

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	\$4.35	\$4.55
Almond Milk Latte	\$4.95	\$5.15
Coconut Milk Latte	\$4.95	\$5.15
Mocha <i>by Cocoanymp</i>	\$4.65	\$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	\$4.55
Iced Tea	\$3.25
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 Cocoanymp
Hot Chocolate ^{12 oz} ^{16 oz} \$4.45 \$5.15
 64% chocolate melted in fresh steamed milk.

Vegan Hot Chocolate ^{12 oz} ^{16 oz} \$5.05 \$5.15
 64% chocolate melted in almond milk.

Vegan Sugar-free Hot Chocolate ^{12 oz} ^{16 oz} \$4.45 \$5.15
 Spicy Mayan style, made with raw cocoa and a hint of chipotle.
Try it with Almond Milk.

FRESH JUICES

Green Peace \$7.95
 Cucumber, mint, parsley, spinach, coconut water.

V VE DF ♥ S

Green Detox Juice \$7.45
 Spinach, parsley, ginger and pineapple. Blended fresh with apple juice.

V VE S ♥ DF

SUPERFOOD ADD ONS:

Vega Protein Powder or Spirulina	\$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.

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 \$7.95
 Kale, pineapple, banana, spinach, apple juice, almond milk.

V VE DF ♥ S N

Warrior \$7.95
 Blueberries, strawberry, almond butter, banana, pumpkin seeds, spinach, apple juice, almond milk.

V VE DF S N SE

Power \$7.45
 Gluten-Free muesli, banana, strawberries, apple juice and almond milk.

V VE ♥ S DF N

Mango Lassi \$6.95
 Mango puree, berries, banana, greek yogurt, mint and rose water. Blended fresh with ice and apple juice.

V S

Blue Lassi \$7.95
 Local blueberries, crystalized ginger, banana, greek yogurt and mint. Blended fresh with ice and apple juice.

V S

Green Sunrise \$7.95
 Kale, almonds, cashews, banana, vanilla, apple juice, almond milk.

V VE ♥ S N G

SALADS

Almond Noodle \$10.95

Rice noodles, greens, orange, cabbage, carrot, green onion, edamame, spicy pumpkin seeds, cilantro, basil, served with Thai Almond dressing.

South West Chicken \$10.95 & Avocado

Rosstown Farms chicken, avocado, tomatoes, beans, chick peas, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichuri dressing.

California \$10.95

Kale, avocado, chick peas, orange, peppers, cabbage, red onion, carrot, green onion, almonds, seeds mix, herbs with Basil Vinaigrette.

Good Earth \$10.95

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

Modern Med \$10.95

Kale, quinoa, goat feta, olives, cucumber, peppers, red onion, parsley, oregano, served with Lemon Vinaigrette.

Chicken Caesar \$10.95

Roasted Rosstown Farms chicken, crisp romaine, with gluten-free croutons and dairy-free Caesar dressing.

SIDE SALADS

Almond Noodle Side \$7.65

Rice noodles, greens, orange, cabbage, carrot, green onion, edamame, spicy pumpkin seeds, cilantro, basil, served with Thai Almond dressing.

    

Shrimp & Avocado Side \$7.95

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

  

Quinoa & Bocconcini Side \$7.65

Bocconcini cheese, quinoa, cucumber, red pepper, red onion, mint, parsley, greens, with Basil Vinaigrette.

 

Good Earth Side \$7.65

Roasted yam, kale, peas, edamame, peppers, spicy pumpkin seeds, cabbage, carrot, green onion, cilantro, basil, with Glory dressing.

     

Chicken Detox Side \$7.95

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

  

SMAK BOXES

Chicken SMAK Box \$12.95

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 \$12.95

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

   

Protein Box \$14.25

Chicken detox salad, roasted salmon, organic hard boiled egg, and oceanwise pacific shrimp with Glory dressing.

  

ADD ONS:

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

DRESSINGS MADE IN HOUSE FROM SCRATCH

SNACK SALAD POTS

Chimi Bean Pot \$3.95

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

     

Chick-O Pot \$3.95

Chick peas, orange, green onion, peppers, dressed in Lemon Vinaigrette.

   

Picnic Pot \$3.95

Quinoa, olives, peppers, red onion, herbs, dressed with Lemon Vinaigrette.

   

Greek Pot \$3.95

Tomatoes, goat feta, olives, cucumber, red onion, herbs, with Lemon Vinaigrette.

 

Caprese Pot \$3.95

Tomatoes, fresh bocconcini cheese, Basil Vinaigrette.



Thai Quinoa Pot \$3.95

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

   



Vegetarian



Vegan



Dairy Free



Low Fat



Superfood



Nuts



Seeds



Spicy



Celiac Warning

HOT VEG BOWLS

Red Veg Curry Bowl **\$9.85**
 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
 Mini \$6.85
DF **🌶️** **Try it with shrimp \$2.25**

Downtown Dahl Curry **\$9.35**
 Warm up the soul with this protein dense lentil curry served on SMAK rice, topped with crunchy South Asian slaw.
 Mini \$5.95
VE **DF** **♥️** **N** **G** **🌶️** **Try it with chicken \$2.25**

Summer Stew **\$9.85**
 A veggie lover's dream! Starring the latest harvest from Inner City Farms along with chunky veggies and chickpeas, served over SMAK Rice and topped with South Asian Slaw.
 Mini \$6.85
VE **DF** **♥️** **S** **N** **Try it with salmon \$2.25**

SOUP

Soup Of The Day **\$6.95**
 A steaming hot bowl of our freshest creation.
 Mini \$4.95
VE **♥️** **S** **DF**

ADD ONS:

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

HOT MEAT BOWLS

Green Curry Chicken Bowl **\$11.50**
 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.
 Mini \$7.45
DF **🌶️** **Even more chicken \$2.25**

Butterless Chicken **\$11.50**
 Rosstown Farms chicken simmered in a luscious butter chicken sauce made with almonds, served on SMAK rice, topped with crunchy South Asian slaw.
 Mini \$7.45
DF **N** **G** **Try it with feta \$2.25**

Coconut Pork **\$11.50**
 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.
 Mini \$7.45
DF **Try it with avocado \$2.25**

1 HOT BOWL + DRINK COMBO



VEG \$11.85 **MEAT \$13.35**

2 SALAD + DRINK COMBO



ONLY \$12.35

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**

GLUTEN FREE OATMEAL

The Super Bowl \$5.95

Our own house-made berry puree, fresh sliced strawberries, banana with almonds, chia, flax and sesame seeds.



Try it with almond milk \$0.85

Fruit Booster \$5.95

Fresh sliced strawberries, banana, orange and blueberries, with cinnamon and yogurt.



Try it with coconut milk \$1.25

Morning Nymph \$5.95

Fresh sliced banana, dark chocolate, cinnamon and coconut milk.



Grampa's Oatmeal \$4.95

Hot oatmeal topped with brown sugar and melting butter.



GLUTEN FREE TOAST

Freshly toasted multi-seed bread with your choice of one: \$2.85

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



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.



Bacon Breakfast Sandwich \$6.75

Organic scrambled egg with Gelderman farm bacon.



Veggie Breakfast Sandwich \$6.65

Organic scrambled egg with fresh spinach and roasted portobello mushrooms.



Avo Breakfast Sandwich \$6.85

Organic scrambled egg with spicy avocado mash.



SERVED UNTILL 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.



Avo Eggs \$7.65

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



Sausage & Eggs \$7.65

House-made all natural pork sausage with two scrambled eggs served on a bed of SMAK potatoes.



West Coast Eggs \$8.45

Omega rich house Roasted Salmon with two scrambled eggs and green onion, served on a bed of SMAK potatoes.



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.



YOGURT & GRANOLA POTS

Blueberry Pot \$3.95

Greek yogurt, Gelderman Farms blueberries, spicy pumpkin seeds.



Berry Granola Pot \$3.95

Greek Yogurt, house-made berry purée, house-made granola.



Berry Banana Pot \$3.95

Greek Yogurt, banana, house-made berry purée.



Berry Banana Granola Pot \$3.95

House-made granola, banana, berry purée.



Strawberry Banana Granola Pot \$3.95

Strawberry, banana, house-made granola.



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

