VEGAN FRIENDLY SMOOTHIES 12oz. $6.55

NNI GFI DFI

RASPBERRY & STRAWBERRY PUNCH
banana, orange, cantaloupe, raspberries, strawberries

GREEN MACHINE
avocado, spinach, kiwi, lime, cucumber, orange, green apple, honeydew, banana

TROPICAL PAPAYA & MANDARIN
banana, mango, papaya, strawberries, mandarin orange

PASSION FRUIT & MANGO SUNSHINE
pineapple, cantaloupe, banana, orange, passion fruit, mango

WILD BLUEBERRY
acai, banana, orange, blueberries

VERY BERRY
blueberry, strawberry, raspberry, blackberry, banana, orange

Minimum 6 per flavour





Just Parfait

All options below can be made with your choice of yogurt, chia pudding, or overnight oats

BERRY PARFAIT NNI GFI
yogurt, homemade crunchy granola, berry compote, and fresh berries
Mini: $5.50 | Regular: $6.95

PIÑA COLADA NNI GFI DFI
coconut milk oats, caramelized pineapple, coconut brittle, homemade crunchy granola and fresh fruit
Mini: $5.50 | Regular: $6.95

TROPICAL PARFAIT NNI GFI
yogurt, homemade crunchy granola, strawberries, kiwi and pineapple marmalade
Mini: $5.50 | Regular: $6.95

VEGAN CHIA & GRANOLA PARFAIT **$6.95**
marmalade, raspberry, coconut milk, maple, apricots.
NNI GFI DFI

ACAI BOWL **$11.25**
acai yogurt with berries, kiwi, granola and roasted coconut flakes NNI GFI

Make your own parfait option Available