

OATMEAL BOWLS

Monkey Bowl 6.95

Almond butter, banana, agave, & our seeds mix.

VE DF S N SE

Try it with coconut milk

Berry Bowl 6.95

Blueberries, strawberries, and almonds.

VE DF S N

Active Bowl 7.35

House-made granola, strawberries, & our seeds mix.

VE DF S SE N

Build Your Own Bowl 4.45

Any toppings from the Oatmeals above.

Each topping 1

SMOOTHIE BOWLS

Warrior Bowl 10.95

Blueberries, strawberries, almond butter, banana, pumpkin seeds, spinach, cinnamon, & almond milk. **Topped with:** House-made granola, banana, & our seeds mix.

VE DF S N SE

Green Bowl NEW 10.95

Kale, pineapple, mango puree, spinach, banana, & almond milk. **Topped with:** Strawberries, coconut, & our seeds mix.

VE DF S N SE

ORGANIC SCRAMBLED EGGS

The Amazing Eggs 7.95

Organic eggs, spinach, goat feta, oven roasted tomatoes, SMAK Hash & our seeds mix.

V S SE

Avo Eggs 7.95

Organic eggs, spicy avocado mash, oven roasted tomatoes, SMAK Hash & green onion.

V DF S

Sausage & Eggs 7.95

House-made all natural pork sausage with organic eggs & SMAK Hash.

DF

Try it with avocado

Avo Bacon Bowl 9.95

Gelderman Farm (RWA) Bacon, organic eggs, oven roasted tomatoes, spicy avocado mash, SMAK Hash & green onion.

DF

Super Veggie Bowl 9.95

Organic eggs, oven roasted tomatoes, spinach, portobello mushrooms, onion jam, goat feta, & SMAK Hash.

V S

Build Your Own Bowl 5.95

Organic eggs, SMAK Hash & your choice of toppings.

SERVED UNTIL 11AM

Vegan Brekky Bowl 7.95

Spicy avocado mash, oven roasted tomatoes, onion jam, roasted portobello mushrooms, spinach & SMAK Hash.

VE DF S

Meaty Brekky Bowl 9.95

Gelderman Farm (RWA) Bacon, house-made all natural pork sausage, organic eggs, spinach, oven roasted tomatoes & SMAK Hash.

DF

GLUTEN FREE TOAST

Freshly toasted Omega Protein Multiseed bread with your choice of one: 2.95

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

Avocado Toast 6.65

Spicy avocado mash & oven roasted tomatoes.

V SE DF S

Avo Feta Toast 6.95

Spicy avocado mash & goat feta.

V SE S

Sausage	Egg	Avo Mash	
Bacon	Tofu	Mushroom	
Salmon	Avocado	Feta	
			2.25

BREAKFAST SANDWICHES

All served on freshly toasted Omega Protein Multiseed bread with oven roasted tomato, delicious onion jam, & organic free-range egg.

Avo Bacon Breakfast Sandwich 9.45

Organic egg with Gelderman Farm (RWA) Bacon and spicy avocado mash.

DF SE

Sausage Breakfast Sandwich 7.35

Organic egg with our house-made all natural pork sausage.

DF SE

Mushroom Feta Breakfast Sandwich 7.95

Organic egg with roasted portobello mushrooms & goat feta.

V SE S

Avo Breakfast Sandwich 7.65

Organic egg with spicy avocado mash.

V SE S DF

Build Your Own Breakfast Sandwich 5.55

Organic egg, oven roasted tomato, onion jam & your choice of toppings from below.

Onion Jam	Egg - sub Avo
Roasted Tomatoes	Egg - sub Avo Mash
	Egg - sub Hash
	Hash - Sub Spinach
	1.25

V Vegetarian

VE Vegan

DF Dairy Free

♥ Low Fat

S Superfood

N Nuts

SE Seeds

🌶️ Spicy

G Celiac Warning

SALADS

South West Chicken & Avocado 11.95

Farmcrest 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, spicy pumpkin seeds, cabbage, carrot, green onion, cilantro, basil, mint, with Glory dressing.



Chicken Caesar 11.95

Farmcrest 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 6.95

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

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

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



SNACK POTS

Chimi Bean Pot 3.95

Beans, 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.



Tabouli Pot 3.95

Quinoa, parsley, chickpeas, red peppers, red onion, tomato, spicy pumpkin seeds with lemon vinaigrette.



HOUSEMADE DRESSINGS

made from scratch

Chimichurri	VE DF
Glory	VE DF SE
Caesar	DF
Lemon Vinaigrette	VE DF

SMAK BOXES

Chicken SMAK Box 13.95

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



Salmon SMAK Box 14.35

Oceanwise Salmon, avocado, roasted yam, quinoa, orange, edamame, cabbage, green onion, red pepper, 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.



Natural Farm Chicken
Roasted Wild Sockeye Salmon
Oceanwise Pacific Shrimp
Organic Smoked Tofu
Mt. Lehman Goat Feta
Avocado

2.25



HOT VEG BOWLS

Red Veg Curry Bowl

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

10.95

Mini 7.55

DF **🌶️** Enjoy it with shrimp

Yellow Veg Curry

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

10.95

Mini 7.55

VE **DF** **S** Try it with organic quinoa

Cana Chana

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

10.95

Mini 7.55

VE **DF** **♥️** **N** **S** **🌶️** Enjoy it with chicken

Downtown Dahl Curry

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

9.95

Mini 6.95

VE **DF** **♥️** **N** **G** **🌶️** Try it with chicken

HOT MEAT BOWLS

Green Curry Chicken Bowl

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

12.95

Mini 8.35

DF **🌶️** Even more chicken

Butterless Chicken

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

12.95

Mini 8.35

DF **N** **G** Enjoy it with feta

Coconut Pork

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.

12.95

Mini 8.35

DF Try it with avocado

Natural Farm Chicken
Roasted Wild Sockeye Salmon
Oceanwise Pacific Shrimp
Organic Smoked Tofu
Mt. Lehman Goat Feta
Avocado

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

V Vegetarian

VE Vegan

DF Dairy Free

♥️ Low Fat

S Superfood

N Nuts

SE Seeds

🌶️ Spicy

G Celiac Warning

FAIR TRADE ORGANIC COFFEE



Roasted in North Vancouver by MOJA Coffee.

All coffee ground to order 12 oz 16 oz

Drip Coffee <i>Served until 12pm</i>	1.75	1.95
Americano	2.45	3.45
Latte	4.45	4.85
Almond Milk Latte	4.95	5.45
Coconut Milk Latte	4.95	5.45
Mocha <i>by Camino</i>	5.15	5.65
Cappuccino	3.95	
Espresso	2.45	

Soy Milk, Coconut Milk or Almond Milk	60¢
Vanilla or Hazelnut Flavor Shot	85¢

All cups are compostable 35¢

ICED DRINKS

Iced Americano	3.45
Iced Latte	4.85
Iced Tea	2.95
Iced Almond Milk Latte	5.25

Try them with vanilla 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.

HOT CHOCOLATE

From our friends at Camino

Hot Chocolate 12 oz 16 oz
4.75 5.45

Melted vegan dark chocolate.

Spiced Hot Chocolate 12 oz 16 oz
4.75 5.45

Melted vegan dark chocolate with chilli & spices.

Soy Milk, Coconut Milk or Almond Milk	60¢
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JUICES

Green Detox Juice 7.95

Spinach, parsley, ginger and pineapple. Blended fresh with apple juice.



Good Local Orange Juice 3.50

From our friends at Cyoni

SUPERFOODS

Vega Protein Powder	1.25
Coconut Water	1
Coconut Milk	60¢
Wheatgrass Grown In-house	2.25
Avocado	2.25

AWESOME DRINKS

House-made Iced Teas & Lemonades 16 oz 2.95

Located to your left, please help yourself.

Refills 2

ALKALINE WATER

Alkaline Water 1.85

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

SMOOTHIES

Warrior Smoothie 8.35

Blueberries, strawberries, almond butter, banana, pumpkin seeds, spinach, apple juice, and almond milk.



iKale Smoothie 8.35

Kale, pineapple, banana, 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.



Just almond milk 60¢