

Our cafe is a place to build calm
unity and foster strong
community. Join us for simple,
healthy & vibrant food that
nourishes the body and ignites
your senses.



power shakes / 6.50

THE HANUMAN.

Everybody's favourite monkey with a protein powered punch. chocolate almond milk, organic bananas, organic peanut butter, dark chocolate (for antioxidants of course!)

THE VINYASA.

This refreshing blend of mango, vanilla almond milk, and blue agave syrup includes fresh ginger root- great for muscular recovery following a challenging flow class!

THE VIRABHADRASANA.

Be a strong and peaceful warrior powered by green superfoods. Vanilla almond milk blended with prairie naturals greens, banana, and antioxidant blueberries.

THE VRKSASANA. [KIDS SIZE \$3]

As classic as tree pose. This comfort shake of orange juice, mixed berries, and organic bananas is sure to be a favourite.

THE SAVASANA.

Find recovery in this soothing blend of organic coconut milk, strawberries, blueberries, blackberries, and raspberries with vanilla almond milk. Coconut provides important potassium and electrolytes post-practice.

ADD-ONS | \$1

- 🔥 Hemp Protein
- 🔥 Hemp Seeds
- 🔥 Prairie Natural Greens
- 🔥 Udo's Oil

DRINKS.

HAPPY PLANET DRINKS | \$3.75

DRINK ME RAW WHOLE FOOD GREEN SMOOTHIE | \$6.50

GLASS OF ALMOND MILK | \$2.25

COFFEE & TEA | \$2.00

🔥 10 CENTS OFF for bringing your own mug or container to go.

rice bowls / 8.50

THAI PEANUT BOWL.

Brown Jasmine Rice, Thai Peanut Sauce, Grilled Tofu Steaks, Cilantro, Julienne Carrots, Red Cabbage, Bean Sprouts, Peanuts Sweet Thai Chili Sauce

GREEK GODDESS.

Brown Jasmine Rice, Organic Baby Spinach, Snap Peas, Avocado, Cilantro, Sunflower Seeds Topped with a Tahini Sesame Goddess Dressing

JERUSALEM BOWL.

Brown Jasmine Rice, Grilled Falafel, Parsley, Red Cabbage, Celery, Avocado topped with Lemon and Phil's Famous Tahini, (hot sauce optional)

🔥 Ask us to make any of these rice bowls into a salad, replacing rice with hearts of romaine or spinach

rice bowls / 7.50

THAI PEANUT.

Brown Jasmine Rice and Thai Peanut Tofu with Carrots, Lettuce, Cilantro, and Sweet Thai Chili Sauce.

CASHEW CURRY.

Curried Chickpea and Cashew Hummus with Celery, Lettuce, Paprika, and Mango Chutney.

SUN-DRIED TOMATO HUMMUS.

Garlic Hummus with Sweet Reduced Balsamic Vinegar, Sun Dried Tomatoes, Grape Tomatoes, and Mixed Greens.