

Breakfast Menu

Served until 11am

Breakfast Bowls \$7.45

With extra bee pollen, hemp hearts or flax seed add \$0.95

Wonder Bowl

Cottage cheese, strawberries, coconut, pecans, cinnamon and maple syrup

Summer Bowl

Quinoa, mango, almonds, coconut, granola, cinnamon and maple syrup

Power Bowl

Granola, berry mix, strawberries, bananas, coconut and bee pollen

Golden Bowl

Quinoa, raisins, dates, pecans, apple slices, cinnamon, nutmeg and maple syrup

Morning Glory Muffin \$2.95

The Banana Chocolate Chip Muffin \$2.95

Power Bar \$3.85

Cookies \$1.95

Cinnamon & Raisin Toast \$3.95

Substitute gluten free bread \$4.95

Whole Wheat Toast with 3 Spreads of Choice . \$3.50

Substitute gluten free bread \$4.50

Peanut butter	Almond butter	Chocolate hazelnut
Strawberry jam	Citrus jam	Grape jelly
Saskatoon berry	Butter	Margarine
Banana slices	Apple slices	

Sandwiches & Veggie Burgers

Served from 11am

Choice of multigrain bun, whole-wheat bread or whole-wheat wrap, gluten free bread add \$1.00

With small soup or salad add \$3.95

Maple Salmon Salad \$8.75

Served with lettuce, tomato, dill pickles and alfalfa sprouts

Smoked Turkey \$8.50

Served with lettuce, tomato, cheddar, mayo and mustard

Hummus & Veggie \$7.50

Served with lettuce tomato, cucumber, carrot and tahini dressing

Jerked Yam Pita \$7.50

Oven baked jerked yam wedges served with a pineapple jerk sauce, lettuce, tomato, carrot and alfalfa sprouts

Falafel \$7.50

Served with hummus, pickled banana peppers, tomato, carrot, lettuce, cucumber and tahini dressing

The Deli \$8.95

Served with martadela, mild capicola, spicy calabrese and topped with a sun dried tomato, olive tapenade, roasted red peppers, field greens and feta cheese

Guacamole Wrap \$7.95

Served with lettuce, tomato, cucumber, carrots and alfalfa sprouts

Burrito Grande \$9.50

Served with pinto bean refrito, quacamole, cheddar, tomato, black beansalsa, brown rice, Mexican red sauce and cilantro. Sour cream and fresh salsa on the side

Veggie Burgers \$7.95

Add a small soup or salad for \$3.95

Original

Cheddar, tomatoes, red onions, pickles, lettuce, tahini and mustard

Americana

Cheddar, tomatoes, red onions, pickles, lettuce, ketchup and mayo

Mexicana

Guacamole, tomato salsa, lettuce, cheddar and served with a side of Mexican red sauce

The Blue

Roasted garlic aoli, blue cheese, lettuce, tomato and caramelized onions

Cathedral

Carrot, beet, red onion, pickle and sprouts with caesar dressing



Lunch & Dinner Menu

Served from 11am

Appetizers

Trio of Hummus \$12.95
Served with edamame, beetroot and our traditional hummus for you to dip crisp pita chips and savory crackers

Mediterranean Spreads \$13.50
Lentil pate, sun dried tomato and olive tapenade and marinated feta. Served with crisp pita chips and savory crackers

Hummus & Crispy Pita \$5.75
Our traditional hummus served with crisp pita chips

Soups

Delicious homemade soups Sm. \$4.50 Lg. \$6.75
Served with a multigrain bun

Small soup and salad combo \$9.95

Salads

House Salad Sm. \$5.95 Lg. \$9.95
Organic mixed greens with tomato, cucumber, red cabbage shredded carrot and toasted sunflower seeds

Vegan Caesar Sm. \$5.95 Lg. \$9.95
Crisp romaine lettuce with multigrain croutons, sunflower seeds and fresh lemon

Power Salad \$11.75
Our large house salad with marinated tofu, seasoned chickpeas, red pepper and alfalfa sprouts

Stews

Saskatchewan grown Quinoa add \$1

Stew of the day \$10.95
On short grain brown rice

Marakesh \$10.95
A mild coconut curry with eggplant, potato, yam, red pepper, green pepper, chickpeas, raisins and served over short grain rice

Veggie Chili Sm. \$7.50 Lg. \$10.95
Served with corn bread, cheddar and sour cream

Beef & Stout \$11.95
A stout braised beef stew served with a multigrain bun

Rice Bowls \$11.95

All bowls on short grain brown rice
you may substitute Saskatchewan grown Quinoa for \$1

Add small soup or salad for \$3.95

Lucky Bowl

Zesty peanut sauce topped with a citrus marinated tofu, fresh tomatoes, cucumber, bean sprouts, shredded carrots and cilantro

Jerusalem Bowl

Hummus and falafel slightly drizzles with a tahini sauce and topped with tomatoes, cucumbers, alfalfa sprouts and shredded carrots

Curry Sunrise Bowl

A chilled curry sauce topped with seasoned chickpeas, tomatoes, cucumbers, citrus salsa and pea shoots

Sushi Bowl

Marinated tofu drizzled with wasabi dressing and topped with edamame beans, cucumbers, red peppers, carrots, pickled ginger, nori and gomashio

Green Curry Bowl

Pan-fried tofu covered in a green curry sauce topped with snap peas, red pepper, tomatoes, cucumbers, shredded carrots, bean sprouts and garnished with lotus root

Fiesta Bowl

Mexican red sauce topped with shredded lettuce, black bean salsa, guacamole, and fresh tomato salsa. Served with a side of sour cream

Jivin Jerk Bowl

Marinated tempeh covered with a sweet and savory jerk sauce topped with tomatoes, cucumbers, shredded carrot, red cabbage, pineapple salsa and garnished with plantain chips



Drink Menu

Coffee and Specialty Drinks

Espresso Drinks	M. 12oz	L. 16oz
Espresso	\$2.50	
Cappucino	\$3.85	\$4.65
Latte	\$3.85	\$4.65
Mocha	\$4.00	\$4.50
Mochaccino.	\$4.50	\$4.95
Americano	\$2.75	

For Organic Rice Milk, Organic Almond milk or Organic Soy milk add \$0.60.

Organic Fair Trade

House.	\$1.95	\$2.35
Dark	\$1.95	\$2.35
Decaf	\$1.95	\$2.35

Hot Drinks

Chai Latte	\$3.85	\$4.35
Hot Chocolate	\$3.25	\$4.00
Steamer	\$3.25	\$4.00
London Fog	\$4.00	\$4.75
Teas	\$2.50	

Cold Drinks

Iced latte / Chai Latte.	\$3.95	
Perrier	\$2.35	
V8	\$2.35	
Fruit Juice / Pop	\$1.85	
Reeds Gingerale	\$2.40	
Real Brew	\$2.25	
Coconut Water	\$2.35	
Knudsen's Spritzers	\$2.10	
Organic Spritzers	\$2.10	
China Cola	\$2.35	
Pop	\$1.85	
Pellegrino	\$2.40	
Italian Soda	\$3.25	
Bottled Water	\$1.75	

Beer

Great Western (Saskatchewan Brewery)

Pilsner	\$4.95
Lager	\$4.95
Light	\$4.95

Paddock Wood (Saskatchewan Brewery)

Czech Mate	\$5.75
606 India	\$5.75
Black Cat	\$5.75
BeteNoire.	\$5.75
Melon Head	\$5.75
Red Hammer	\$5.75

Imports

Corona	\$5.95
Sol	\$5.95
Sleeman Honey Brown	\$5.95
Carlsberg	\$5.95
Heineken	\$5.95
Becks	\$5.95
Stella Artois	\$5.95
Grolsch	\$5.95
Red Stripe	\$5.95
Negra Modelo	\$5.95
1/2 Pints Bulldog Amber Ale	\$5.95

Cans

Kilkenny.	\$6.25
Guinness	\$6.25



Wines	Glass	1/2 Bottle	Bottle
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House Red

Lindeman Bin 50 (Australia)	\$6.95	\$16.95	\$24.00
Wolf Blass Eaglehawk (Australia)	\$6.95	\$16.95	\$24.00
Cherysh (BC, Canada)	\$7.95	\$19.65	\$37.95

House White

Lindemans Bin 95 Sauvignon (Australia)	\$6.95	\$16.95	\$24.00
Jackson Triggs Chardonnay (Canada)	\$6.95	\$16.95	\$24.00
Persuasion (BC, Canada)	\$7.95	\$19.95	\$37.95

White Wines by the Bottle

Organic Cono Sur Savignon Blanc (Chile)			\$23.00
Organic Villo Teresa Pinot Grigio (Italy)			\$29.00

Red Wines by the Bottle

San Rafael Malbec (Argentina)			\$23.00
Organic Cono Sur (Chile)			\$25.00
Organic Villo Teresa Merlot (Italy)			\$29.00
Bono Costa Masi Valpolicella (Italy)			\$33.00

