

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 MARCH 7th

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

Main Course Salads- \$6.99

Orange Wheatberry

Soup

Vegetable Minestrone

Main Courses (includes veg & starch side dish)

WW Fettucini w/ Cheese Pine Nut Tomato Sauce (vegetarian)

Tofu W/ Peanut Sauce (Vegetarian)

Chickpea & Pasta Stew (Vegetarian)

Orange Ginger Beef

Chicken w/ Peanut Sauce

Chicken w/ Roasted Pepper & Sundried Tomato Sauce

Tilapia Or Sole over Spinach Mushroom Sautee

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

\$1.99 Chocolate Granola Bars

GIFT CERTIFICATES AVAILABLE

