidney beans, black beans, edamame, chickpeas,  
red onion & red peppers tossed in a bright vinaigrette

### BUDDHA BOWL

quinoa, chopped kale, roasted sweet potato, roasted beets,  
black beans, chickpeas, red cabbage, carrots, cucumber & avocado  
served with our buddha sauce 🌱 or balsamic vinaigrette

### VEGGIE CUP

### FRUIT CUP

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## SAVOURIES

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### SPANAKOPITA & TZATZIKI

crisp phyllo pasty filled with a mix of herbed tofu, pine nuts  
& spinach with a side of tzatziki

### SCRAMBLE WRAP

a blend of tofu, house tomato sauce, roasted veggies & vegan herbed  
havarti cheese, wrapped in a tortilla \*substitute a gluten free tortilla

### CURRY WRAP

pea protein rich “Beyond Chicken” wrapped with a blend of cabbage,  
carrots, apple & red peppers tossed in a mango curry sauce  
\*substitute a gluten free tortilla

### FALAFEL WRAP

hummus, tzatziki, shredded romaine, cucumber, pickled onion, tomato  
& falafel balls wrapped in a tortilla \*substitute a gluten free tortilla

### CHEEZY PASTA

rotini noodles tossed in our cheezy sauce \*substitute gluten free rice pasta

### CHEEZY PASTA with ROASTED VEGGIES

our cheezy pasta with caramelized mushrooms, red onions, zucchini  
& sweet peppers \*substitute gluten free rice pasta

### GRILLED CHEEZE

slices of vegan cheddar or havarti melted in our house-made seedy bread  
served with a pickle \*substitute naan or gluten free bread

### CHEEZY FLATBREAD

vegan cheezy sauce, tomato sauce & shredded vegan mozzarella  
\*substitute gluten free flatbread

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## SAVOURIES

### ROASTED VEG with BALSAMIC DRIZZLE FLATBREAD

hummus, caramelized mushrooms, red onion, zucchini, red & yellow peppers  
finished with balsamic reduction \*substitute a gluten free flatbread

### TOASTED NAAN with HUMMUS

#### TOAST

(HOUSE-MADE SEEDY BREAD or GLUTEN FREE)

#### • AVOCADO •

avocado drizzled with olive oil, sprinkled with black sea salt  
made with your choice of caramelized onions and/or roasted mushrooms

#### • BANANA •

almond butter, sliced banana & cinnamon

#### • STRAWBERRY •

house-made strawberry chia preserves with vegan butter on the side

### ROASTED POTATOES

locally grown, herbed baby potatoes, roasted to perfection  
with a side of tzatziki

### HOUSE-MADE SOUP OF THE DAY

## KIDS SWEET PEA 6-PACK

### CHOOSE 6 ITEMS SERVED IN A 6-WELL MUFFIN TRAY

No worrying about your food touching here!

FRUITS	FALAFEL BALLS	VEGAN CHEESE SLICE
VEGGIES	BABY MUMMUMS	GUACAMOLE
FROZEN PEAS	GF CRACKERS	HUMMUS
ROASTED BABY POTATOES	NAAN	NON-DAIRY YOGURT
ROASTED SWEET POTATOES	APPLESAUCE	

## SIDES

hummus • tzatziki

any house made sauce  
250ml • 500ml • 750ml

\*add \$2 jar deposit for take-out

Sweet  
Pea cafe &  
playhouse