

**Marcil**

Lettuce, Red Cabbage, Brown Rice, Carrots,  
Broccoli, Radish, Fried Noodles  
Creamy Sesame Dressing **(add tofu +3.5)**  
**13.5** family size 40

**Oxford New!**

Lettuce, Tomatoes, Cucumber, Egg, Parmesan,  
Red Onion, Pita Chips, Balsamic Vinaigrette  
**13** family size 39

**Harvard**

Lettuce, Cucumber, Edamame, Egg, Olives,  
Tomatoes, Pita Chips,  
Red Wine Vinaigrette **(add tuna +4)**  
**14** family size 42

**Falafel**

Lettuce, Falafel, Red Cabbage, Pickled Turnip,  
Carrots, Cucumbers, Red Onion  
Lemon Tahini Dressing  
**15** family size 45

**Highwire Girl**

Lettuce, Chickpeas, Tomatoes, Cucumbers,  
Feta, Olives, Red Onion  
Oregano Garlic Vinaigrette  
**16** family size 51

**Morpho Bleu**

Kale, Red Cabbage, Blueberries, Almonds, Quinoa,  
Feta, Balsamic Vinaigrette  
**16** family size 48



**5600 Monkland / Montreal / (514) 482 8542**



**La Frisette**

Lettuce, Kale, Red Cabbage, Sweet Potato,  
Dried Cranberries, Quinoa, Pumpkin Seeds, Broccoli  
Honey Dijon Vinaigrette  
**14.5** family size 42

**Sud-Ouest**

Lettuce, Sweet Potato, Black Beans, Corn, Avocado, Pita Chips  
Cilantro Lime Vinaigrette  
**15** family size 45

**Pink Goat**

Lettuce, Kale, Red Beets, Goat Cheese, Walnuts, Red Onion  
Honey Dijon Vinaigrette  
**16** family size 48

**Monkland**

Lettuce, Kale, Red Cabbage, Egg, Chickpeas, Broccoli, Cucumber,  
Sunflower Seeds, Red Onion  
Honey Dijon Vinaigrette **New Dressing!**  
**15** family size 45

**Farmhouse**

Lettuce, Roasted Chicken, Egg, Avocado, Carrots, Corn, Pita Chips  
Creamy Herb Dressing  
**18** family size 54

*Caesars*

**Classic Caesar**

Lettuce, Kale, Parmesan, Pita Chips,  
Caesar Dressing  
**12** family size 36

**Walnut Ceasar**

Lettuce, Kale, Walnuts, Quinoa, Parmesan,  
Caesar Dressing **(add chicken +5)**  
**13** family size 39

**Vegan Ceasar**

Lettuce, Kale, Chickpeas, Red Cabbage,  
Avocado, Quinoa, Walnuts, Lemon  
Vegan Caesar Dressing  
**15** family size 45

*Wraps*

**Chicken Caesar Wrap**

Chicken, Parmesan, Lettuce, Caesar dressing **12**

**Tuna Salad Wrap**

Tuna Salad, Red Cabbage, Red Onion,  
Lettuce, Mayonnaise **12**

**Falafel Wrap**

Falafel, Carrots, Red Cabbage, Pickled Turnip, Kale  
Lemon Tahini Dressing **12**

**Sweet Potato Wrap**

Sweet Potato, Black Beans, Avocado, Lettuce  
Creamy Cilantro Sauce **12**

# Create Your Own Salads, Grain Bowls and Wraps

**Lettuce, Spinach and Kale (\$7) Quinoa, Brown Rice or Wrap (\$5)**

## Vegetables

Red Onion	0.5
Kale	1
Red Cabbage	1
Broccoli	1.25
Carrots	1
Cherry Tomatoes	1.5
Corn	1.25
Cucumber	1
Kalamata Olives	1.25
Pickled Turnip	1.25
Radish	1.25
Spinach	1
Red Pepper	1.5
Sweet Potato	1.5
Avocado	2.5
Roasted Red Beets	2

## Beans

Black Beans	1.5
Chickpeas	1.5
Edamame	1.5

## Proteins

Hard Boiled Egg	1
Marinated Tofu	3.5
Flaked Tuna	4
Roasted Chicken	5

## Grains and Crunch

Brown Rice	1
Quinoa	1.5
Baked Falafel	3.5
Chow Mein Noodles	1
Baked Pita Chips	1.25

## Fruits, Nuts & Seeds

Dried Cranberries	1
Blueberries	2.5
Sunflower Seeds	1
Pumpkin Seeds	1
Almond Slices	2
Walnuts	2

## Cheeses

Parmesan	2.5
Feta	3
Goat Cheese	3.5

## Dressings and Vinaigrettes

*Caesar Dressing*  
*Creamy Herb*  
*Creamy Sesame Dressing*  
*Honey Dijon Vinaigrette*  
*Ginger Sesame Vinaigrette*



*Vegan Caesar Dressing*  
*Lemon Tahini Dressing*  
*Cilantro Lime Vinaigrette*  
*Oregano and Garlic Vinaigrette*  
*Red Wine Vinaigrette*  
*Balsamic Vinaigrette*

*Olive Oil and Balsamic Vinegar*  
*Olive Oil and Lemon*



**Classic Chocolate Chip**

**Triple Chocolate Oreo**

**Rolo Stuffed**

**Strawberry Poptart**

**Double Caramel Popcorn**

**White Chocolate Cranberry**

Individual cookies \$3

Small Box (4) \$10

Medium Box - Half Dozen (6) \$15

Large Box - Full Dozen (12) \$30