



# Check out our daily specials for your favourite local dishes & other tasty options



## Nourish Bowls \$10

### Choose your protein

Roasted chicken breast, ground turkey, ground lean beef, roasted mushrooms, tuna salad (4 oz.)

### Choose your base

Herbed couscous, vermicelli, brown rice, quinoa, romaine lettuce, mixed greens (4 oz.)

### Extra protein

\$2 for 6 oz.

\$4 for 8 oz.

### Cauliflower rice/zoodles

\$2

### Add salmon / salmon salad / shrimp / Beyond Meat

\$4

### Korean

Edamame, sliced radishes, shredded carrot, sprouts, spicy gochujang yogurt, hoisin sauce, scallions, crushed peanuts

### Tex Mex

Black beans, charred corn, roasted sweet potato, roasted red peppers, pico, avocado smash

### General Tso

Roasted carrots, braised red cabbage with ginger & garlic, snow peas, roasted cauliflower & broccoli, sesame seeds, Tso sauce

### Greek

Roasted eggplant, cucumbers, chickpeas, olives, baby tomatoes, pickled onion, tzatziki sauce, sunflower seeds

### Island Nourish

Plantains, rice & beans, braised greens, roasted pumpkin, roasted peppers, spicy coconut jerk sauce & sweet mango sauce

### Custom Nourish

Build your own bowl

Choose:

1 protein

1 base

4 veggies/fillers (2 oz. each)

1 sauce

*Extra toppings*

*\$1 each, extra sauces .50 each*



## Sandwiches \$10

### Bread:

9 grain, white mountain, sourdough

### Wraps:

Whole wheat, spinach, plain

### Turkey Club

House roasted turkey, sliced avocado, sliced tomatoes, bacon, provolone cheese, mayo, whole grain mustard

### Roast Beef

Deli roast beef, sharp cheddar, roasted red pepper mayo, sliced tomato, lettuce

### Buddha

Sliced cucumbers, avocado, shredded carrots, roasted eggplant, sprouts, roasted red peppers, hummus

### Salmon Salad

Salmon, yogurt, chives, parsley, red onion, sliced tomato, lettuce

### BBQ Chicken

Shredded BBQ Chicken, pepper jack cheese, slaw, sliced tomatoes

### Tuna Melt

Tuna salad with capers, onions, light mayo, topped with melted shredded jack cheese

### Add a side \$2.50 each

*Fries*

*Caesar salad*

*Mixed local greens*

*Zesty slaw*

## Beverages

**Water** \$1

**Coffee** \$2.50

**Tea** \$2

**Juices:** Apple, Orange, Cranberry \$2.75

**Sodas** \$2

**Specialty drinks:** Please ask us

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