



### **Classic Moroccan Salad \$12.95**

**Moroccan Salad, Fresh Greens, Sprout + Seeds (Vegan)**  
quinoa, pomegranate, orange, chickpeas, cucumber, mint, cilantro, pistachios, coconut yogurt, olive oil, lemon, maple syrup, white pepper, fresh greens, sprouts, seeds + salt

### **Vegan Combo \$12.95**

**Spicy Wild Rice, Chickpea Salad with Arugula, Cherry Tomatoes + Hummus (Vegan)**  
chickpeas, wild rice, lentils, onion, peppers, cilantro, chipotle pepper, honey, mustard, garlic, arugula, cherry tomatoes + hummus

### **Steak Combo \$19.95**

**Flank Steak with Crunchy Quinoa + Kickin Kale Salad**  
flank steak, quinoa, cashews, cranberries, champagne vinaigrette, kale, lemon juice, olive oil, honey, tahini, salt, pepper + pine nuts

### **Chicken Combo \$16.95**

**Mango Chicken with Hong Kong Confetti + Kickin Kale Salad**  
chicken, curry powder, mango chutney, sesame seeds, sesame oil, rice vinegar, lime, honey, Tamari soy sauce, ginger, cayenne pepper, carrots, red cabbage, bell pepper, onion, cilantro, kale, lemon juice, olive oil, tahini, salt, pepper + pine nuts

### **Mumbai Chickpea Quinoa Salad (Vegan) \$14.00**

chickpeas, roasted cauliflower + butternut squash, quinoa, cashews, pumpkin seeds | Dressing: olive oil, mustard, paprika, aquafaba, salt, lemon juice, garlic, maple syrup, tomato puree

### **Superfood Asian Salad | Chicken \$21.00**

Chicken, savoy cabbage, kale, carrots, bell peppers, cilantro, leeks, almonds  
Dressing: fresh ginger, tahini, honey, canola oil, apple cider vinegar, ginger oil, aquafaba water, onion, sesame oil | Satay dressing: lime juice, honey, soy, curry powder, almond butter, coconut milk, ginger

### **Superfood Asian Salad | Tofu (Vegan) \$19.00**

Tofu, savoy cabbage, kale, carrots, bell peppers, cilantro, leeks, almonds  
Dressing: fresh ginger, tahini, honey, canola oil, apple cider vinegar, ginger oil, aquafaba, water, onion, sesame oil | Satay dressing: lime juice, honey, soy, curry powder, almond butter, coconut milk, ginger

### **Nutrifit Niçoise | Chicken \$21.00**

cherry tomatoes, yellow bell peppers, black olives, baby greens, fingerling potatoes, black olives, cucumber parsley | Dressing: lemon juice, Dijon mustard, garlic, oregano, olive oil, honey, salt

### **Sweet Chili Noodle Bowl | Chicken \$21.00**

chicken, green + yellow peppers, broccoli, red cabbage, spinach, toasted sesame seeds, brown rice noodles | Dressing: honey, soy sauce, sesame oil, rice vinegar, brown sugar, Gochujang paste

### **Sweet Chili Noodle Bowl | Tofu (Vegan) \$19.00**

tofu, green + yellow peppers, broccoli, red cabbage, spinach, toasted sesame seeds, brown rice noodles | Dressing: honey, soy sauce, sesame oil, rice vinegar, brown sugar, Gochujang paste

### **Coconut Curry Super Soup (Vegan) \$9.00**

coconut milk, red curry paste, turmeric, green peas, sweet potato, spinach, garlic, red pepper, onion, ginger, lemongrass + coconut oil



**WATERFRONT  
WELLNESS**  
LIVE WELL WITH US