

help
yourself
food as it should be



Delicious, Nutritious, Organic

Corner of Fleming & Margaret

305.296.7766

Free Delivery

Everything made from scratch. Organic Ingredients.
Compostable & Biodegradable Packaging

Salads

All salads come in two sizes: **Light - 6.00 and Full - 11.00**

Ultimate

Mixed greens, crunchy bean sprouts, broccoli, avocado, tomato, dulse, hemp seeds, spicy pumpkin seeds, lemon tahini dressing

Ancient Secret

Quinoa (high protein endurance grain), goji berries, apple, almonds, chickpeas, mixed greens, orange-cumin vinaigrette

Super Spinach

Spinach, cashew cheese, marinated tempeh, candied walnuts, apple, balsamic dressing

Mexican

Romaine, jicama, black beans, corn, Brazil nut "taco" meat, tomato salsa, cashew sour cream, guacamole, Key lime vinaigrette

Indian Summer

Creamy mixture of chickpeas, quinoa, carrots, raisins, onion with Indian spices over mixed greens, house vinaigrette

Simple Side Salad

4

Add Chicken, Salmon or Seafood of the Day 4.95 • Add Tempeh 3.50

Wraps

TLT

Half 4.50, Full 9

Marinated tempeh (energy-building cultured soybean), lettuce, tomato, avocado, chipotle mayonnaise, mixed greens

Hummus

Half 4.50, Full 9

Chickpea hummus, quinoa tabouli, cucumber, red onion, sprouts, mixed greens

English Garden

Half 4.50, Full 9

Mixed raw vegetables, garden herbs, pesto, mixed greens, mayonnaise

Wild Salmon

Half 6.50, Full 13

Maple-soy glazed salmon, daikon, cucumber, carrot, sesame seeds, mixed greens, avocado wasabi spread

Chicken Salad

Half 6, Full 12

Chicken, celery, herbs, apple mayonnaise, mixed greens

Hot Stuff

By hot, we mean steamy hot, not spicy hot! Everything is mildly spiced, but if you do want to turn up the heat, just ask! All dishes are cooked in a wok and come with mixed vegetables & choice of Brown Rice, Quinoa, Udon Noodles or Whole Wheat Pasta. **9.50**

Coconut Curry

Delicious, fragrant & creamy, made with our own fresh coconut milk

Korean BBQ

Dark and hearty using soy and mineral rich molasses

Slightly Spicy Peanut

Thick and creamy with a light nutty flavor

Add Chicken, Salmon or Seafood of the Day 4.95 • Add Tempeh 3.50

Mighty Marinara

Slow cooked tomatoes with peppers, onions, garlic and fresh basil

Miso Broth

Light, flavourful broth with a whole host of nutritional benefits

Ultimate Nutrition

These are the "Super Foods" that fill you up and energize the brain as well as the body. Nothing is cooked or heated above 115 degrees, no wheat, meat or dairy and all enzymes & nutrients are intact!

Lasagna

12

Layers of zucchini, brazil nut meat, spinach, pesto, fresh tomatoes, creamy marinara served with a green salad

Asian Zucchini Noodles

11

Mixed raw vegetables over zucchini noodles, curried cashews, sesame Asian sauce

Breakfasts

Served All Day

Homemade Granola

7

100% organic granola sweetened with maple syrup, choice of organic whole milk or fresh made coconut milk.

Fruit Parfait

8

Organic mixed fruit, homemade granola, house cultured coconut yogurt

Power Bowl

7

Oatmeal, flax seeds, chia seeds, hemp seeds, goji berries

Breakfast Wrap

8

Organic scrambled eggs, vegetables, avocado, tomato salsa

French Toast

8

Whole wheat bread & organic eggs, maple walnut syrup, fresh fruit (vegan version available)

Bagel (sprouted whole grain)

Choice of Plain or Cinnamon Raisin

Coconut Butter 2.50

Organic Peanut Butter & Jelly 3.95

Cashew Cream Cheese, Tomato,

Avocado 4.95

Side of Organic Fruit

4

Juices

Juiced fresh and bottled for your convenience

Going Green - 8oz

4

Mixed leafy greens, celery, cucumber, apple, lemon

Daily Detox - 8oz

4

Carrot, beet, lemon

Ginger-Aide - 8oz

4

Apple, ginger, lemon, honey, sparkling water

Lemonade - 16oz

4

Fresh lemon juice, filtered water, agave

Smoothies

Tea Party

8

Matcha green tea, goji berries, pomegranate, banana

Chocolate Buzz

8

Cacao powder, cacao nibs, banana

Citrus "C"

8

Florida oranges, grapefruit, lemon, banana

Berry Bliss

8

Blueberries, raspberries, strawberries, banana

Happy Monkey

8

Banana, peanut butter, vanilla

Tropical Green

8

Pineapple, mango, cucumber, cilantro, spinach, lime

Purple Jungle

8

Acai, blueberries, goji berries, banana

Daily Soups & Specials

Mon. - Sat. 8am - 8pm • Sun. 10am - 4pm

Outdoor Organic Market

Every Monday 5pm-7pm

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Fresh Organic Food

Plenty of Vegetarian, Vegan & Gluten Free
Options Available!