

FIELD & SOCIAL

SALADS

	TOTAL CALORIES	FAT (G)	SAT FAT (G)	CARBS (G)	FIBER (G)	SUGARS (G)	SODIUM (MG)	PROTEIN (G)
WILD RICE, GOAT CHEESE + APPLE Roasted chicken breast, roasted yams, wild rice + steel cut oats, spinach + romaine + kale, goat cheese, green apple, almonds, <i>honey balsamic dressing</i> .	744	30.2	5.4	63	8	14	745	38.2
NOURISH BOWL (V/GF) Local tempeh, quinoa, red pepper hummus, roasted yams, pickled red cabbage, romaine, green kale, baby spinach, super seed sprinkled avocado, toasted sunflower seeds, <i>roasted onion + curry dressing</i>	705	50	7	41	15.3	5.3	655	25.3
THAI PEANUT (V) Garlic rice noodles, romaine + arugula, red peppers, cucumber + tomatoes, carrot, jicama, toasted peanuts, local tempeh, <i>Thai peanut dressing</i> .	675.6	43	3.9	43.1	8.5	7.6	565.1	33.3
SINGSON'S COCONUT CHICKEN (DF) Coconut chicken thigh, kale, romaine, roasted squash, cilantro, pickled cabbage, sunflower seeds, dates, crispy shallots, black sesame seeds, <i>miso dressing; in collaboration with Top Chef Canada Runner-Up Mark Singson</i> .	601.5	35.2	6.2	52.4	11.2	19.7	537.6	26.6
KALE CAESAR Roasted chicken breast, kale, romaine, grated Parmigiano Reggiano, garlic and herb croutons, toasted cashews, 1/2 ramen egg, lemon wedge, <i>Caesar dressing</i> .	484	28.5	5	11.1	2.9	2.4	669.2	31
SPICY BROCCOLI + MUSHROOM Spinach + romaine + kale, spicy broccoli + roasted mushroom, shredded cabbage, green onion, red peppers, pumpkin seeds, smashed egg, <i>tamari + sesame ginger dressing</i>	374	27	3.2	21	6.1	15.4	1279.5	15.5
RUSTIC ORZO Roasted chicken breast, orzo, kale, romaine, walnuts, sundried tomatoes, bacon, Grana Padano, <i>basil and white balsamic dressing</i> .	905	57.4	10.4	58.7	10	7.5	1589.8	42.9
ROASTED CHICKPEA Marinated + roasted chickpeas, romaine + arugula, red onion, feta, cucumber + tomatoes, pita chips, red pepper hummus, <i>fresh herb dressing</i>	898	55	8.2	80	20.4	12.4	1578.4	30.5
AVOCRUNCH Roasted chicken breast, carrot + cabbage slaw, feta, marinated wheat berries, romaine, arugula, toasted sunflower seeds, green onion, crispy shallots, 1/2 avocado, <i>fresh herb vinaigrette</i> .	1106	86	15	49	15	10	1226	45
CHICKEN TOSTADA Chopped romaine + kale, roasted chicken breast, tomato, sunflower seeds, red onion, cilantro, feta, crisp baked tostada, <i>charred tomato + Jalapeño dressing</i>	632	46	11.66	22.66	1.5	2	931	42.51



EAT WELL, FEEL GOOD.