

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

Mocha Super Smoothie Bowl ★ \$12

banana, avocado, organic coffee, coconut milk, cocoa powder, lucuma, maca, vanilla, 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'DOUGHS 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'DOUGHS 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

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:** ★

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

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