



Wraps and salads

come with chips with salsa

VEGGIE WRAP \$ 7.95

whole wheat or spinach tortilla, hummus, carrots, avocado, red bell pepper, sprouts and cucumber

VEGETARIAN PITA \$ 7.95

naan bread, tzatziki, onion, baby spinach, grilled pepper, and chick peas

TURKEY BAGUETTE \$ 8.95

artisanal bread, organic turkey, Swiss cheese, lettuce, tomato, Dijon mustard, vegan mayo, onion and fresh basil

TUNA WRAP \$ 8.95

whole wheat or spinach tortilla, tuna salad, avocado, Granny Smith apple, red onion, tomato, and Dijon mustard dressing

MEXICAN WRAP \$ 9.95

whole wheat or spinach tortilla, marinated grilled chicken, corn salsa, avocado, mango, peppers, lettuce, and cilantro

FRENCH CRÊPES \$ 8.25

organic chicken, goat cheese, avocado, baby spinach, tomato, sour cream, and Sriracha sauce

GF MASON JAR VEGGIE LOVER \$ 7.50

spring mix, carrots, red bell peppers, corn, chickpeas, avocado, quinoa, and lemon olive oil dressing

MASON JAR CAESAR SALAD \$ 9.50

romaine lettuce, grilled chicken, cucumber, croutons, pine nuts, Parmesan, and Caesar dressing

MASON JAR GRANNY SMITH \$ 9.50

spring mix, grilled chicken, green apple, carrots, cranberries, pine nuts, goat cheese, and balsamic dressing

EXTRAS

Grilled chicken: \$ 3.50

Avocado: \$ 2.50

Goat cheese: \$ 2.50

Make any item vegetarian by requesting no meat



Dessert and snacks

WOWMOMS MUFFIN VEGAN \$ 3.50

all muffins made in-house using vegan ingredients*

- Banana, blueberries, and raspberries
- Apple and maple syrup
- Banana and chocolate chips

DESSERT CRÊPES \$ 7.25

caramel or maple syrup, bananas and strawberries

SMOOTHIE BOWL \$ 7.99

vanilla yogurt, fresh seasonal fruit, granola, and chia seeds

RICE CAKE 1/ \$ 4.95 2/ \$ 6.95

rice cake, almond butter, garnished with fresh seasonal fruit

GF FRUIT PLATE \$ 7.95

a selection of seasonal fruits

GF YOGURT PARFAIT \$ 5.95

vanilla yogurt, assorted mixed berries

PROTEIN PLATE \$ 7.25

hard boiled egg, cottage cheese, fresh fruit, and whole wheat toast

AVOCADO TOAST \$ 6.95

whole wheat or multigrain toast, avocado, seasoning

ENERGY BITES 1/ \$ 2.50 2/ \$ 4.00

almond butter, honey, rolled oats, chia and hemp seeds



Oh my wowmoms



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WORLD

