



SNACKS & APETIZERS

COOKIE BOX: 25
12 DELICIOUS CHOCOLATE CHIP COOKIES

SPICY OLIVE BLEND (SERVES 10-15) 30
KALAMATA & GREEN OLIVES, SPICY PEPPERS & CAPER-BERRIES SEASONED WITH OUR HOUSE SPICY SALSA VERDE.

CHARRED VEGGIE ANTIPASTO (SERVES 15-20) 85
A SEASONAL SELECTION OF FRESHLY GRILLED VEGETABLES GARNISHED WITH SEA-SALT, CRACKED PEPPERCORN, EVOO & CHARRED LEMON.

SEAFOOD GRAZE (SERVES 15-20) 165
SMOKED SALMON TWO WAYS, SEARED TUNA CARPACCIO, FRESH & GRILLED VEGETABLES, HOUSE REMOULADE, SEASONED EGGS, OLIVES, CAPERBERRIES, CHARRED LEMON & TOAST.



GLUTEN FREE, DAIRY FREE

SOUPS FROM SCRATCH

SCRATCH MADE RECIPES BUILT AROUND SEASONAL VEGETABLES.

12oz: 5.95

VEGAN BASE:
ROASTED TOMATO BASIL (SERVED EVERYDAY AT ALL LOCATIONS)

FRESH CHICKEN BROTH BASE: (IN ROTATION)

ROASTED CAULIFLOWER

ROASTED CREMINI MUSHROOM

SQUASH & CARAMELIZED PEAR

GINGER CARROT & LEMONGRASS

CHARRED FENNEL & SWEET POTATO

*ALL OUR SOUPS ARE BLENDED INTO A SILKY PUREE FOR BALANCED FLAVOUR.



GLUTEN FREE, DAIRY FREE

BOXED GRAIN BOWLS

INCLUDES: SEASONED BROWN RICE, KALE, SEASONED CHICKPEAS, ROASTED CORN, PICO DE GALLO, SPROUTS, RAINBOW SLAW.

CHOOSE PROTEIN & DRESSING

MASHED AVOCADO	15.50
ROASTED TOFU (SMOKED HARISSA)	17.95
LEMON & HERB CHICKEN (CITRUS BASIL)	17.95
SPICY GRILLED CHICKEN (GARLIC PEPPERCORN)	17.95
SEASONED STEAK (GARLIC PEPPERCORN)	18.95
SEARED TUNA CARPACCIO (CITRUS BASIL)	19.95
GRILLED SALMON (AVOCADO CREMOSA)	19.95



GLUTEN FREE, DAIRY FREE

BOXED MEAL SALADS

INCLUDES: SPRING MIX LETTUCE, SHREDDED BEETS & CARROTS, RAINBOW SLAW, GRAPE TOMATOES, PICO DE GALLO SALSA.

CHOOSE PROTEIN & DRESSING

MASHED AVOCADO	15.50
ROASTED TOFU (SMOKED HARISSA)	17.95
LEMON & HERB CHICKEN (CITRUS BASIL)	17.95
SPICY GRILLED CHICKEN (GARLIC PEPPERCORN)	17.95
SEASONED STEAK (GARLIC PEPPERCORN)	18.95
SEARED TUNA CARPACCIO (CITRUS BASIL)	19.95
GRILLED SALMON (AVOCADO CREMOSA)	19.95

*OUR SALAD/BOWL RECIPES & HOUSE DRESSINGS ARE GLUTEN FREE, DAIRY FREE, MADE WITH OLIVE OIL & SUPERFOOD CONDIMENTS.



BOXED GRILLED PANINI

ON A SELECTION OF GOURMET MANOUCHER ARTISAN BREAD.
SERVED WITH OUR HOUSE BABY GREEN SALAD.



ROASTED VEGGIE WRAP 15.50
AVOCADO GREMOLATA, ROASTED VEGGIES,
RAINBOW SLAW, GOAT CHEESE

EGG & SALSA WRAP 15.50
SALSA VERDE AIOLI, 3 EGGS, CREAMY SLAW,
PICO DE GALLO SALSA, MONTEREY CHEESE

CHICKEN AVOCADO WRAP 17.95
AVOCADO GREMOLATA, CREAMY SLAW,
PICO DE GALLO SALSA

SPICY CHICKEN WRAP 17.95
SALSA VERDE AIOLI, RAINBOW SLAW,
MONTEREY CHEESE

STEAK AVOCADO WRAP 18.95
AVOCADO GREMOLATA, CREAMY SLAW,
PICO DE GALLO SALSA

MONTEREY STEAK WRAP 18.95
SALSA VERDE AIOLI, RAINBOW SLAW,
MONTEREY CHEESE

SMOKED SALMON WRAP 19.95
TRUFFLE DIJON AIOLI, RAINBOW SLAW,
GOAT CHEESE

GRILLED VEGGIE 15.50
AVOCADO GREMOLATA, GRILLED EGGPLANTS,
GRILLED ZUCCHINI, PEPPERS & GOAT CHEESE

CHICKEN ROMESCO 17.95
ROMESCO SPREAD, ROASTED SWEET PEPPERS,
GOAT CHEESE

CHICKEN PICCANTE 17.95
SALSA VERDE AIOLI, GRILLED HOT
BANANA PEPPERS, SMOKED MOZZARELLA

STEAK CLASSICO 18.95
ROMESCO SPREAD, ROASTED
SWEET PEPPERS, SMOKED MOZZARELLA

STEAK SALSA VERDE 18.95
SALSA VERDE AIOLI, GRILLED,
HOT BANANA PEPPERS, PROVOLONE

PROSCIUTTO TARTUFFO 19.95
TRUFFLE DIJON AIOLI, GRILLED ZUCCHINI,
BABY ARUGULA, PROVOLONE

SMOKED SALMON 19.95
TRUFFLE DIJON AIOLI, GRILLED ZUCCHINI,
BABY ARUGULA, GOAT CHEESE

*CHICKEN IS HALAL, STEAK IS MEDIUM ROAST.



BOXED GRILLED WRAPS

ROLLED IN A WHOLE WHEAT TORTILLA. GARNISHED WITH ARUGULA.
SERVED WITH OUR HOUSE BABY GREEN SALAD.





GRILLED PANINI & WRAP PLATTERS

MEDIUM: (6 UNITS, 12 HALVES): 95

LARGE: (12 UNITS, 24 HALVES): 190

A TASTEFUL SELECTION OF OUR TOP SELLERS, FRESHLY GRILLED & ARRANGED IN OUR ECO FRIENDLY PLATTER BOXES. PAIR THEM UP WITH OUR GROUP SIDE SALADS & SHAREABLE SIDE DISHES FOR A SHOW STOPPING PRESENTATION.

PANINI TOP SELLERS SELECTION:

CHICKEN ROMESCO, STEAK CLASSICO, SPICY PICCANTE CHICKEN, GRILLED VEGGIE

WRAP TOP SELLER SELECTION:

SPICY CHICKEN, MONTEREY STEAK, CHICKEN AVOCADO, ROASTED VEGGIE

CREATE YOUR OWN FAVOURITES:

CHOOSE FROM ANY OF OUR 7 PANINI & 7 WRAP RECIPES (SEE BOXED MEAL SECTION).

LG BOWL GROUP SIDE SALADS

FRESHLY MADE TO ORDER HOUSE SPECIALTY RECIPES. 80 oz LARGE BOWL SERVES 8-12 GUESTS AS A SIDE DISH.

KALE & SLAW

45

MASSAGED KALE, CABBAGE SLAW, LIGHTLY TOSSED IN EXTRA VIRGIN OLIVE OIL, SEA SALT & PEPPERCORN, WITH OUR HOUSE BASIL CITRUS DRESSING ON THE SIDE.

PORTA VIA SPECIAL

45

SPRING MIX, SHREDDED BEETS & CARROTS, GRAPE TOMATOES, CUCUMBER, GOAT CHEESE, WITH OUR HOUSE CITRUS BASIL DRESSING ON THE SIDE.

TOMATO BASIL

50

DICED CUCUMBERS, TOMATOES, CHARRED ZUCCHINI & LEMON, FRESH BASIL, GARNISHED WITH FETA, OLIVES, CAPERBERRIES, TOSSED WITH EXTRA VIRGIN OLIVE OIL, LEMON JUICE, SEA SALT & CRACKED PEPPERCORN.

ROASTED CALULIFLOWER & QUINOA

50

ROASTED CAULIFLOWER, RED QUINOA, SEASONED CHICKPEAS, PICO DE GALLO SALSA, ROASTED CORN, CRANBERRIES, TOSSED WITH OUR HOUSE CITRUS BASIL DRESSING.



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