

# FRESH PRESSED JUICE

We squeeze drops of goodness from locally grown fruits and veggies. All juices = \$7.5

**NEW!**

## **Summer Love**

Beat the heat with watermelon, apple, and mint. Just the right amount of sweetness & super hydrating.

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## **Deep Cleanse**

Deliver a blast of nutrients to your cells and start the year feeling fresh! With turmeric, celery, carrot, and green apple.

## **Strawberry Sunrise**

Nothing says summer like this blushing berry juice. A delish blend of fresh strawberries, juicy mandarin, and pear.

## **Slender in the Grass**

A light and lovely juice for those sluggish mornings. Juice to the rescue! We kept this one simple, with rosy red apples and Organic Wheatgrass.

## **Pink Flamingo**

Brighten your outlook and put a spring in your step with this invigorating blend! With pink grapefruit, pear, beetroot, and Organic Acai.

## **Immune Boost Elixir**

Fight back against seasonal sniffles with a healing blend of lemon, orange, ginger, & a hint of Organic agave.

## **Pear Pash**

Passionfruit does wonders for our inner health - it also promotes glowing, healthy skin. With pear, Organic passionfruit, cucumber, and lime.

## **Leafy Green**

To nourish and promote detoxification. With kale, kiwi, green apples, and Organic spirulina.

## MIDWEEK EATS

Here is our little made-to-order menu for this week. All goods are made from scratch, with love.

### Goji Superfood Muesli (V)

A hearty dish, packed full of goji berries, nuts, seeds, and sweetened with real maple syrup. Comes served alongside fresh seasonal fruit and milk (dairy, almond, rice, soy), or yoghurt. \$14

### Banana Bread (GF/V/P)

This moist and delectable banana bread is baked daily by us and contains no refined sugar. Comes served with your choice of Dulce de Leche, coconut jam, Nutella or Organic peanut butter and fresh seasonal fruit. \$11

### Canadian-Style French Toast

Back by demand.☺ Thick sliced ciabatta is dipped into a sweet egg mixture and pan fried until golden brown. Served drenched in a mix of fresh/compute blueberries Pure Québec maple syrup key to keeping it real. \$19

### Herbed Smashed Avo on Turkish (V)

Lemon and basil avocado smash sits atop organic Turkish toast by the Woodfired Baker. \$13  
Add a pot of free range scrambled eggs +\$4

### Breakfast Burrito (V)

Spice up your morning with this delicious new creation. Organic refried beans are rolled in a Mountain Wrap alongside avocado, fresh peppers, sprouts, + chilli sauce. Smothered in our own fresh tomato salsa. 2 per serve. \$17

### F&F Bruschetta (GF/V)

3 varieties of tomato are piled high on top of Strange Grains gluten free quinoa loaf. With fresh basil and roasted garlic. (Add a sprinkle of feta if you wish). \$18

### Creamy Cashew Mac & Cheese (GF/V)

We seriously cannot get enough of this dish - It is the ultimate "healthy comfort food". Vegan cream sauce dances with pasta (GF available) and baby greens. \$17