



The Growing Season

Juice Collective

Menu

The Eatery

Garden Grill

Savoury marinated zucchini, onions and roasted red peppers, topped with feta and grilled to perfection on two pieces of local bread. Served with side salad topped with sesame-ginger dressing.

Worth the wait!

\$11.75

Venus Rice Bowl

Organic brown basmati rice, raw shredded beets, carrots and spinach, roasted tofu and sprouted lentils dressed in a delicious house-made tahini sauce.

\$11.00

Chipotle Chicken Unwrap

Warm naan heaping with heritage greens, sprouted lentils, roasted chicken or tofu, roasted red peppers and sesame snaps topped with our famous chipotle dressing.

\$11.00

Greek Goddess Cous-Cous

Veggie-stock infused cous-cous, fresh baby tomatoes, cucumbers, feta & marinated olives served on a bed of heritage greens dressed with Greek dressing and warm naan.

\$11.50

Season Sandwich

Our signature dish, this open-faced sandwich is local bread, topped with Thunder Oak Gouda, grilled to perfection and layered with sliced avocado and our house-made pesto drizzle and served with side salad topped with sesame-ginger dressing.

\$11.75

Big Life Plate

Perfect for sharing, the Growing Season's tapas plate. Rainy River cured elk, Thunder Oak Gouda, house-made garlic humus & marinated olives, veggie sticks, fruit, local bread and gluten free corn chips.

\$12.25

Our Local Suppliers:

Kronos Cafe, Rainy River Elk, Murillo Bread, Superior Seltzers - Amy Boyer, International House of Tea, Thunder Oak Cheese Farm, Belluz farms (seasonal), Mile Hill Farms, Brule Creek Farms

Hummus Plate

House made garlic hummus, marinated olives, veggie sticks, gluten free corn chips and local bread makes a great appetizer!

\$8.00

Living Salad

Heritage greens topped with sprouted lentils, baby tomatoes, fresh avocado & baked tofu dressed with our amazing sesame-ginger dressing - Served with local bread.

\$11.50

Harvest Salad

Heritage greens topped with sprouted lentils, fresh pear, roasted chicken, feta cheese & dried cranberries - dressed with lemon vinaigrette & drizzled with pesto - Served with local bread.

\$11.50

Build Your Own Salad

Choose 2 proteins: chicken, avocado, tofu, gouda, feta, rice and couscous.

Choose 3 veggies: sprouts, reds, carrots, beets, celery, cucumber and pear.

Choose 1 topping: cranberries, pumpkin seeds, sesame snaps.

Choose a dressing: chipotle, sesame, pesto, lemon vinaigrette, tahini, greek.

Choose a side: corn chips, rye bread, multi grain bread.

Add more protein for 2.50 each and more veg for 1.50 each and more toppings for 1.50

\$12.65

\$1.50 Side Dishes

*grated beets
grated carrots
sesame snaps
dried cranberries
pumpkin seeds
1 oz extra dressing*

\$2.50 Side Dishes

*baked tofu
feta cheese
hummus
avocado
Thunder Oak gouda
roasted chicken breast*

The Drinkery

Juiced to Order

8 oz - \$4
12 oz - \$5
16 oz - \$6

Big Red

orange, carrot and beet

Elevate

spinach, cucumber, celery, pineapple and apple

Energize

pineapple, apple, pear

Immune

orange, carrot, ginger

Liver Alive

beet, apple, carrot, spinach

Refresh

apple, carrot, lime

Stress Buster

carrot, spinach, apple, celery

Yin Elixir

celery, cucumber, spinach, pear, lemon or lime

Teas & Coffee

Afternoon Black, Red Rooibos, Green
Tea or

Dehydrated Ginger (add lemon/honey)
\$2

Organic Fair Trade Coffee

\$2

Vital Shakes

12 oz - \$6
16 oz - \$7

Big Blue

blueberries, banana, soy milk, whey protein

Growing Season Green

banana, pineapple, soy milk, "greens+"

Strawberry Fields

strawberries, bananas, soy milk, organic agave, organic hemp
protein

Tropic Thunder

mango, pineapple, banana, soy milk, whey protein

Cocomania

*Only available in 16 oz.

strawberry, banana, coconut water, ground flaxseed

Superior Seltzers

Reduced fruits and organic cane sugar on soda water and ice.

16 oz - \$ 3.75