



Muskoka



Menu

250 ML Breakfast | \$5.50

Just Add Egg | \$5.50

Lunch | \$6/\$11/\$18

1L Skillet | \$18

6 Bites | \$10.50

BREAKFAST

Choose a style, yogurt type and flavour.- available as parfait, overnight oats, or chia pudding.

Vanilla, Plain, Vanilla Greek, Plain Greek,

Dairy-Free Coconut

\$1 extra for Greek or Coconut yogurt

Raspberry Chocolate, Mixed Fruit,

Blueberry Lemon, PB & J

Banana Hazelnut,

Strawberry Hazelnut, Wild Blueberry,

Maple Cinnamon Pecan, Strawberry

Cheesecake, Banana Cream Pie,

PB & Banana, Strawberry Peach,

White Chocolate Raspberry, Peach Mango

,Salted Caramel Strawberry



LUNCH JARS

Just pour contents of the jar into a bowl and dig in!

Kale Caesar

Blueberry Patch

Corn & Dill

Tzatziki Bowl

The Fresh

Street Corn Orzo

Taco

Chimichurri Chickpea

Watermelon Orzo

Strawberry Arugula

Creamy Cauliflower

Tuscan Pasta

Dill Pickle Pasta

Summer Peach

Chopped Brussel Sprout

Summer Quinoa

Beet Blend

Strawberry Summer

Apple Gouda

JUST ADD EGG JAR

Simply just add 1-2 eggs to a hot skillet with this jar

Classic Vegetarian

Mediterranean

Mexican

Italian

Pesto Vegetable

Asparagus Dill

Sun-dried Tomato



PROTEIN BITES

PB & Chocolate

Nutella Roche

Almond Crunch (Gluten-Free)

Chocolate Cherry

Sea Salt Caramel Dark Chocolate



SKILLETS

Add ingredients to a hot skillet and enjoy

Choose A Base:

Quinoa, Brown Rice, Basmati, Couscous, Rice

Noodles

Choose A Flavour:

Teriyaki, Honey Garlic, Mango Curry, Creamy

Dill, Taco, Sweet Chili, Peanut Lime, Pineapple

Jerk, Korean BBQ, Honey Sriracha, Tandoori

Coconut Curry, Honey Hoisin, Orange Ginger

Orders due by Tuesday @ 12PM