



# The Growing Season

*Juice Collective*

## *Our Local Suppliers:*

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

## 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!

\$12.25

#### **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 or Tofu 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.

\$12.25

#### **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.

\$13.00

#### **Hummus Plate**

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

\$9.00

#### **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, 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

\$13.00

#### **\$1.50 Side Dishes**

*grated beets  
grated carrots  
sesame snaps  
dried cranberries  
pumpkin seeds  
naan or toast  
roasted red peppers  
cucumbers  
1 oz extra dressing*

#### **\$2.50 Side Dishes**

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

#### **Other sides**

Soup - \$6.00

Soup Special - \$9.75

## The Drinkery

### **Juiced to Order**

12 oz - \$6

16 oz - \$7

#### **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 - \$7

16 oz - \$8

#### **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