

# nutbar

## balls

**cookie dough** \$3

**chocolate** \$3

**key lime pie** \$3

**supersuperfood** \$3

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box of 16 \$45

## bars

**nutbar** \$4.75

**breakfast bar** \$4.75

We are committed to sourcing the highest-quality food. That means **organic**, and **local** when the seasons permit.

## smoothies

**vanilla** \$9.50

cashews, vanilla, nutbar nutmilk, chia seeds, dates, sea salt  
espresso shot + \$1.50

**chocolate** \$11

cacao, sunflower seed butter, maca, lucuma, banana, vanilla, nutbar nutmilk, dates, sea salt

**green** \$11

seasonal greens, apple, cucumber, avocado, banana, chlorophyll, spirulina, matcha, lemon

**pink** \$12

raspberries, beets, hemp seeds, banana, vanilla, nutbar nutmilk, dates

**orange** \$10.50

mango, orange, ginger, turmeric, lemon, banana, nutbar nutmilk

**\$16smoothie** \$16

matcha, moringa, E3 live, turmeric, ginger, bee pollen, hemp seeds, red pepper flakes, seasonal greens, blueberries, avocado, carrots, almond butter, vegan protein powder

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**add-ons +** \$1.50

vegan protein powder  
collagen  
seasonal greens  
housemade granola

**Housemade granola** contains millet, coconut flakes, gluten free oats, pumpkin seeds, coconut oil, chia seeds, almond butter, bee pollen, honey, sea salt.

## toast

Made on double-fermented organic multigrain bread from local Prairie Boy Bread bakery.

**avocado** \$6.50

avocado, seasonal radish, smoked olive oil, lemon juice, nutritional yeast, sea salt

**savoury** \$6.50

housemade cashew spread, seasonal radish, sesame seeds

**fresh** \$6.50

housemade white bean hummus, cucumbers, seasonal sprouts, lemon juice, hemp seeds

**sweet** \$6.50

almond butter, coconut butter, banana, hemp seeds, chia seeds, raw honey

## bowls

**kale caesar** \$9

seasonal greens, red cabbage, diced cucumber, coconut croutons, hemp hearts, black pepper, housemade sunflower seed-based dressing

**acai (ah-sigh-ee)** \$10

acai, raspberries, blueberries, almond butter, seasonal greens, banana, nutbar nutmilk, topped with housemade granola

**pink chia** \$6.50

chia pudding (chia seeds, raspberries, lemon, vanilla, bee pollen, raw honey, nutbar nutmilk), topped with housemade granola

**omg oats** \$6.50

soaked steel-cut oats, nutbar nutmilk, cashews, dates, vanilla, sea salt, topped with nut crumble and maple syrup drizzle

## coffee

**nutbar nutmilk** is a custom blend of organic cashew, almond and coconut milks.  
Dairy milk is organic.

**drip** \$2.50 / \$3

**nutbar drip** \$4

drip coffee with steamed nutbar nutmilk

**supercoffee** \$5

drip coffee, vanilla, coconut oil, raw honey, steamed nutbar nutmilk

**espresso** \$3

**americano** \$3.25

**macchiato** \$3.75

**cappuccino** \$3.75

**flat white** \$3.75

**cortado** \$3.75

**latte** \$4.50

**nutbar latte** \$6.25

espresso, nutbar nutmilk, chaga

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nutbar nutmilk + \$1.50

## specialty drinks

(hot)

**ginger bomb** \$4.50

fresh shredded ginger, turmeric, lemon, raw honey

**matcha latte** \$6

ceremonial matcha, nutbar nutmilk

**supermatcha** \$6.25

ceremonial matcha, vanilla, coconut oil, raw honey, nutbar nutmilk

**turmeric latte** \$6

turmeric, black pepper, cinnamon, vanilla, raw honey, nutbar nutmilk

**fresh cranberry** \$4

whole cranberries, lemon, raw honey

**fresh chai** \$5

blend of 10 freshly ground spices, raw honey, nutbar nutmilk

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(cold)

**morning boost** \$4.75

filtered water, lemon, turmeric, ginger, cayenne

**detox** \$4.75

filtered water, mint chlorophyll, E3 live, lemon

**hangover helper** \$4.75

filtered water, milk thistle, activated charcoal, lemon

**magic mushroom** \$4.75

filtered water, chaga, burdock root, dandelion, cinnamon, cardamom

## tea

**black** \$3

orange pekoe  
chaiwala chai  
earl grey with vanilla bean

**green** \$3

classic green  
detox  
anti-aging

**herbal** \$3

peppermint  
ginger coconut  
superberry  
anti-stress

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misto + \$1.50