

# HEALTHY MAMA MAIN MENU

## Featured

### Mac N' Cheese ★ \$15

house made nut-free smoked mac n' cheese sauce, GF macaroni noodle, organic peas, toasted garlic bread crumbs, organic sprouts. \*Served with Side Garden Salad

### Curry Ramen Bowl 🌱★ \$16

organic brown rice ramen noodle, crispy tofu, red cabbage, carrots, spinach, curry coconut broth, coconut/almond lime crunch topping, cilantro, green onion, organic sprouts, lime wedge

\*Brown Rice Noodles may be Substituted for Zoodles - \$2.00

### Dragon Vermicelli ★ \$16

brown rice vermicelli noodle, seared portobello, seared bok choy, carrots, red cabbage, crispy tofu, dragon sauce, organic sprouts

\*Brown Rice Noodles may be Substituted for Zoodles - \$2.00

## Smoothie Bowls

\*nut-free options available per request.

### Acai Smoothie Bowl 🌱 \$12.50

mixed berries, acai powder, banana, chia seeds, almond milk, granola and toppings

### Clean Green Smoothie Bowl 🌱 \$12

kale, spinach, banana, pineapple, avocado, spirulina, almond milk, granola and toppings

### Pink Pitaya Smoothie Bowl 🌱★ \$12

pitaya (dragonfruit), mango, coconut milk, mint, lemon, ginger, granola and toppings

## Classic Bowls

### Add Vegan Feta Cheese \$2.50

### Add Coconut Bacon \$1.50

### Extra Dressing \$1.50

### Spicy Sushi Bowl \$16

organic brown rice, avocado, carrot, cucumber, red pepper, mango, green onion, sriracha mayo, maple tamari, sesame seeds

\*Add Crispy Tofu Cubes - \$3.50

### Macho Nacho Bowl 🌱★ \$16

tortilla chips, romaine lettuce, queso sauce, pico de gallo, avocado, mexican cauliflower crumble, cashew cilantro dressing

\*Chips may be Substituted for Romaine - \$1.00

### Mediterranean Bowl \$16

sumac chickpeas, roasted veggies, romaine lettuce, kale, tomato, cucumber, pickled turnip, hummus, tahini dressing

### Ceaser Salad 🌱 \$12

romaine lettuce, red onion, gluten-free bread crumbs, house made caesar dressing

\*Add Chickpea Portobello Patty - \$3.50

## SOUP & BOWL COMBO

# \$15.00

Includes: Half-order of any classic bowl with a medium daily soup.

\*Ceaser Salad Soup & Bowl Combo is \$13.00

## Soup

Ask your server about our Soup Of The Day

Lrg. - \$8.99

Med. - \$5.99

Sm. - \$3.50

Contains Nuts: 🌱 Grain-Free: 🌱 New Item: ★

## Burgers

SERVED WITH YOUR CHOICE OF GARDEN SALAD, CAESAR SALAD OR CUP OF SOUP.

BURGER SERVED ON O'DOUGH'S BURGER BUN  
MAY BE SUBSTITUTED WITH QUINOA MILLET BREAD

### Crab Cake Po' Boy ★ \$14.50

heart of palm crab cake patty, lettuce, tomato, Louisiana style remoulade, pickle, sprouts

### Southwest Burger ★ \$14.50

house made black bean patty, queso sauce, tomato, lettuce, red onion, red pepper, chipotle mayo

### Beyond Meat Cheezeburgah 🌱★ \$16

beyond meat burger patty, tomato, lettuce, pickle, onion, vegan mozzarella and thousand island dressing

### The Reuben Burger 🌱 \$14.50

house made chickpea portabello patty, vegan thousand island dressing, grainy mustard, red peppers, saurkraut and lettuce

## Sandwiches

SERVED WITH YOUR CHOICE OF GARDEN SALAD, CAESAR SALAD OR CUP OF SOUP.

SERVED ON QUINOA MILLET BREAD MAY BE SUBSTITUTED  
FOR RAW WRAP OR O'DOUGH'S SANDWICH THINS

\*Raw wrap is additional \$2

### Big Bad BLT Wrap 🌱🌱 Sm. \$13 Lrg. \$15

coconut bacon, lettuce, tomato, red onion, avocado, caesar dressing. *\*only available in the raw wrap option.*

### Jackfruit Pulled Pork \$13.50

jackfruit, house made BBQ sauce, cabbage, spinach, pickles, green onion

### All About The AVO \$12.50

smashed avocado, roasted red pepper spread, lettuce, red onion

## Breakfast

Served until 12:00 pm daily and all day Saturday/Sunday.

### Breakfast Pizza 🌱 \$10.50

house made chickpea crust with assorted fruit topping, dried superfoods and choco drizzle. your choice of either cashew butter or almond butter

### Breakfast Sandwich \$9

O'dough's gluten-free bagel, house made chickpea egg patty, tempeh sausage, lettuce, tomato and sprouts.

*\*add Avocado for \$1.50*

### Scrambled Tofu Eggs \$10.25

a 'scrambled egg style' blend of tofu, spinach, onion, peppers, black salt and turmeric

*\*served with a house made sprouted quinoa bread slice and fresh vegetable side*

## Sides & Add-Ons

### Caesar Salad 🌱 Sm. \$4 Lrg. \$12

### Garden Salad Sm. \$4 Lrg. \$10

### Small 'Soup of the Day' \$3.50

### Nachos & Cheese \$4.00

### Portobello Chickpea Patty \$3.50

### Black Bean Patty \$3.50

### Warm Brown Rice \$3.00

### Hummus w/ Veggies \$4.50

### Veggies \$3.50

### Fruit Cup \$4.00

### Quinoa Bread Slice \$1.50

### Crispy Tofu Cubes \$3.50

Contains Nuts: 🌱 Grain-Free: 🌱 New Item: ★

Please note that our facilities are NOT 100% nut-free.

## Cozy Drinks

\*nut-free options available per request.

**Salted Caramel Cappuccino** 🥜★ \$5.50

espresso, house made caramel syrup, lucuma, himalayan salt

**Ginger Spiced Tea Latte** \*caffeine-free 🥜★ \$4.50

herbal immune boosting tea, fresh ginger juice, steamed almond milk, maple syrup, cinnamon

**Chai Love You Tea Latte** 🥜★ \$4.50

herbal chai tea, steamed almond milk, maple syrup

**Chagaccino** 🥜 \$5.00

Choose between Chaga with Lion's Mane or Chaga with Cordyceps, served with foamed almond milk.

**Dandyccino** \*caffeine-free 🥜 \$5.00

Dandy Blend™ served with foamed almond milk.

**Golden Milk** \*caffeine-free 🥜 \$4.50

almond milk, turmeric, coconut oil, honey, cinnamon, black pepper

**Hot Cocoa** \*caffeine-free 🥜 \$4.00

organic raw cocoa, cinnamon, maple syrup, almond milk

## Coffee & Tea

**Espresso** \$2.75

**Americano** \$3.00

**Cappuccino** 🥜 \$4.00

**French Press Coffee** \$3.50

\*add almond milk for free

\*add barista style coconut creamer for \$1.00

**Organic Tea** \$3.00

full tea list available at order counter

**30ml Coffee Co. Cold Brew** \$4.25

## Smoothies

\$8.50

**Add Hemp Protein (12g Protein) - \$1.25**

**Add Vanilla Protein (22g Protein) - \$2.00**

**All About The Green**

kale, romaine lettuce, cucumber, spinach, banana, lemon, chia seeds

**Tropico Gelato**

banana, mango, pineapple, spinach, coconut milk

**Blue Lagoon Smoothie**

coconut water, pineapple, orange, banana, shredded coconut, blue spirulina

**Chocolate Hemp** 🥜

cacao, hemp, cinnamon, almond milk, banana, vanilla, himalayan salt

**Ginger Buzz**

turmeric, ginger, bee pollen, cinnamon, banana, coconut milk, mango

**Add Superfood to Smoothie** \$1

**Ashwagandha** - helps with stress & hormonal balance

**Astragalus** - immune booster & anti-inflammatory

**Bee Pollen** - protects against liver toxicity & anti-inflammatory

**Lucuma** - high in beta-carotene and rich in vitamin B3

**Goji Berry** - improves immune function, anti-oxidant

**Maca** - great for energy, migraines and memory support

**Spirulina** - heavy metal detox, high in protein

**Turmeric** - natural anti-inflammatory, anti-oxidant

**Contains Nuts:** 🥜 **Grain-Free:** 🌾 **New Item:** ★

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## Beer & Cider

 = Organic

### Gluten Free

**Glutenberg • Blonde** \$6.50

dry and refreshing with notes of pepper and hops

**Walkerville Brewery • Craft Cider** \$7.00

crisp, clean and semi-sweet. smooth like a champagne

**GL Heritage Brewing • Backshop Blonde** \$6.00

a refreshing blonde ale with a malty and crisp finish

**Walkerville Brewery • Geronimo IPA** \$6.50

a hoppy IPA with grapefruit and piney aromas

**Franks Brewing • Simple Man Stout** \$6.00

a smooth oatmeal stout that's dark and robust

**Mill Street Organic • Lager**  \$6.50

european-style lager offers a crisp and refreshing flavour

### DRINK SPECIAL

**VEGAN MAMA CAESAR**

**\$8.00**

Walters vegan caesar mix, vodka, organic worcestershire sauce, pickle juice, hot sauce, celery stick, green bean, lime

### HEALTHY MAMA HOURS

**MONDAY - FRIDAY: 9AM-9PM**

**SATURDAY - SUNDAY: 10AM - 4PM**

## Wine

 = Organic

### Rosé

6 oz • Bottle

**Pelee Island • Lola Rosé** \$9 • \$36

gently sparkled with hints of strawberry and blood orange

### White

**Los Mulas • Sauvignon Blanc**  \$10 • \$40

aromas of ripe tropical fruits with touches of citrus

**Oxley Weather Rock • Pinot Grigio** \$7 • \$28

a light and crispy easy-drinking white

**Pelee Island Winery • Vidal** \$8 • \$32

off-dry with light honey aroma and pear flavours

### Red

**Adobe • Merlot**  \$10 • \$40

ruby coloured with aromas of ripe blackberry and cedar

**Oxley Weather Rock • Cab Franc** \$7 • \$28

medium bodied with fruity notes and hints of blueberry

**Pelee Island Winery • Baco Noir** \$7 • \$28

dry with medium body. flavours of plum and mixed berry.

Share your experience!  @healthymama\_food