

Functional Lattes

Dandelion Mocha

☼

6

Dandelion Herbal 'Coffee',
Raw Cacao Powder, Raw Honey,
Cinnamon, Sea Salt, Oat Milk

Matcha

☼

6

Matcha, Marine Collagen, Vanilla,
Raw Honey, Coconut Milk

Turmeric Ginger

☼

6

Turmeric, Ginger, Agave, Lemon,
Ashwagandha, Black Pepper, Oat Milk

Elevated Coffee

5

Coffee, Two Options:
① MCT Oil + Ghee
② MCT Oil + Coconut Oil

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Iced
Option

Coffee + Tea

Drip	☼	2.75
Espresso		2.75
Americano	☼	2.75
Cappuccino	☼	3.75
Latte	☼	4.25
Tea	☼	3.75
Tea Latte	☼	4.50
Cold Brew		4

Add in Oat Milk or Whole Milk

Bone Broth

8

Bones + Marrow Broth Co.

Slow-Simmered Sipping Broth, Two Options:

① Original Bare Bones ② Poultry Blend

Flavour Add Ons Roasted Garlic Or Ginger

Smoothies

8.50

Fuel

Cold Brew, Banana,
Cauliflower, Date,
Cacao Powder,
Almond Butter,
Coconut Oil, Vanilla,
Sea Salt, Almond Milk

Immunity

Orange, Mango, Banana,
Carrot, Turmeric, Ginger,
Lemon, Coconut Oil,
Coconut Milk

Thrive

Spinach, Pineapple,
Banana, Avocado,
Mint, Lime, Sea Salt,
Coconut Milk

Protect

Raspberry, Beet,
Pear, Banana, Avocado,
Lemon, Almond Butter,
Almond Milk

Essential

Peach, Mango,
Cauliflower, Banana,
Cashew, Blue Majik,
Almond Milk

Refresh

Spinach, Cucumber,
Celery, Green Apple,
Lime, Parsley, Banana,
Spirulina, Sea Salt,
Almond Milk

\$.50 Hemp

\$1 Plant-Based Protein Powder

\$.50 Ground Flax

\$1 St. Boniface Bee Pollen

\$1 Collagen

\$1 Greens Powder

Toasts

8

Avocado

Spelt Sourdough, Avocado, Pickled Onion, Microgreens

Cashew + Blackberry

Spelt Sourdough, Cashew Cream Cheese,
Blackberry Chia Jam, Mint, Bee Pollen

Soup

8

Featured Soup

Served With Complimentary Sourdough
\$6 Upgrade To Either Of The Toasts Above

Sandwich

13

Falafel

Falafel, Cashew Cheese, Cucumber, Tomato,
Pickles, Lettuce, Mayo, Mustard, Sourdough

\$.50 Substitute Gluten-Free Bread For Items Above

Salads

10

Market Salad

Mixed Greens, Endive, Snap Peas, Tomato,
Avocado, Green Onion, Microgreens,
Toasted Sunflower Seeds, Fresh Herb Vinaigrette

Falafel Salad

Mixed Greens, Cucumber, Beets, Falafel,
Pickled Red Onions, Parsley, Lemon-Tahini Dressing

Kale Caesar

Kale, Romaine, Marinated Chickpeas, Hemp Seeds,
Gluten-Free Croutons, Cashew Caesar Dressing

Superfood Ensalada

Mixed Greens, Black Beans, Cherry Tomatoes,
Corn, Jicama, Quinoa, Pumpkin Seeds,
Avocado Lime Vinaigrette

Bowls

15

Poke Bowl

Marinated Tofu, Beet, Carrot, Cucumber,
Avocado, Edamame, Kimchi, Sesame Seeds,
Jasmine Rice, Spicy Mayo

Curry Bowl

Marinated Chickpeas, Zucchini Noodles,
Carrots, Snap Peas, Micro Greens, Curry Pesto,
Sunflower Seeds, Jasmine Rice, Garlic Crème

Latke Breakfast Bowl

Sweet Potato + Carrot Latkes,
Glazed Shiitake Mushrooms, Kale Slaw,
Cannellini Beans, Cherry Tomatoes,
Avocado, Vegan Hollandaise

\$1 Substitute Quinoa For Poke Or Curry Bowl

Save \$.50 Bring Your Own Drink Cup

Save \$.75 Bring Your Own Food Container