

# CORPORATE SAMPLE MENU

## *Salads*

ALL SALADS ARE GLUTEN FREE

### ROASTED HARVEST SALAD

LOCAL GREENS FROM WICKLOW FARM, ROASTED YAMS AND BEETS, CUCUMBER, SHAVED FENNEL, SHREDDED ALMONDS, CRANBERRIES, QUINOA, GOAT CHEESE FETA, HONEY MAPLE DIJON DRESSING

### NOURISHED OG SALAD

LOCAL GREENS FROM WICKLOW FARM, SPIRALIZED BEETS, CUCUMBER, RED PEPPERS, GOAT CHEESE FETA, ROASTED PUMPKIN SEEDS, TOASTED SESAME AND MAPLE DRESSING

### MEDITERRANEAN SALAD

QUINOA, LOCAL GREENS, OLIVES, ROASTED BEET HUMMUS, ROASTED YAM, CUCUMBERS, TOMATOES, RED ONION, BELL PEPPERS

### BLUEBERRY BALSAMIC SALAD

~ LOCAL WICKLOW GREENS, CUCUMBER, SPIRALIZED BEETS, SHREDDED ALMONDS, CHERRY TOMATOES, FRESH BLUEBERRIES, BLUEBERRY BALSAMIC VINAIGRETTE

## *Seasonal wraps & Sandwiches*

LOCAL PROTEIN, HOUSE MADE AIOLI, LOCAL GREENS, CUCUMBERS, CASHEW CHEESE, SPROUTED BREADS OR ORGANIC WRAPS.

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### *Seasonal Soups and Stews*

PUMPKIN TURKEY CHILLI W/ GOAT CHEESE - GF

ROASTED SQUASH SOUP - DF, GF

CHICKEN AND CORN CHOWDER - DF, GF

WILD SALMON, DILL AND DAIKON CHOWDER - DF, GF

### *Buddha Bowls:*

ALL BOWLS COME WITH BASMATI RICE, ROASTED VEG, SAUERKRAUT (OPTIONAL) LOCAL GREENS, JULIENNE CARROTS, SPROUTS AND DRESSING - \$25 PP INCLUDING PROTEIN

CHICKEN MACRO BOWL W/ THAI PEANUT SAUCE - GF, DF STEAK

MACRO BOWL W/ CREAMY CASHEW LEMON DRESSING

VEGAN POWER BOWL W/ MISO GINGER DRESSING

### *Dessert Platters*

OUR DESSERT PLATTERS ARE LOADED UP WITH THE COWICHAN VALLEY'S FAVORITE, NOURISHING RAW TREATS. LOADED WITH SUPERFOOD INGREDIENTS TO GIVE YOU THE PERFECT MID DAY BOOST OF ENERGY!

ALL OUR DESSERTS ARE VEGETARIAN, GLUTEN FREE AND DAIRY FREE WITH TONS OF VEGAN OPTIONS! THEY INCLUDE FRESH FRUIT, DRIED FRUIT, FRUIT DIPS AND NUTS AND SEEDS. YOUR OFFICE WILL THANK YOU FOR THIS ONE!