

the three

salads

bowls

THE FESTIVE SPECIAL SALAD

LIMITED SEASONAL MEAL

mixed greens | kale | quinoa | roasted brussel sprouts | mandarin | roasted pecan | pomegranate seeds | feta cheese or avocado | white balsamic vinaigrette

\$15.29 + optional protein | GF, DF*, V

VEGGIE MEDLEY SALAD

LIMITED SEASONAL MEAL

spring mix | spinach | carrots | red cabbage | tomato | corn | pickled red onion | broccoli | avocado | roasted almonds | red wine vinaigrette

\$15.29 + optional protein | GF, DF, V

HARVEST CRUNCH SALAD

spring mix | spinach | quinoa | carrot | cabbage | beets | honeycrisp apple | avocado or feta cheese | roasted pecans | dried cranberries | balsamic vinaigrette

\$15.29 + optional protein | GF, DF*, V

CORN ON THE COBB SALAD

spring mix | romaine | corn off the cobb (when applicable) | grape tomato | green pepper | avocado | feta cheese | hard boiled free run egg | bacon | red wine vinaigrette

\$15.99 + optional protein | GF, NF

OPTIONAL PROTEIN
EXTRA CHARGE

*cheese can be removed

EARTH & EMBER BOWL

LIMITED SEASONAL MEAL

shredded kale | brown rice | roasted butternut squash & brussel sprouts | local apple | lentils | carrots | walnuts | cinnamon ginger vinaigrette

\$15.29 + optional protein | GF, DF, V

BUDDHA BOWL OF SUNSHINE

LIMITED SEASONAL MEAL

brown rice | spinach | roasted broccoli | beets | cabbage | lentils | sweet potato | pickled red onion | hemp hearts | turmeric cinnamon dressing

\$15.29 + optional protein | GF, DF, NF, V

DECONSTRUCTED BURGER BOWL

romaine | brown rice | spiced local grass-fed ground beef | sweet pickle | Eby Manor cheddar sauteed onion | grape tomato | housemade special burger sauce | add bacon \$1.79

\$17.49 (includes protein) | GF, DF*

ONTARIO FIESTA BOWL

brown rice | spring mix | corn | black bean | bell pepper | grape tomato | avocado | aged cheddar local corn chips | housemade catalina vinaigrette

\$15.29 + optional protein | GF, NF, DF*

PEANUT SAUCE PAD THAI

rice noodles | spinach | cabbage | carrots | broccoli | red pepper | edamame | peanuts | homemade peanut sauce

\$15.29 + optional protein | GF, DF, V

the three

burritos/wraps

DECONSTRUCTED BURGER BURRITO
romaine | brown rice | spiced local grass-fed
ground beef | sweet pickle | Eby Manor
cheddar | sauteed onion | grape tomato |
housemade special burger sauce* | local
wrap | add bacon \$1.79
\$17.99 (includes protein)

ONTARIO FIESTA BURRITO
brown rice | spring mix | corn | black bean |
bell pepper | grape tomato | avocado | aged
cheddar | housemade catalina vinaigrette
local wrap
\$15.49 + optional protein

proteins

IF NOT ALREADY INCLUDED

add chicken \$3.99
add organic sautéed tofu \$2.79
add free range hard boiled egg \$1.99

adjust ingredients as necessary
greens-only base no extra charge
all dressings made in-house

sandwiches

gluten free bread for \$0.99

HOLIDAY HEARTH PANINI
LIMITED SEASONAL MEAL
turkey | brie | homemade cranberry sauce
| spinach | dijon | rosemary & thyme
add bacon for \$1.79
\$15.79 + optional protein | NF

APPLE BACON CHEDDAR PANINI
Eby Manor cheddar | softened
honeycrisp apples | local bacon | thyme |
served with tossed greens
\$14.29 | NF

CHICKEN PESTO PANINI
buttered bread | dairy-free & nut-free
pesto | mozzarella cheese | red peppers |
spinach | shredded chicken | served with
tossed greens
\$15.79 | NF

GRILLED CHEESE
buttered bread | Eby Manor cheddar |
thyme | served with tossed greens
add bacon \$1.79
\$11.99

\$15.29

the three

make your own

SELECT 1-3 AS YOUR BASE

greens

spinach
spring mix
romaine
kale

grains

brown rice (warm)
quinoa (cold)

CHOOSE YOUR TOPPINGS

standard toppings (choose 4-5)

grape tomato
red pepper
green pepper
sauteed onion
red cabbage
carrots
apple
edamame
corn
black beans
shredded beets
pickled red onion
...ask about others

healthy fats* (choose 1-2)

avocado
feta cheese
cheddar cheese
roasted pecans
pumpkin seeds
hemp seed

additional protein (optional)

organic tofu + \$2.79
pasture raised chicken + \$3.99
hard boiled egg + \$1.99

CHOOSE YOUR HOUSEMADE DRESSING

classic balsamic vinaigrette
catalina vinaigrette
red wine vinaigrette

maple cinnamon vinaigrette
peanut sauce
burger sauce
turmeric sunshine

thank you for being here

the three smoothies

SPRING SUNRISE

orange | carrot | ginger | mango | cinnamon

\$8.99

GOLDEN GREEN

spinach | pineapple | avocado | orange | celery | ginger | turmeric

\$9.49

HEARTBEET

strawberry | wild blueberry | banana | beet | spinach | ground chia

\$9.29

FRESH 'N' GREEN

spinach | avocado | cucumber | banana | pineapple

\$9.49

BLUEBERRY BLISS

wild blueberry | fresh mint | spinach | avocado | pineapple

\$9.29

CHOCO-BANANA

cocoa powder | peanut butter | banana | ground flax

\$8.49

ESPRES-SO GOOD

chocolate banana, but swap oat milk for cold coffee

\$8.79

IMMUNITY

lemon | ginger | cayenne | pineapple | mango | turmeric

\$8.79

DIY SMOOTHIE

choose any 4 ingredients

\$8.99

NOTES

choose from oat, almond or dairy milk
add half scoop of protein (10g) for \$1.29
add full scoop of protein (20g) for \$1.99

the three fridge drinks

ESKA WATER

\$1.69 | free for loyalthree members*

PERRIER SPARKLING WATER

rotating flavours

\$2.59 | free for loyalthree members*

SAPSUCKER SPARKLING WATER

rotating flavours

\$2.99 | free for loyalthree members*

OASIS JUICE

apple or orange

\$2.29 | free for loyalthree members*

COVE SODA

rotating flavours

\$3.29 | \$2 for loyalthree members*

BOOCH KOMBUCHA CANS

ginger, blue lemonade, raspberry lemonade, tropical pineapple

\$3.49 | \$2 for loyalthree members*

BOOCH RAW JUN GLASS BOTTLES

strawberry & ashwaganda, ginger turmeric,

\$5.29 | not applicable as premium drink*

GREENHOUSE LEMONADES

rotating flavours

\$4.99 | \$2 for loyalthree members*

*with purchases over \$5

the three FREEZER

THE ORIGINAL ENERGY BITES

12 pack | gluten & dairy free

\$25 (no tax)

LACTATION ENERGY BITES

12 pack | dairy-free

\$28 (no tax)

GLUTEN FREE & DAIRY FREE MUFFINS

various flavours | 6 pack

\$20 (no tax)

PROTEIN COOKIES

various flavours | 6 pack | gluten & dairy free

\$22 (no tax)

HOLISTIC BAKING SURPRISE PACK

assortment of baked goods valued at \$20-25

\$20 (no tax) | *may contain gluten & dairy

HOUSEMADE SOUPS

seasonal ingredients where possible | 1 litre

\$16 + deposit (vegetarian) | \$17 + deposit (chicken)

please note: Friendlier reusables will have a \$0.50 deposit

TURKEY BREAKFAST SAUSAGE

Snyders Heritage Farms | Breslau, ON

1lb package | \$13 (no tax)

GROUND TURKEY

Snyders Heritage Farms | Breslau, ON

1lb package | \$12.50 (no tax)

TURKEY SAUSAGE

Snyders Heritage Farms | Breslau, ON

4 pack | \$16 (no tax)

GRASS FED GROUND BEEF

Rogers Ranch | Paris, ON

1lb package | \$10 (no tax)

the three breakfast

GRILLED BREKKIE BURRITO

two free range scrambled eggs | salsa | Eby Manor cheddar | black beans | avocado | spinach | local wrap

option to add turkey breakfast sausage (\$2.49) or bacon (\$1.79)

\$12.49

BREKKIE BOWL

two free range scrambled eggs | salsa | Eby Manor cheddar | black beans | avocado | spinach | everything bagel seasoning

option to add turkey breakfast sausage (\$2.49)

\$11.99

SWEET BANANA TOAST

slice of toast | natural peanut butter | banana | cinnamon | hemp | chia
substitute gluten-free bread for \$0.99

\$6.29

SAVOURY AVOCADO TOAST

slice of toast | avocado | hard boiled egg | chili flakes | pickled red onion | everything bagel | substitute gluten-free bread for \$0.99

\$8.99

the three hot drinks

DRIP COFFEE \$2.79 - \$3.09

LOOSE LEAF TEA \$2.99

peppermint (herbal) | coconut almond (herbal) | ginger peach (black) |
chai (black) | english breakfast (black) | earl grey (black) | jasmine (green) |
gut love (herbal) | lemon lavender (herbal)

milk options: dairy (Eby Manor), oat, almond
add vanilla, caramel, irish cream flavour (\$0.30)

ESPRESSO \$3.49

AMERICANO \$3.99

CAPPUCCINO \$4.99

CAFE LATTE \$5.49

AMERICANO MISTO \$4.79

CHAI LATTE \$5.49

EARL GREY LATTE \$5.49

MATCHA LATTE \$6.49

SUN MYLK LATTE \$5.49

turmeric | cinnamon | ginger | ashwaganda | maca | nutmeg | black pepper | sea salt

DANDY BLEND LATTE \$4.49

caffeine-free coffee substitute + frothed milk

DANDY BLEND AMERICANO \$3.49

caffeine-free coffee substitute + hot water

LOOSE LEAF TEA LATTE \$5.29

select any tea + choice of frothed milk

HOT CHOCOLATE \$3.99

cocoa powder | organic cane sugar | milk of choice

CHECK OUT OUR ONLINE MENU FOR SEASONAL DRINK SPECIALS

thank you for being here