

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

CAPRESE ENERGIA BENTO BOX 48

Arugula, Roma Tomato, Cherry Tomato
Frisee, White Balsamic Dressing
Buffalo Mozzarella Cheese
Ontario Chicken Breast
Tutti Frutti Bar

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

Arugula, Mix Green, Broccoli, Dice Cucumber
Chickpeas, 2 Kind Beans, Apple Cider Dressing
Marinated Tofu
(Garlic, Soy Sauce, Maple Syrup)
Fried Parsnip Chips
Avocado Cream
(Avocado, Lime, Oat milk, Cilantro)
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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NOURISH JARS 12

Tropical Protein Jar

*Coconut, Cottage Cheese, Chia, Lime, Mango,
Shredded Coconut, Lions Mane, Millet*

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*

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 COLD PRESSED 15

Seasonal Fruits

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*

Gut Boost

*Pineapple, Ginger, Apple Cider Vinegar, Cayenne
Pepper, Pau d'arco extract*

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*