

august 2025 menu

snack club

*wed & fri
delivery



yogurt parfait

the real food promise

real food with real ingredients:



- * no artificial: colours, flavours or sweeteners
- * no added nitrates or nitrites
- * whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon,
sustainably-sourced & MSC-certified

proudly from Ontario:



organic or raised without antibiotics poultry,
pasture-raised beef without added hormones
or routine antibiotics*

*some exceptions may apply to accommodate religious needs



dairy products & organic tofu



local fruits & veggies prioritized

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- * ingredients sourced without GMOs
- * committed to reducing the carbon footprint
of our menus



globally & culturally inspired dishes

peanut & tree nut free

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	monday	tuesday	wednesday	thursday	friday
am snack	4 Civic Holiday 	5 seasonal fruit vanilla maple yogurt	6* seasonal fruit go bananas cereal milk 2%	7 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	8* seasonal fruit whole wheat blueberry scone
pm snack		snap peas & carrots organic crispbread crackers red pepper saucy dipz	seasonal fruit cranberry bar	cheddar bites cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	11 seasonal fruit brown rice cakes cream cheese	12 seasonal fruit raisin & seed oatie	13* seasonal fruit muesli morning round	14 super smoothie vanilla maple yogurt blueberry purée seasonal fruit	15* seasonal fruit cinnamon granola milk 2%
pm snack	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	seasonal fruit purple corn popcorn	egg salad wrap whole wheat wrap hard boiled egg dill saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit gluten free oat & quinoa cocoa bar
am snack	18 seasonal fruit brioche bite	19 seasonal fruit organic blossoms milk 2%	20* seasonal fruit cinnamon bun snacking rounds	21 seasonal fruit cheddar or mozzarella cheese	22 seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit whole wheat blueberry scone	cucumber tortilla crisps red pepper saucy dipz	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	baby carrots, broccoli & cauliflower brown rice cakes hummus
am snack	25 seasonal fruit whole wheat mini bagel cream cheese	26 seasonal fruit go bananas cereal milk 2%	27* hard boiled egg brioche bite	28 seasonal fruit cranberry-orange morning round	29* seasonal fruit organic strawberry granola
pm snack	seasonal fruit raisin & seed oatie	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit mini cocoa cookies	veggie roll up whole wheat wrap carrot matchsticks hummus	cucumber chickpea crisps dill saucy dipz

*Wednesday's delivery includes snacks for Thursday & Friday. *Friday's delivery includes snacks for Monday, Tuesday & Wednesday.
Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks