

Kupfert & Kim

ALL DAY BREAKFAST

Steel cut oats \$6.75

Gluten-free Saskatchewan oats, cinnamon, almond butter, organic apple topped with berries, dried cranberries, hemp and sunflower seeds and choice of milk. (Until 10:30 am)

House-made granola \$6.75

Gluten-free rolled oats, dates, pumpkin, sunflower & sesame seeds, pecans, flax, cardamom, nutmeg, cinnamon, maple syrup topped with berries, dried cranberries, hemp seeds, and choice of milk.

Kim's Congee \$6.75

Brown rice, organic bok choy, organic kale, carrots, mushrooms, zucchini & topped with sesame seeds scallions, organic toasted sesame oil, house-made kimchi.

K&K waffle \$10.50

House-made gluten-free waffle topped with blueberries, hemp seeds and coconut-cashew cream.

Blue smoothie bowl \$9.75

Blueberries, cashew butter, avocado, coconut milk, lemon, dates, vanilla, flax.

Green smoothie bowl \$9.75

Organic kale, organic banana, date, avocado, coconut milk, lemon, chia, parsley & mint.

LUNCH & DINNER (from 11am)

Pesto quinoa \$10.85

Organic quinoa, seasoned lentils, organic greens, cabbage, pomegranate, roasted cashews, zata'ar spice, organic sprouts served with basil sunflower pesto and house vinaigrette.

Oaxaca \$11.75

Brown rice, black beans, organic kale, beets, non-GMO corn, daikon, hemp seeds, organic tortilla chips, lime wedge with pico de gallo, guacamole and cashew cream.

Almond lime \$12.25

Brown rice, organic tofu, organic bok choy, roasted mushroom, pickled carrots and daikon, caraway slaw, crushed cashews, cilantro, basil, sesame seeds, scallions, lime wedge, optional hot pepper with almond lime sauce.

First Canadian Place	\$11.75
Organic quinoa, organic tempeh, organic kale, roasted yam, pomegranate, beets, carrots, rainbow radish, purple cabbage, white cabbage, organic sprouts, sunflower and sesame seeds, with maple chia sauce.	
Miso broth bowl - Miyeokguk	\$12.25
Seaweed, shitake & miso broth, brown rice, daikon, carrots, organic bok choy, organic tofu, roasted mushroom, scallions, sesame seeds, house-made kimchi, optional hot pepper.	
Curry bowl	\$12.50
Organic tofu, onion, tomato, pineapple, zucchini, carrots, yam, with a spiced red thai curry sauce, optional hot pepper, on bed of brown rice, with side salad.	
Poke Poke	\$12.50
Brown rice, organic tofu poke, guacamole, non-GMO edamame, organic greens, cabbage, organic cucumber, red radish, daikon, scallions, sunflower and sesame seeds, organic sprouts, pickled daikon and carrot, optional hot pepper with lemon ponzu.	
K&K paleo	\$12.50
Roasted yam, baked hemp & sunflower balls, purple cabbage, carrot, organic greens, house-made sauerkraut, fennel slaw, organic cucumber, radish, sesame seeds with lemon tahini sauce and chimichurri. (Add extra hemp & sunflower ball for \$0.75)	
Harvey's Supersalad	\$12.65
Organic sprouted mung beans, organic greens, organic kale, organic cucumber, purple cabbage, beets, organic goji berries, organic dried cranberries, organic sprouts, radish, carrots, hemp, sunflower, chia, sesame and pumpkin seeds with basil vinaigrette.	
Burger of the day	\$12.85
Burger patty served on a bed of brown rice with pico de gallo/guacamole or hummus/za'atar salsa with roasted yam and side salad.	
Cauliflower tahini	\$12.85
Organic quinoa, roasted cauliflower, house-made hummus, za'atar salsa, carrots, cabbage, organic greens beets, mint, pomegranate, radish, sesame seeds seed flatbread with lemon tahini sauce.	

**FOR THE FULL AND MOST RECENT CATERING MENU
PLEASE VISIT OUR WEBSITE.**

