

FAIR TRADE ORGANIC COFFEE

Roasted in North Vancouver by MOJA Coffee.

All coffee ground to order 12 oz 16 oz

| | | |
|------------------------|--------|--------|
| 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.

  

Try it with Almond milk \$0.60

FRESH JUICES

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

    

| | |
|---------------------------|--------|
| 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.

     

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

     

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

     

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

   

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

 

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 N Try it with coconut milk \$1.00

Build Your Own Bowl \$4.45
Any 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, Almonds, 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

Rosstown Farms Chicken, avocado, tomatoes, beans, red onion, red pepper, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichurri dressing .



South West Tofu & Avocado \$11.50

Organic Smoked Tofu, avocado, tomatoes, beans, red onion, red pepper, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichurri 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, red onion, red pepper, corn, edamame, sesame seeds, chia seeds, flax seeds, romaine lettuce, served with Chimichurri dressing.

Try it with any protein \$2.25

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 |

DRESSINGS MADE IN HOUSE FROM SCRATCH

SNACK SALAD POTS

Chimi Bean Pot \$3.95

Beans, chick peas, edamame, corn, tomatoes, dressed in Chimichurri 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
 Mini \$7.55

DF Try it with shrimp \$2.25

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.
 Mini \$6.85

VE DF Try it with chicken \$2.25

Chili Bowl **\$10.95**
 Lots of veggies, just enough beans and a hint of corn, served up on SMAK rice. What a way to warm up the holiday spirit.
 Mini \$7.55
 \$0.25 of every bowl will be donated to the Food Bank.

VE DF Try it with tofu \$2.25

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.
 Mini \$7.55

VE DF Try it with quinoa \$1.50

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.
 Mini \$8.25

DF Try it with even more chicken \$2.25

Butterless Chicken **\$12.95**
 Rosstown Farms chicken simmered in a delicious butter chicken sauce made with almonds, tomatoes, served on SMAK rice, topped with crunchy South Asian slaw.
 Mini \$8.25

DF Try it with feta \$2.25

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.
 Mini \$8.25

DF Try it with avocado \$2.25

| 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