



the three
NEW MENU 05.11.26

SALADS

spring into it salad (*limited feature*)

spinach | spring mix | tomato | carrot | green peas | chickpeas |
pickled red onion | crushed almonds | feta cheese | microgreens |
lemon vinaigrette dressing

green goddess salad (*limited feature*)

spring mix | kale | quinoa | cucumber | green cabbage | edamame
| avocado | hemp hearts | pumpkin seeds | basil cashew dressing
\$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
| house-made balsamic vinaigrette

corn on the cobb salad

spring mix | romaine | corn | grape tomato | green pepper |
avocado | feta cheese | hard boiled free run egg | bacon | house-
made red wine vinaigrette

*option to add chicken, tofu or hard boiled egg to meals
cheese can easily be removed*

BOWLS

copper branch buddha bowl (*limited feature*)

kale & romaine | brown rice | cabbage | carrots | sweet potato |
roasted broccoli | avocado | pickled red onion | sesame seeds |
carrot ginger tahini dressing

spring roll bowl (*limited feature*)

vermicelli rice noodles | spring mix | carrots | cabbage | red pepper
| mango | beets | sesame seeds | green onion | sunbutter sauce
\$15.29 + optional protein | GF, DF, NF, V

deconstructed burger bowl (or burrito)

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

ontario fiesta bowl (or burrito)

brown rice | spring mix | corn | black bean | bell pepper | grape
tomato | avocado | Eby Manor aged cheddar | Barrie's Asparagus
corn chips | housemade catalina vinaigrette

peanut sauce pad thai

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

option to add chicken, tofu or hard boiled egg to meals

SAMMIES & PANINIS

green goddess sandwich

whipped feta | tomato | cucumber | pickled red onion | banana peppers | fresh dill | greek dressing | option to add chicken
served with tossed greens

chicken pesto panini

buttered bread | homemade dairy-free & nut-free pesto | mozzarella cheese | red peppers | spinach | shredded chicken
served with tossed greens

apple bacon cheddar panini

Eby Manor cheddar | softened honeycrisp apples | bacon | thyme
served with tossed greens

Eby Manor grilled cheese

buttered bread | Eby Manor cheddar | fresh thyme
served with tossed greens

SMOOTHIES

fresh & green

spinach | avocado | cucumber | banana | pineapple

choco-banana

cocoa powder | natural peanut butter | banana | flaxseed

espressogood

same as choco-banana but swap milk base for iced coffee

blueberry bliss

wild blueberries | real mint | spinach | avocado | pineapple

immunity

mango | pineapple | turmeric adaptogen blend | ginger | cayenne

spring sunrise

mango | carrot | orange | ginger | cinnamon

golden green

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

add an optional half or full scoop of protein

choose almond, oat or dairy milk base

free half scoop of protein post-workout (always)