

CARROTS N' DATES

PLANT BASED 🌱 HEALTH EATERY

📞 519 735 0447	✉ info@carrotsndates.com	STALK US	M	T	W	T	F	S	S
🌐 www.carrotsndates.com	📍 1125 Lesperance Rd.	f 📷 🐦							X

Here at Carrots n' Dates, we strongly believe that including more whole foods, fruits and vegetables in your diet is extremely beneficial. We prepare almost everything from scratch and make it fresh daily. All of our food is sourced local and GMO free whenever possible. We believe that food is an essential source for health, energy, happiness and well-being.

BREAKFAST

Pancakes 12.00

served until 11am on weekdays, 2pm on Sat.
oats, flax, banana, cinnamon, warm berries,
organic raisins, house trail mix

- Maple crème pancakes
- Peanut butter jelly pancakes

Chocolate Smoothie Bowl 🌱 10.00

banana, organic peanut butter, cacao, seasonal
fruit, chia seeds, hemp hearts

Green Smoothie Bowl 🌱 10.00

banana, mango, kale, spinach, seasonal fruit,
chia seeds, hemp hearts

Breakfast Toast

Served on organic sprouted wheat bread. 🌱
Can sub for gluten-free bread.

- **Avocado Toast** 9.00
avocado, tomato, sprouts, salt n' pepper
- **PB n' Banana** 8.50
organic peanut butter, banana,
cinnamon
- **Hazelnut Toast** // when available 9.50
move over Nutella, there's a new
kid in town. Organic hazelnut
butter, banana, date syrup, cacao

LEGEND

- + new item
- 🌾 contains gluten
- ❤ staff fave
- 🌱 grain free
- ★ customer fave
- 🥥 raw

SALAD

Longevity Beauty Salad 🥥 11.00

greens, cabbage, carrots, cucumbers, hemp hearts,
house trail mix with avocado n' parsley dressing

➤ Protein patty add on +3.00

Taco Salad 13.00

romaine, kale, spinach, cabbage, walnut sunflower
kale meat, salsa, cucumbers, tortilla chips, cilantro,
green onions, hemp hearts, creamy garlic dressing.

➤ Warm brown rice add on ❤ +1.50

Caesar Salad 🥥 11.75

romaine, kale, spinach, cabbage, red peppers,
carrots, sunflower seeds, nutritional yeast, lemon
garlic dressing

Soup

Check our sign by the front counter to see
the soup n' stew of the day. Our selection
changes weekly.

- **Cup Size** 4.00
- **Bowl Size** 6.00

Soup n' Salad Combo 12.00

includes a cup of soup or stew n' a bowl of salad

➤ Taco salad +1.50

MAIN 1/2 (FLIP PAGE FOR MORE)

Buddha Bowl + 🌱 14.75

warm brown rice, romaine, spinach, cabbage, smoked
tofu, cucumber, carrots, sesame, creamy tahini dressing

Pad Thai ★ 15.50

rice noodles, cucumbers, carrots, red peppers, cabbage,
cilantro, lime, green onions, peanut sauce

The Nori Bowl + 14.75

warm brown rice, kale, spinach, romaine, cabbage,
shredded nori, pineapple, green onion, cucumbers,
carrots, cilantro, peanut sesame vinaigrette

Green Power Bowl ❤ 14.75

spinach, kale, cabbage, mushrooms, marinated tofu,
warm brown rice, lemon tahini dressing, sesame,
sunflower seeds

Falafel Bowl with gluten free garlic toast 15.00

greens, cabbage, romaine, cucumbers, salsa,
baked falafel, parsley, lemon tahini dressing

Nachos

organic tortilla chips, salsa, carrots, cucumbers, walnut
sunflower kale meat, hemp hearts, cilantro, green onion,
creamy garlic sauce

- Full Size 15.00
- Half Size 12.00

Add-Ons

- Guacamole 3.00
- Warm protein burger patty 3.00
- Extra dressing 1.50
- Warm brown rice 1.50
- Avocado 2.00
- Sautéed tofu n' mushrooms 3.00
- Organic gluten free toast or vegan bun 1.00