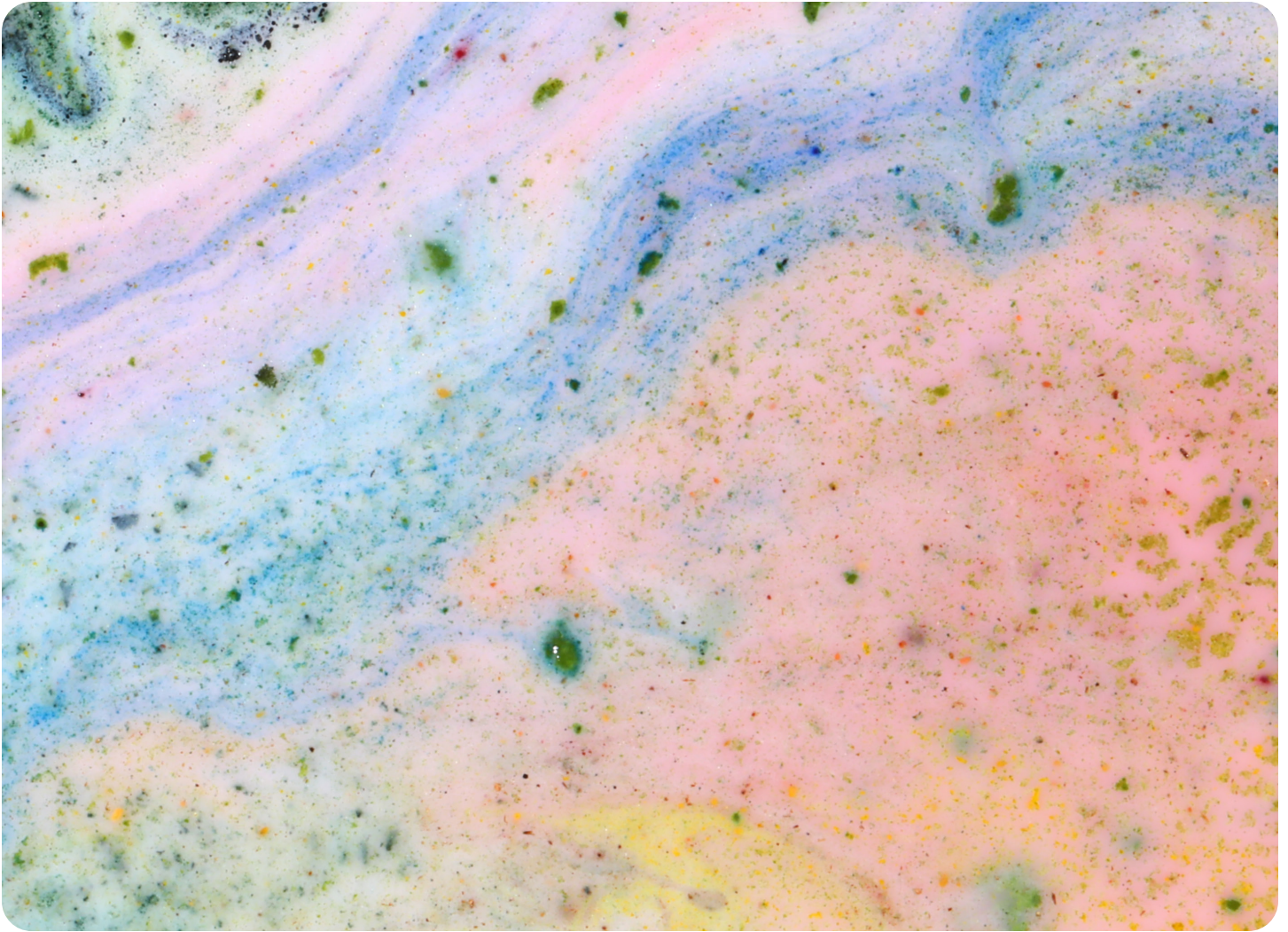




catering menu

nutbar



things to know

our food is **100% organic**

we make everything in-house from scratch

our recipes are superfood-focused and centred around some of the worlds most nutrient dense foods

our food is just as delicious as it is nutritious

“barmilk” refers to our custom blend of real nutmilk. It is a 100% organic, unprocessed blend of cashew, almond + coconut milks. It contains 30% nuts whereas the average boxed nutmilk contains closer to 2%



superfood smoothies

***100% organic + superfood-focused**

vanilla.....\$12

cashews, vanilla, chia seeds, barmilk, dates, sea salt dates

vanilla espresso..... \$14

cashews, vanilla, chia seeds, barmilk, dates, sea salt, pilot espresso

chocolate.....\$13.50

cacao, lucuma, maca, banana, sunflower seed butter, dates, barmilk, sea salt

ultimate recovery.....\$16.50

blueberries, collagen, cashews, matcha, chia seeds, vegan protein powder, dates, barmilk, sea salt

green.....\$13

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

supergreen.....\$14

kale, swiss chard, parsley, ginger, lemon juice, celery, avocado, pumpkin seeds, barmilk

orange+.....\$13.50

orange, mango, ginger, banana, sea moss gel, lemon juice, housemade nutmilk, turmeric, sacred lotus pollen, bee pollen, black pepper

cherry immune boost.....\$18

apple, cucumber, spinach, fresh mint, lemon juice, mint chlorophyll, sea moss gel, cordyceps, filtered water, ice

celery slushy.....\$8

celery, fresh mint, lemon juice,

***beverages are individually bottled**



bites + bars

*100% organic + superfood-focused

bars

nutbar.....\$5.25

a healthy chocolate bar

100% dark chocolate, cacao, cacao butter, cacao nibs, hazelnuts, pistachios, almond butter, almond meal, almonds, hemp seeds, coconut nectar, sea salt, dates

breakfast bar.....\$5.25

healthy + energizing

gf rolled oats, coconut flour, coconut oil, chia seeds, shredded coconut, cinnamon, vegan protein powder, rice puffs, raw honey, sunflower seeds, almond butter, cranberries, dates, sea salt

trailmix crunchy.....\$5.25

decadent + nutty

almonds, cashews, pecans, chia seeds, pumpkin seeds, sunflower seeds, goji berries, golden berries, shredded coconut, hazelnut butter, 100% dark chocolate, chocolate cacao butter, maple syrup, sea salt

bites

cookie dough.....\$3.75

superfood-focused cookie dough

gf oats, vanilla, maca, cinnamon, almond butter, almond meal, coconut oil, 100% dark chocolate chips, dates, sea salt

supersuperfood.....\$3.75

very, very healthy!

spirulina, almonds, cashews, bee pollen, hemp seeds, golden berries, goji berries, figs, lime juice, coconut butter, coconut oil, raw honey, matcha, almond flour

lemon poppyseed.....\$3.75

bright + creamy

lemon juice, lemon extract, poppy seeds, coconut oil, cacao butter, cashew butter, coconut butter, vanilla extract, maple syrup, protein powder, almond flour, coconut flour, sea salt

fat bomb.....\$4.25

keto friendly

almond butter, cashews, walnuts, sunflowerseed butter, coconut butter, coconut oil, vanilla, sea salt, monk fruit powder, cinnamon, pumpkin seeds, cacao nibs, coconut flour, vegan protein powder, cacao butter, 100% dark chocolate, beet powder

wondering about packaging?

*based on your catering needs, bites + bars can be individually packaged or prepped for display

*custom print materials available upon request at an extra charge



brownie batter chia & strawberries + cream chia



chickpea chop salad

salads + bowls

chickpea chop salad.....\$14

cultured cabbage, romaine, apple, celery, swiss chard, mint, spicy chickpeas, sumac, toasted sesame seeds, tossed with housemade green goddess dressing

kale caesar.....\$12

seasonal greens, cabbage, housemade vegan parmesan, housemade sourdough croutons and housemade sunflower seed-based dressing

brownie batter chia..\$8.75

chia seeds, cacao, vanilla, reishi, dates, cashew butter, sea salt, lucuma topped with cashew whip

strawberries + cream chia..\$8.75

chia seeds, barmilk vanilla, topped with strawberry mousse

omg oats.....\$7

soaked gf steel cut oats, cashews, coconut oil, dates, sea salt, steamed nutbar nutmilk, topped with nut crumble + maple syrup
choice of chocolate or classic granola on the side



nutbar granola

classic, chocolate or berries + cream

our house-made superfood granolas are organic, nutrient dense, only made from whole food ingredients, and no refined sugars. made to satiate and satisfy!

detox water



cold tonics

detox water.....\$6

mint chlorophyll, blue majik,
lemon juice, filtered water,
ice

iced chaggachio.....\$8.50

chaga, dandy blend, coconut
oil, cacao, maca, lucuma,
almond butter, dash of maple
syrup, nutbar nutmilk

matcha lemonade.....\$6.50

ceremonial matcha, filtered
water, lemon juice, honey

feel good booster shot.....\$8

ginger, lemon, pineapple,
echinacea, turmeric, camu
camu, sea minerals

hot or cold tonics

turmeric latte\$7

turmeric, cinnamon,
vanilla, raw honey, black
pepper, barmilk

supercoffee.....\$8

espresso, vanilla, coconut
oil, barmilk, raw honey

bright light tonic.....\$9

gynostemma tea, trace mineral
drops, cordyceps, vitamin D3,
lemon juice, ginger, turmer-
ic, propolis, royal jelly, bee
pollen, raw honey

supermatcha.....\$8

matcha, vanilla, coconut oil,
barmilk, raw honey

***cold drinks are individually bottled**



coffee + tea

coffee

.....\$45/10

we serve direct-trade coffee from local roaster, Pilot Coffee Roasters!

we can provide drip coffee for your catering request. served in a carafe that serves 10 (8 oz portions)

includes bottle of housemade nutbar nutmilk, organic dairy, organic cream, coconut sugar and necessary utensils to accompany any coffee or tea order

tea

.....\$3.75/pp

we have an assortment of 100% organic tea from local supplier, Lemon Lily. Choose from a selection of black, green or herbal tea.

note: please specify whether there is access to hot water on site or whether a canister is required



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