

# NOURISH

LUNCH | 11am - 7pm

**FLEXITARIAN BENTO BOX** 40  470 CALORIES

**Chopped Romaine Salad**

Lemon and Olive Oil Dressing

**Avocado**

Ses Salt, Olive Oil

**Chicken Brest**

Pan seared

**Tutti Fruity Bar** 

**RITZY GARDEN BENTO BOX** 40   ★ 500CALORIES

**Carpresa Salad with Organic Picante**

Heirloom Tomatoes, Basil, Olive Oil, Balsamic Pearls

**Basil Pesto Dip**

**Sliced Fruits**

**Vegan Chocolate Cake** 

**DUKEN VEGAN BENTO BOX** 42   550CALORIES

**Romaine Lettuce**

Baby Kale, Tomatoes, Cucumber, Chickpeas with Citrus Vinaigrette

**Grilled Tofu**

Marinated with Soy vinaigrette

**Marinated Tomato Salad**

Tomatoes, Olive Oil, Basil, Balsamic Pearls

**Mixed Berries**

**MEDITERRANEAN WELLNESS BENTO BOX** 42   735 CALORIES

**Vegan Farro Salad**

Cucumber, Tomatoes, Toasted Almonds, Sumac Orange Dessing, Naan Bread

**Hummus**

Tahini, Chickpeas

**Romesco** 

Roasted Tomatoes, Redpepper Dip

**Fruit Salad**

**ADD CHICKEN BREAST** 16 **ADD MARINATED TOFU** 12

**RITZ-CARLTON SIGNATURE ENERGIZE BARS** 6  

**High Protein 100 Calories** 

peanut butter | honey | coconut oil | oat | almond | walnut | cinnamon | salt | dark chocolate

**High Fiber 85 Calories** 

coconut oil | flaxseeds | dates | dried cranberries | pumpkin seeds | cinnamon | lemon zest

**Indulgent 120 Calories** 

dates | dark chocolate | dried raspberries | rice crispy | oat | vanilla essence | honey | brown sugar | butter



gluten-free



vegan



vegetarian



contains nuts



homemade



signature

Spa  
myBlend

*\*\*Please note, payment is required upon food delivery. Please have your method of payment ready.\*\**

# REFRESH

## **RIZO RADIANCE COLLAGEN ICED TEA 9**

Offering the first collagen-infused Craft Iced Tea beverage in Canada, each bottle contains 5 grams of high quality, consciously-sourced, Canadian-made hydrolyzed marine collagen.

**Raspberry Vitality or Peach Serenity or Passionfruit Bliss**

## **BY THE GLASS**

**Mimosa 18**

**Prosecco, Brut Organic, Fidora, Tenuta Civranetta, Italy 17**

**Chardonnay, Estate, 2019, Tawse, Canada 19**

**13th Street Winery, Gamay, Rosé, Vin Gris, 2021, Creek Shores, Ontario, Canada 17**

**Côtes du Rhône Villages Valréas, 2019, Clos Bellane, France 19**

**Nozeco, Vegan, Alcohol free 15**

## **BY THE BOTTLE**

**Champagne, Moët Chandon 40 / quarter bottle**

**Veuve Clicquot Brut "Yellow Label" 99 / half bottle**

**Piper Heidsieck, Brut 165/full bottle**

## **Wellness Smoothie 13**

avocado, baby kale, baby spinach, cucumber, cold pressed apple juice, ginger

## **Wellness Cold Pressed Juice Shots 6**

### **Revive**

Orange, Grapefruit, Lemon, Ginger Juice and Cayenne Pepper

### **Immune Boost**

Fresh squeezed Lemon and Ginger Juice and Agave Nectar

### **Turmeric Elixir**

Orange, Carrot, Ginger Juice, Puree Mango, Turmeric

### **Energy Boost**

Cucumber, Green Apple, Pineapple, Ginger & Spinach Juice, Spirulina

**Spa  
myBlend**

\*\*Please note, payment is required upon food delivery. Please have your method of payment ready.\*\*