

**BOWLS**

POKE	32
albacore tuna + avocado + edamame + radish cucumber + sushi rice + pickled ginger	
GRAINS	22
white and red quinoa + ancient grains crispy curried chickpeas + sprouts + cabbage local greens + harissa vinaigrette	
MARKET GREENS	18
thai herbs + pickled carrots + radish cucumber + crispy shallot + citrus dressing	
RUNDLE CHOP SALAD	25
grilled chicken breast + sweet potato + roasted corn gem lettuce + cherry tomato + lindsay goat cheddar pumpkin seed + chimichurri dressing	
LEMONY CHICKPEA SOUP	14

MAINS

all items below include the choice of house chips or local greens

ROASTED VEGETABLE CLUB	26
sweet potato + beets + zucchini + red pepper jam vegan feta + sprouts + chickpea aioli + house gluten free bread	
CHICKEN LETTUCE WRAPS	27
shawarma spice + gem lettuce + carrots + cabbage sweet peppers + sesame dressing	
PULLED PORK SANDWICH	27
potato bun + cabbage slaw + alberta gold bbq sauce	
LEMONGRASS BEEF BÁNH MÌ	29
pickled vegetables + lettuce + tomatoes + cilantro + dill yogurt	