



MENU

250ml Parfait \$4

...add greek or coconut (dairy free) yogurt for \$1

Overnight Oats or Chia Pudding \$5 or \$5.50 for vegan

JustAdd Egg/ Tofu Jar: \$4

500ml Protein Bites Jars \$8

1L Soup \$14

500ml Lunch Jars \$9

Take-and-Bake Jars \$15

Delivery \$3.50

BREAKFAST JARS

PARFAITS, OVERNIGHT OATS OR CHIA PUDDING: PUMPKIN W/ GRANOLA & PECANS, BAKED PEAR CINNAMON, STRAWBERRY CHEESECAKE, BLUEBERRY LEMON, RASPBERRY ORANGE

JUST ADD EGG/ TOFU JAR: ITALIAN, MED, PESTO

LUNCH JARS

Med: Couscous, red onion, green onion, black olives, feta, cucumber, bell pepper, tomato, chickpeas, greens

Orchard: quinoa, red onion, green onion, walnut, raisin, celery, apple, cinnamon, chickpeas, greens, olive oil, lemon juice, garlic

Beet Blend: quinoa, red onion, green onion, goat cheese, cranberry, walnuts, beets, carrot, celery, bell pepper, greens, asian dressing

Pear Crunch: quinoa, red onion, green onion, walnuts, cranberry, goat cheese, pear, carrot, celery, granola, kale, olive oil, balsamic, garlic

Slaw: green cabbage, red cabbage, carrot, cashews, edamame, snap peas, bell pepper, cucumber, coleslaw dressing

Blueberry Patch: quinoa, feta, cranberries, cashews, blueberries, celery, carrot, greens, poppyseed dressing

Roasted Veg Orzo: orzo, roasted broccoli, brussels sprouts, yam, carrot, red onion, cranberries, olive oil, balsamic, honey, s & p

Jolly Jar *NEW: green cabbage, green onion, pumpkin seeds, radish, red pepper, green pepper, cucumber, tomato, garlic and lemon dressing

LUNCH JARS.. CONTINUED...

Tuscan: Penne, red onion, green onion, sundried tomato, feta, pumpkin seeds, bell pepper, tomato, kale, tuscan italian dressing

Herb Mix *NEW: quinoa, red onion, green onion, mixed fresh herbs, celery, carrot, black beans, chickpeas, snap peas, cucumber, bell pepper, tomato, oil & vinegar

TAKE-AND-BAKE JARS

Cinnamon-Oat Pancake/ Waffle Mix

Trail Mix Muffin Mix

Cowboy Cookie Mix (vegan)

SOUP:

CARROT DILL

TACO

VEG. CHILLI

PROTEIN BITES

PEANUT BUTTER & CHRISTMAS M&M'S *NEW
NUTELLA

SEA SALT, DARK CHOCOLATE & PEANUT
WHITE CHOCOLATE & CINNAMON