

Spa myBlend

12pm - 5:30pm Mon-Thurs

12pm - 6:30pm Fri - Sun

NOURISH

CHARCUTERIE 40

Mortadella, Soppressata, Bresaola, Two
Cheeses, Fruits, Crostini, Jam, Mustard Seeds,
Home-made Pickles

VEGGIE BURGER BENTO BOX 45

Veggie Burger and Garden Salad with White Balsamic
Sliced Fruit
Guacamole and Tortilla Chips

ENERGIA BENTO BOX 45

Protein Packed Salad
Organic Kale, Hard Boiled Egg, Chickpeas,
Cherry Tomato, Yogurt Ranch Dressing
Avocado and Tutti Frutti Bar
Ontario Chicken Breast, with Bacon and
Parmigiano Cheese

SALUTE BENTO BOX 42

Ontario Grilled Chicken Caesar Wrap
Piadina, Romaine Lettuce, Sun-Dried Tomato,
Chicken Breast, Bacon, Avocado, Toca Signature
Caesar Dressing
Assorted Sliced Fruit and Herbed Yogurt
Calabrian Chilli Dip

VEGAN BENTO BOX 42

Miso Marinated Tofu Vegan Bowl
Organic Greens, Barley Pea Salad, Avocado,
Black Sesame, Miso Dressing
Miso Marinated Tofu (Grilled)
Marinated Chickpeas (parsley, Olive oil, salt &
pepper)
Mixed Berries

All of our Seafood and Fish are sustainably sourced and wild caught



*Please note, payment is required upon food delivery. Please have your method of payment ready.
All our prices are in CAD. Taxes as applicable*

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BY THE GLASS

REFRESH

Mimosa 18

Tenuta Civranetta Prosecco, Brut Organic,
Fidora, Italy 17

Estate Vineyard Chardonnay, Estate, 2022,
Tawse, Canada 19

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

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

Nicholas Pearce Wines, Non-Alcoholic
Sparkling 16

BY THE BOTTLE

Champagne, Moët Chandon 45 / quarter
bottle

Veuve Clicquot Brut "Yellow Label" 99 /
half bottle

Piper Heidsieck, Brut 165 / full bottle

Tenuta Civranetta Prosecco, Brut Organic,
Fidora, Italy 70 / full bottle

BEER

Mill St. Organic 10

Corona 11

Stella 11

SPARKLING WATER

Aeras Sparkling Water 330ml 3

City Seltzers 330ml 5

City Citrus
Water, Yuzu, Mandarin

Cool Melon
Water, Cantaloupe, Cucumber

Orange Cream
Water, Orange, Vanilla

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WELLNESS BITES

NOURISH JARS 12

Strawberry Dream

Strawberries, Coconut Milk, Medjool Dates, Cashews, Rolled Oats, Almonds, Maple Syrup, Lemon Juice, Vanilla, Cinnamon, Arrowroot Starch

Energy Jar

Village Grain Free Granola, Seasonal Fruit, House Made Cashew Cream (Raw Cashews, Filtered Water, Maple Syrup, Vanilla, Pink Salt)

Peanut Butter Oat Jar

Cashew Milk, Peanut Butter, Rolled Oats, House Granola (Rolled Oats, Millet, Maple Syrup, Sunflower Seeds, Pumpkin Seeds, Vanilla, Cinnamon, Sea Salt), Maple Syrup, Chia Seeds, Hemp Hearts

SUPERFOOD BITES

MIX AND MATCH ANY TWO FOR 9

Coconut Matcha

Matcha Powder, Cashew Pieces, Shredded Coconut, Brazil Nut, Raw Honey, Coconut Oil, Vanilla Extract, Pink Salt

Double Cacao

Hazelnuts, Cacao Powder, Shredded Coconut, Maca Powder, Pink Salt, Cacao Nibs, Cacao Butter, Maple Syrup, Vanilla Extract, Chaga Water

Raw Cookie Dough

Peanut Butter, Almond Flour, Chocolate Chips, Rolled Oats, Coconut Oil, Maple Syrup, Himalayan Salt

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WELLNESS REFRESHMENTS

WELLNESS COCKTAILS 28

Espresso Martini

Vodka, Coffee Liqueur, Coffee, Coconut Collagen

Cosmopolitan

*Vodka, Cointreau, Cranberry Juice, Lime Juice,
Passionfruit Collagen*

*Marine Collagen - 4200 mg Hydrolyzed marine collagen (wild-caught Canadian cod, haddock, pollock), 50 mg Vitamin C as ascorbic acid, water, organic palm-free glycerin (from sesame, flax, castor and sunflower)

WELLNESS SMOOTHIE 15

Antioxidant Smoothie

Mango, Carrot, Pineapple, Dragon fruit, Orange, Turmeric Root, Schizandra Berry, Camu Camu and Goji Berry

COLD PRESSED JUICE 15

Be Active

Pear, Beet, Apple, Ginger, Lemon

Turmeric Sunshine

Pineapple, Apple, Orange, Turmeric, Lime

WELLNESS JUICE SHOTS 8

Immunity Boost

*Ginger, Raw Honey, Oil of Oregano, Lemon, Echinacea,
Lemon*

Recovery Boost

Pineapple, Orange, Tart Cherry, Turmeric, Ginger, Camu Camu, Lotus Pollen

Digestive Boost

Apple Cider Vinegar, Burdock Root, Pineapple

APHINA DAILY BOOST ADD-ON 4

Electric Beauty Sachet (15ml)

A revitalizing electrolyte boost formulated to support skin vitality and overall glow

Passionfruit Collagen Sachet (15ml)

A revitalizing electrolyte boost formulated to support skin vitality and overall glow

Coconut Collagen Sachet (15ml)

A smooth, tropical marine collagen infusion for daily wellness support