

FAIR TRADE ORGANIC COFFEE

Roasted in North Vancouver by MOJA Coffee.

All coffee ground to order	12 oz	16 oz
Drip Coffee <i>until 11am</i>	\$1.75	\$1.95
Americano	\$2.00	\$3.00
Latte	\$4.50	\$4.85
Almond Milk Latte	\$4.95	\$5.15
Coconut Milk Latte	\$4.95	\$5.15
Mocha <i>by Camino</i>	\$4.95	\$5.45
Cappuccino	\$3.95	
Espresso	\$2.00	

Soy Milk, Coconut Milk or Almond Milk	\$0.60
Vanilla or Hazelnut Flavor Shot	\$0.85

All cups are compostable \$0.35

ICED DRINKS

Iced Americano	\$3.00
Iced Latte	\$4.85
Iced Tea	\$2.95
Iced Almond Milk Latte	\$5.15

Try them with vanilla \$0.85

SPECIALTY TEAS

Namasthé Tea ^{16 oz} \$2.35
Namasthé Tea is handcrafted in Whistler.
 Organic Chamomile, Savasana Rooibos, Breakfast Fresh Tracks, Earl Grey, Spicy Ginger Yerba Maté and Jasmine Green.

Fresh Mint Tea ^{12 oz} ^{16 oz} \$2.50 \$3.25
 lightly sweetened with agave and fresh mint.

Chai Agave Latte ^{12 oz} ^{16 oz} \$3.65 \$4.45
 House-made spiced chai with almond milk.

Matcha Latte ^{12 oz} ^{16 oz} \$4.45 \$5.25
 Antioxidant rich Matcha with steamed milk make it Vegan with Almond Milk +60¢.

GOURMET HOT CHOCOLATE

From our friends at Camino
Hot Chocolate ^{12 oz} ^{16 oz} \$4.75 \$5.45
 Dark chocolate melted in fresh steamed milk.

Vegan Hot Chocolate ^{12 oz} ^{16 oz} \$5.25 \$5.85
 Dark chocolate melted in almond milk.

Vegan Spiced Hot Chocolate ^{12 oz} ^{16 oz} \$4.65 \$5.25
 Dark chocolate with chilli and spices.

VE DF 🌶️

Try it with Almond milk \$0.60

FRESH JUICES

Green Detox Juice \$7.95
 Spinach, parsley, ginger and pineapple. Blended fresh with apple juice.

V VE S 🍷 DF

SUPERFOOD ADD ONS:	
Vega Protein Powder	\$1.25
Coconut Water	\$1.00
Wheatgrass Grown In-house	\$1.95
Avocado	\$2.25

AWESOME DRINKS

House-made Iced Teas & Lemonades ^{16 oz} \$2.95
 Located to your left, please help yourself.
Refills \$2.00

ALKALINE WATER

Alkaline Water \$1.85
 Alkaline Ionized Restructured Water. Provides anti-oxidants, super hydration, energy and pH balancing effects to your body.

SMOOTHIES

iKale Smoothie \$8.35
 Kale, pineapple, banana, spinach, apple juice, and almond milk.

V VE DF 🍷 S N

Warrior Smoothie \$8.35
 Blueberries, strawberries, almond butter, banana, pumpkin seeds, spinach, cinnamon, apple juice, and almond milk.

V VE DF S N SE

Power Smoothie \$8.35
 House-Made muesli, banana, strawberries, vanilla, apple juice, and almond milk.

V VE 🍷 S DF N

Vitamin G Smoothie \$8.35
 Avocado, orange, spinach lemon juice, apple juice, and almond milk.

VE 🍷 S N

Mango Lassi \$8.35
 Mango puree, berries, banana, greek yogurt, mint and rose water. Blended fresh with ice and apple juice.

V S

Almond milk, no apple juice \$0.60

OATMEAL BOWLS

Monkey Bowl \$6.95
Almond butter, banana, agave, chia, flax, and sesame seeds.

VE DF S N SE Try it with coconut milk \$1.00

Berry Bowl \$6.95
Gelderman Farms blueberries, strawberries, and almonds.

VE DF S N Try it with coconut milk \$1.00

Active Bowl \$7.35
House-made granola, strawberries, chia, flax, and sesame seeds.

VE DF S SE Try it with coconut milk \$1.00

Build Your Own Bowl \$4.45
Any 3 toppings from the Oatmeals above.
Each topping \$1.00

GLUTEN FREE TOAST

Freshly toasted multi-seed bread with your choice of one: \$2.95

Strawberry Jam, Fraser Valley Honey, Butter or Almond butter.

V ♥ SE DF

BREAKFAST SANDWICHES

All served on freshly toasted multi-seed bread with roasted tomato, delicious onion jam, and an organic free-range egg.

Sausage Breakfast Sandwich \$6.65
Organic scrambled egg with our house-made all natural pork sausage.

DF SE

Bacon Breakfast Sandwich \$6.75
Organic scrambled egg with Gelderman farm bacon.

DF SE

Veggie Breakfast Sandwich \$6.65
Organic scrambled egg with fresh spinach and roasted portobello mushrooms.

V DF SE S

Avo Breakfast Sandwich \$6.85
Organic scrambled egg with spicy avocado mash.

V SE S DF

SERVED UNTIL 11AM

ORGANIC SCRAMBLED EGGS

The Amazing Eggs \$7.65
Two scrambled eggs, spinach, roasted tomatoes, goat farm feta, chia, flax and sesame seeds served on a bed of SMAK potatoes.

V S SE

Avo Eggs \$7.65
Two scrambled eggs, spicy avocado mash, oven roasted tomatoes and green onion served on a bed of SMAK potatoes.

V DF S

Sausage & Eggs \$7.65
House-made all natural pork sausage with two scrambled eggs served on a bed of SMAK potatoes.

DF

West Coast Eggs \$8.45
Omega rich house Roasted Salmon with two scrambled eggs and green onion, served on a bed of SMAK potatoes.

DF

Veggie SMAK Hash \$8.95
Roasted portobello mushrooms, tomatoes, spinach, onion jam, with 2 organic scrambled eggs on a bed of SMAK potatoes with a piece of toasted multi-seed bread.

V DF ♥ S SE

SMOOTHIE BOWLS

Warrior Bowl \$10.95
Blueberries, strawberries, almond butter, banana, pumpkin seeds, spinach, cinnamon, and almond milk.

Topped with: House-made granola, banana, chia, flax, and sesame seeds.

VE DF S N SE

Power Bowl \$10.95
House-Made muesli, banana, strawberries, vanilla, and almond milk.

Topped with: Gelderman Farms blueberries, strawberries, chia, flax, and sesame seeds.

VE DF S N SE

Green Bowl \$10.95
Avocado, orange, spinach, lemon juice, apple juice, and almond milk.

Topped with: Strawberries, coconut, chia, flax, and sesame seeds

VE DF S N SE Each additional topping \$1.00

ADD ONS:	
All-Natural Pork Sausage	\$2.25
Bacon	\$2.25
Natural Farm Chicken	\$2.25
Roasted Wild Sockeye Salmon	\$2.25
Oceanwise Pacific Shrimp	\$2.25
Avocado	\$2.25
Goat Feta	\$2.25
Organic Free Range Egg	\$2.25
Spicy Avo Mash	\$1.50

V Vegetarian

VE Vegan

DF Dairy Free

♥ Low Fat

S Superfood

N Nuts

SE Seeds

🌶️ Spicy

G Celiac Warning

SALADS

South West Chicken & Avocado \$11.50

Organic Smoked Tofu, avocado, tomatoes, beans, chick peas, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichuri dressing.



South West Tofu & Avocado \$11.50

Organic Smoked Tofu, avocado, tomatoes, beans, chick peas, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichuri dressing.



Good Earth \$11.50

Kale, roasted yam, peas, edamame, peppers, spicy pumpkin seeds, cabbage, carrot, green onion, cilantro, basil, mint, with Glory dressing.



Chicken Caesar \$11.50

Rosstown Farms Chicken, crisp romaine, gluten-free croutons, with our amazing Caesar dressing.



SIDE SALADS

Shrimp & Avocado Side \$8.35

Oceanwise shrimp, avocado, edamame, herbs, seeds mix, mixed greens with Glory dressing.



South West Avocado Side \$6.65

Avocado, tomatoes, beans, chick peas, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichuri dressing.



Good Earth Side \$7.95

Kale, roasted yam, peas, edamame, peppers, spicy pumpkin seeds, cabbage, carrot, green onion, cilantro, basil, mint, with Glory dressing.



Quinoa & Tofu Side \$7.95

Organic smoked tofu, quinoa, cucumber, peppers, orange, edamame, herbs, greens with Lemon Vinaigrette.



Chicken Detox Side \$8.35

Rosstown Farms chicken, edamame, peppers, peas, pickled ginger, cabbage, carrots, green onion, herbs, romaine, with Lemon Vinaigrette.



SMAK BOXES

Chicken SMAK Box \$13.50

Rosstown Farms chicken, avocado, quinoa, orange, edamame, cabbage, green onion, carrot, pickled ginger, herbs on a fresh bed of greens, served with Glory dressing.



Salmon SMAK Box \$13.50

Oceanwise Salmon, avocado, roasted yam, quinoa, orange, edamame, cabbage, green onion, carrot, cilantro, basil on a fresh bed of greens, served with Glory dressing.



Tofu SMAK Box \$13.50

Organic smoked tofu, avocado, roasted yam, quinoa, orange, edamame, red pepper, cabbage, green onion, carrot, herbs, on a fresh bed of greens, served with Glory dressing.



ADD ONS:

Natural Farm Chicken	\$2.25
Roasted Wild Sockeye Salmon	\$2.25
Oceanwise Pacific Shrimp	\$2.25
Organic Smoked Tofu	\$2.25
Avocado	\$2.25
Goat Feta	\$2.25
Organic Free-Range Egg	\$2.25

DRESSINGS MADE IN HOUSE FROM SCRATCH

SNACK SALAD POTS

Chimi Bean Pot \$3.95

Beans, chick peas, edamame, corn, tomatoes, dressed in Chimichuri dressing.



Thai Quinoa Pot \$3.95

Quinoa, orange, edamame, peppers, cabbage, carrot, green onion, herbs, cucumber with Glory dressing.



Avocado Tomato Pot \$3.95

Avocado, tomatoes, lemon juice, and spicy pumpkin seeds.



Vegetarian



Vegan



Dairy Free



Low Fat



Superfood



Nuts



Seeds



Spicy



Celiac Warning

HOT VEG BOWLS

Red Veg Curry Bowl \$10.95

Tasty coconut red curry with potato, squash and mixed veg, served on SMAK rice, topped with crunchy Thai slaw. 4/10 spicy.

Contains fish sauce

DF  **Try it with shrimp \$2.25**

Mini \$7.55

Downtown Dahl Curry \$9.85

Warm up the soul with this protein dense lentil curry served on SMAK rice, topped with crunchy South Asian slaw.

VE **DF**  **N** **G**  **Try it with chicken \$2.25**

Mini \$6.85

Cana Chana \$10.95

Mind-blowing Chick Pea Curry with zucchini, tomato and veggies, served on SMAK rice, topped with crunchy South Asian Slaw.

VE **DF**  **S** **N**  **Try it with feta \$2.25**

Mini \$7.55

Yellow Veg Curry \$10.95

A fragrant and mild coconut curry, with yam, squash, zucchini and veg, served on SMAK rice, topped with crunchy Thai slaw.

VE **DF** **S** **Try it with quinoa \$1.50**

Mini \$7.55

HOT MEAT BOWLS

Green Curry Chicken Bowl \$12.95

Rosstown Farms chicken simmered in our luscious coconut green curry, with mixed veg, served on SMAK rice, topped with crunchy Thai slaw. 7/10 spicy.

DF  **Even more chicken \$2.25**

Mini \$8.25

Butterless Chicken \$12.95

Rosstown Farms chicken simmered in a delicious butter chicken sauce made with almonds, served on SMAK rice, topped with crunchy South Asian slaw.

DF **N** **G** **Try it with feta \$2.25**

Mini \$8.25

Coconut Pork \$12.95

All-natural Gelderman Farms pork, slow cooked to perfection with coconut milk, lemongrass, and veggies, served over SMAK rice and topped with crunchy Thai slaw.

DF **Try it with avocado \$2.25**

Mini \$8.25

ADD ONS:

Natural Farm Chicken	\$2.25
Roasted Wild Sockeye Salmon	\$2.25
Oceanwise Pacific Shrimp	\$2.25
Organic Smoked Tofu	\$2.25
Avocado	\$2.25
Goat Feta	\$2.25
Substitute Quinoa	\$1.50

1 HOT BOWL + DRINK COMBO



VEG \$12.95 MEAT \$14.95

2 SALAD + DRINK COMBO



ONLY \$13.50

3 HOT BOWL, SIDE SALAD + DRINK COMBO



VEG \$16.35 MEAT \$18.35

4 MINI BOWL, SIDE SALAD, + DRINK COMBO



VEG \$15.85 MEAT \$16.35

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