

AUTUMNO BENTO BOX 42

Autumn Harvest Burrata Salad

Burrata, Crostini, Roasted Seasoned Diced Pumpkin, Speak Powder, Micro Basil, Piquant
Salad and Citrus Dressing
Sliced Fruit

Green Oil and Butter Milk

Vegan Chocolate Cake with Berries

ENERGIA BENTO BOX 40

Baby Kale, Pickled Pear and Parmigiano

Baby Kale, Pickled Pear, Caramelized Walnuts, Shaved Parmigiano Cheese, Cranberry and
Walnut Dressing
Avocado

Chicken Breast

Tutti Frutti Bar

SALUTE BENTO BOX 40

Castelfranco, Pickled Mushrooms and Pistachio

Castelfranco Radicchio, Frisee, Wildfire Arugula, Assorted Pickled Mushrooms, Toasted
Pistachio, Orange Segment, White Balsamic Dressing
Sliced Fruit

Marinated Tomato

Smoked Salmon

VEGAN BENTO BOX 42

Miso Marinated Tofu Vegan Bowl

Picante, Roasted Squash, Avocado, Black Sesame, Miso Dressing

Miso Marinated Tofu

Marinated Chickpeas

Mixed Berries

ADD CHICKEN BREAST 19 ADD GRILLED SHRIMP 18
ADD GRILLED SALMON 25 ADD MARINATED TOFU 13

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

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

All our prices are in CAD. Taxes as applicable

REFRESH

Spa myBlend

WELLNESS SMOOTHIE 13

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

WELLNESS 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

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

13th Street Winery, Red, Orchestra, Ontario, Canada 17

Nozeco, *Vegan, Alcohol free* 15

BY THE BOTTLE

Champagne, Moet Chandon 40 / quarter bottle

Veuve Clicquot Brut "Yellow Label" 99 / half bottle

Piper Heidsieck, Brut 165/full bottle

BEER

Mill St. Organic 10

Corona 11

Stella 11

SPARKLING WATER

Aeras Sparkling Water 330ml 3

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