



Oatmeal with Berries



French Toast



Mushroom&Sweet Potato Chili



Cabbage pie



Sauerkraut salad

Breakfast

Homemade oatmeal

(plain, berries, apple/cinnamon)

Vegetable fritters (vegan)

Spicy or mild by your choice.

Chickpea Mushroom Omelette (vegan)

French Toast (vegan)

Our fluffy White Sandwich bread with Fruits.

Lunch

Soup of the day (vegan)

Chili (vegan)

Chili Mushroom&Sweet Potato (vegan)

Mushroom Stew (vegan)

Beef Stew

Chickpea&Sweet Potato Ragout with Quinoa

Perogies Potato (with Coleslaw) (vegan)

Perogies Mushroom (with Coleslaw) (vegan)

Beef Stuffed Dumplings (with Coleslaw)

Salads

Garden

Traditional vegetable salad

Spinach and Strawberry

Best accompaniment for Spinach is Strawberry. And
Homemade Raspberry dressing

Beet and Carrot

Healthy salad with Beet, Carrot and Cabbage with
Homemade Lemon dressing.

Cabbage salad

Fresh salad with Spinach and Cabbage and little
sweetness from dry Cranberry.

Sauerkraut salad

Homemade Sauerkraut loads of healthy probiotics with
accompaniment of fresh Bell Pepper and Parsley.

Salad of the week

You can find more sweet and savory options at the store.

Sandwiches and Wraps

Cheese sandwich

Our sourdough bread with Mozzarella cheese and fresh vegetables

(with a dairy-free option)

Avocado sandwich (vegan)

Eggsalad sandwich

Smashin' Pumpkin-Falafel sandwich (vegan)

Homemade Pumpkin falafel with Red Cabbage, Homemade spicy Mayo and Spinach. With Bread of your choice

Pulled Jackfruit sandwich (vegan)

Yonge Jackfruit with Homemade BBQ sauce and spicy Mayo and Bread of your choice .

Buckwheat wraps with different fillings

Spinach-mushroom (vegan)

Avocado with roasted vegetables (vegan)

Hummus-avocado (vegan)

Eggplant (vegan)

Avocado-Creamy Beans (vegan)

Eggsalad

Tuna

Smoothies

Berry detox

Raspberries, Blueberries, Spinach, Banana and Flaxseed help your body.

Orange energy

Energy boost from Orange, Mango and Carrot.

Green strength

Complex of Kale with Mango and Pumpkin seeds helps you to keep your power for everyday routine.

Drinks

Immunity Booster drink

Freshly squeezed Orange/Apple juice

Coffee and Tea

You can find more sweet and savory options at the store.

Jackfruit sandwich



Buckwheat wraps



Perogies



Immunity
Booster
drink

Potato salad

