

**OUR FOOD is...**

**FREE OF** refined sugars, transfats, fillers, non-food ingredients, artificial sweeteners, additives or preservatives.

**MADE FROM** whole grains, legumes, beans, nuts, seeds, locally grown fresh produce, natural condiments, sea food and vegetables, free range poultry and soy products.

**NATURALLY** low in fat, has a hearty protein base and is high in fiber.

**MADE FRESH** by hand, right here in our kitchen!

**USING** highest quality ingredients- first press extra virgin olive oil, sea salt, custom blended spices and herbs.

**BALANCED WITH** the whole philosophy and heart-healthy nutrition recommendations.

**PREPARED** in accordance with Slow Food concepts.

**PRESENTED** simply but elegantly.

**WEEKLY MEAL PLANS**

**Order by:** Friday 5 pm

**\*Delivery:**

Forest Hills (from St. Clair to Lawrence & from Dufferin to Avenue Road): Monday & Wednesday \$10

North York: \$15

Minimum: \$50

All orders must be secured with Visa or MasterCard.

**Cancellation policy:** If you need to cancel your order, please notify us via E-mail or telephone at least 48 hours before the scheduled delivery date. If you cancel within 24 hours of delivery, we will give you a credit to be used for a new order within 30 days.

**MENU FOR THE WEEK OF JUNE 14th**

**Wraps-** \$6.99      **Panini-** \$6.99

Roasted Vegetables & Goat Cheese

Portobello, Tomato, Brie

Artichoke Cheddar, Dijon Mayo

Chicken, Tomato, Havarti

Asian Chicken

Hummus, Chicken, Feta

Chicken in Peanut Sauce

Chicken, Caramelized Onions, Honey Dijon Sauce

Steak, BBQ Sauce, Blue Cheese

**Soup** sm \$ 4.99 lrg \$ 8.99

Tuscan Bean Soup

**Main Course Salads-** \$6.99

Japanese Noodle & Napa Salad

**Main Courses** (includes veg & starch side dish)

Lemon Spaghetti w/ Basil Pesto, Green Peas, Feta

Sweet & Sour Tofu w/ Pineapples

Southwestern Lentils & Couscous

Meatballs in Ginger Hoisin Sauce

Sweet & Sour Chicken w/ Pineapples

Strawberry Chicken

Sole baked in Roasted Pepper Sauce

**Always available:**

Quesadillas: Chicken, caramelized onions, feta OR Vegetarian

**Side Dishes:**

Organic Green Salad w/ Balsamic Vinaigrette- \$3.99

Seasonal Vegetable Medley - \$3.99

**Breakfast & Bakery**

\$4.99 EWC Special Blend Granola Trail Mix

\$4.99 Strawberry Banana Organic Yogurt Parfait

\$5.49 Citrus Marinated Fresh Fruit Salad

\$1.99 Chocolate Granola Bars

\$1.69 Berry Banana Bran Muffins

\$2.49 Multi-grain Fruit, Nut, Seed Rolls (No-sugar added)

\$1.49 Chocolate Chip Cookies

**GIFT CERTIFICATES AVAILABLE**

