



The Growing Season

Juice Collective

Our Local Suppliers:

Kronos Cafe, International House of Tea, Thunder Oak Cheese Farm, Belluz farms (seasonal), Mile Hill Farms, Slate River Dairy, Roma Bakery and Roots to Harvest

Menu

The Eatery

Garden Grill

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

Worth the wait! **Seasonally Available**

\$14.50

Venus Rice Bowl

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

\$14.50

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.

\$14.75

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.

\$14.75

Season Sandwich

Our signature dish, this open-faced sandwich is Roma Bakery rye 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.

\$14.85

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, Roma Bakery rye bread and gluten free corn chips.

\$15.00

Hummus Plate

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

\$9.75

Living Salad

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

\$14.85

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 Roma Bakery rye bread.

\$14.75

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, Roma Bakery rye Bread, Naan.

Add more protein for 2.75 each and more veg for 1.75 each and more toppings for 1.75, extra dressing 2.00. Avocado is an add-on for 2.75.

\$14.75

\$2.25 Side Dishes

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

1.5 oz extra dressing - \$2.25

\$3.25 Side Dishes

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

Other sides

Soup - \$8.75

Soup Special - \$13.25

The Drinkery

Teas & Coffee

Tea - Assorted Flavours

\$2.50

Locally Roasted Coffee

\$2.50

Vital Shakes

16 oz - \$8.75

Big Blue

blueberries, banana, oat milk, whey protein

Growing Season Green

banana, pineapple, oat milk, "greens+"

Strawberry Fields

strawberries, bananas, oat milk, organic hemp protein

Tropic Thunder

mango, pineapple, banana, oat milk, whey powder

Cocomania

strawberry, banana, coconut water, ground flaxseed