

# the three salads bowls

## SPRING INTO IT SALAD

LIMITED SEASONAL MEAL

spring mix | spinach | avocado or feta cheese |  
carrot | tomato | green peas and/or asparagus |  
chickpea | pickled red onion | roasted almond |  
sprouts | lemon zesty vinaigrette  
\$14.99 + optional protein | GF, DF\*, V

## GREEN GODDESS SALAD

LIMITED SEASONAL MEAL

spring mix | kale | quinoa | cucumber | green  
cabbage | edamame | avocado | hemp hearts |  
pumpkin seeds | basil cashew dressing  
\$14.99 + 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  
\$14.99 + 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  
\$15.79 + optional protein | GF, NF

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

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

## SPRING ROLL BOWL

LIMITED SEASONAL MEAL

vermicelli rice noodles | spring mix | carrots |  
cabbage | red pepper | mango | beets | sesame  
seeds | green onion | sunbutter sauce  
\$14.99 + 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 \$1.49  
\$17.29 (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  
\$14.99 + optional protein | GF, NF

## PEANUT SAUCE PAD THAI

rice noodles | spinach | cabbage | carrots |  
broccoli | red pepper | edamame | peanuts |  
homemade peanut sauce  
\$14.99 (includes protein) | GF, DF, V

## SAVOURY BUDDHA BOWL

brown rice | kale | romaine | roasted broccoli and  
sweet potato | cabbage | carrots | pickled red  
onion | avocado | sesame seeds | housemade  
carrot ginger tahini dressing  
\$14.99 + optional protein | GF, DF, NF, V

# the three

## burritos

### 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 \$1.29

\$17.29 (includes protein)

### ONTARIO FIESTA BURRITO

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

\$14.99 + optional protein

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

### APPLE BACON CHEDDAR PANINI

Eby Manor cheddar | softened honeycrisp apples | local bacon | thyme | served with tossed greens  
\$13.29

### ZESTY MEDITERRANEAN

#### LIMITED SEASONAL SANDWICH

whipped feta | tomato | cucumber | pickled red onion | dill | banana peppers | greek dressing | served with tossed greens  
\$13.99 (add half portion chicken \$1.49)

### CHICKEN PESTO PANINI

buttered bread | dairy-free & nut-free pesto | mozzarella cheese | red peppers | spinach | shredded chicken | served with tossed greens  
\$14.99

### GRILLED CHEESE

buttered bread | Eby Manor cheddar | fresh thyme | served with tossed greens  
add bacon \$1.49  
\$10.99

\$14.99

# 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

lemon vinaigrette  
peanut sauce or catalina

thank you for being here

# the three smoothies

## SPRING SUNRISE

orange | carrot | ginger | mango | cinnamon  
\$8.99

## GREEN MINT SMOOTHIE

spinach | banana | avocado | mint  
\$8.49

## STRAWBERRY MATCHA

strawberry | matcha | banana | chia seeds  
\$8.79

## FRESH & 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

## ESPRESSO 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  
\$8.79

## NOTES

choose from oat, almond or dairy milk  
add half scoop of protein (10g) for \$0.99  
add full scoop of protein (20g) for \$1.49

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# 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)  
\$11.49

## 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)  
\$10.99

## SWEET BANANA TOAST

slice of toast | natural peanut butter | banana | cinnamon | hemp | chia  
\$6.29

## SAVOURY AVOCADO TOAST

slice of toast | avocado | hard boiled egg | chili flakes | everything bagel spice  
\$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)

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 \$5.49

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

16OZ SICK DAY SPECIALTY ELIXIR \$5.49

goodvibes sick day shot, turmeric adaptogen blend, slice of ginger, manuka honey

## NOTES

choose from: dairy, oat, almond, coconut  
add vanilla, caramel, irish cream flavour (\$0.30)

thank you for being here