

HEALTHY MAMA MAIN MENU

Seasonal

C King Caesar Salad 🌱★ \$17

romaine lettuce, kale, chickpeas, coconut bacon, crispy tofu, red onion, bread crumbs, house made caesar dressing, organic sprouts, lemon wedge

*add Chickpea Portobello Patty - \$3.50

Buffalo Carrot Crunch Bowl 🌱★ \$17

romaine lettuce, buffalo sauce glazed carrot, BBQ crunchy seed crunch topping, blackened corn, cucumber, tomato, red cabbage, ranch dressing

C My BIG Fat Greek Salad 🌱★ \$17

lettuce, kalamata olive, tomato, cucumber, red pepper, red onion, crispy potato, vegan feta cheese, tangy greek dressing

*add grilled pita - \$2.00

Summer Avocado Toast ★ \$10

whole-grain GF bread, smashed avocado, arugula, strawberries, balsamic reduction, lemon

*add market fruit cup - \$4.00

Mexi-Mac N' Cheese ★🌱 \$16

house made nut-free smoked mac n' cheese sauce, macaroni noodle, cauliflower taco crumble, pico de gallo, organic sprouts, lime cilantro crema

*make it a Classic Mac N' Cheese - \$13

Pink Pitaya Smoothie Bowl \$12

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

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

Classic Bowls

| | |
|-----------------------|--------|
| Add Vegan Feta Cheese | \$2.50 |
| Add Coconut Bacon | \$2.50 |
| Add Grilled Pita | \$2.00 |
| Extra Dressing | \$1.50 |

C 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

C 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

C Mediterranean Bowl \$16

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

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

SOUP & BOWL COMBO \$15.00

C Includes: Half-order of any eligible bowl with a medium daily soup.
*Look for the symbol to know which salads/bowls are eligible.

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

Soup

Ask your server about our Soup Of The Day

Lrg - \$8.99

Med - \$5.99

Sm - \$3.50

Burgers

SERVED WITH YOUR CHOICE OF GARDEN SALAD
OR CUP OF SOUP. ADD CAESAR SALAD FOR \$1

Crab Cake Po' Boy

\$15

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

MexiCali Burger

\$15

house made black bean patty, queso, avocado, lettuce, pico de gallo, lime cilantro crema

Ultimate Backyard Burger

\$17

beyond meat burger patty, lettuce, tomato, vegan cheddar cheese, pickles, onion, grilled portobello mushrooms, BBQ sauce, chipotle mayo

The Reuben Burger

\$15

chickpea portobello patty, vegan thousand island dressing, grainy mustard, red peppers, saurkraut, lettuce

Sandwiches & Wraps

SERVED WITH YOUR CHOICE OF GARDEN SALAD
OR CUP OF SOUP. ADD CAESAR SALAD FOR \$1

BELOW ITEMS MAY BE SUBSTITUTED FOR GRAIN-FREE RAW WRAP,
GRAIN-FREE COCONUT WRAP OR O'DOUGH'S SANDWICH THINS

West Indies Wrap

\$13

lettuce, smashed curry chickpea salad, raisin, almond thai crunch, served in grain-free coconut wrap

Big Bad BLT Wrap

\$13

coconut bacon, lettuce, tomato, red onion, avocado, caesar dressing, served in grain-free raw wrap

All About The AVO

\$12.50

smashed avocado, roasted red pepper spread, lettuce, red onion, served in quinoa millet bread

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

\$14

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

*served with market fruit cup

*add avocado for \$1.50

Scrambled Tofu Eggs

\$10.50

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

Classic Caesar Salad

Sm. \$5 Lrg. \$12

Garden Salad

Sm. \$4 Lrg. \$10

Small 'Soup of the Day'

\$3.50

Mini Mac N' Cheese

\$7.50

Nachos & Cheese

\$4.00

Portobello Chickpea Patty

\$3.50

Black Bean Patty

\$3.50

Warm Brown Rice

\$3.00

Hummus w/ Veggies

\$5.00

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.

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

Coffee & Tea

Espresso \$2.75

Americano \$3.00

Cappuccino 🥜 \$4.00

French Press Coffee \$3.50

*add almond milk for free

*add barista style oat milk for \$1.00

Organic Tea \$3.00

full tea list available at order counter

30ml Coffee Co. Cold Brew \$4.25

Contains Nuts: 🥜 Grain-Free: 🌿 New Item: ★

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Iced Drinks

Iced Americano ★ \$3.00

*add almond milk for free

*add barista style oat milk for \$1.00

Chai Chiller ★ 🥜 \$5.50

iced chai tea, almond milk, maple syrup, spices

Iced Golden Milk ★ 🥜 \$5.50

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

Hibiscus Iced Tea ★ \$3.75

organic hibiscus, cinnamon, orange, cardamom, clove

Smoothies \$9.00

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, Astragalus, Bee Pollen, Lucuma,

Goji Berry, Maca, Spirulina, Turmeric

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  \$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  \$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