

The Green House



SALADS

You Jerk

Coconut lime vinaigrette, mangoes, carrots, cranberries, coconut, feta cheese, spinach



sm: 10.50 • lg: 14.50

Sol Caesar

Ranchers caesar dressing, turkey bacon, mozzarella, croutons, mixed greens



sm: 10.50 • lg: 14.50

Brain Food

Curried avocado aioli, carrots, raisins, peanuts, apple & red pepper chutney, spinach



sm: 11.50 • lg: 15.50

The Undecided

Pick your size, pick 1 protein, pick your greens, pick your dressing, pick 3 toppings

sm: 11.50 • lg: 15.50



BOWLS

Balsamic Linguine Light

Balsamic vinaigrette, spinach, red peppers, mushrooms, broccoli, feta cheese



13.00

gluten free: add \$2.00

La Rioja Tomato Paella

Lentil jasmine brown rice, tomatoes, red peppers, broccoli, mushrooms, feta cheese, pick a protein



14.00

Sweet Chili Pad Thai

Pick quinoa/cauliflower rice, mixed greens, eggs, zucchini, cauliflower, carrots, peanuts, pick a protein



15.00

Running Wild

Balsamic vinaigrette, quinoa, carrots, eggs, trail mix, sweet potatoes, spinach



sm: 10.50 • lg: 14.50

The Brazilian

Spicy tomato vinaigrette, red peppers, mushrooms, broccoli, bean medley, mozzarella, sunflower seeds



sm: 10.50 • lg: 14.50

Greens & Proteins

Balsamic vinaigrette, eggs, trail mix, mozzarella, bean medley, mixed greens



sm: 10.50 • lg: 14.50

Iron Born Pesto Penne

Pesto vinaigrette, sweet potatoes, zucchini, carrots, cauliflower



13.00

gluten free: add \$2.00

Curry Jerk Paella

Lentil jasmine brown rice, bean medley, zucchini, cauliflower, carrots, pick a protein



14.00

Bourbon Street Creole

Pick quinoa/cauliflower rice, spinach, creole sauce, chickpeas, black, pinto, kidney beans, carrots, pick a protein



15.00

Pasta add on

chicken, salmon, steak, tofu, prawns, snapper



4.00



The Green House



WRAPS

The Jerk

Jerk sauce, grilled chicken, spinach, red peppers, carrots, bean medley



10.00

A Gaucho BBQ

Sweet chilli vinaigrette, steak, broccoli, carrots, jasmine brown rice, lentils



10.00

English Bay BLT

Curried avocado aioli, pacific seafood salad, carrots, turkey bacon, tomatoes



10.00

Pesto & Roasted Vegetable

Pesto vinaigrette, hummus, zucchini, carrots, cauliflower, quinoa



10.00

SANDWICHES

High River Steak Melt

Tomato vinaigrette, spinach, steak, carrots, mushrooms, mozzarella



13.00

Plato's Fish Taco

Pesto vinaigrette, Morne Jaloux hot pepper sauce, snapper, mixed greens, tomatoes, feta cheese



12.00



DIPS

Roasted Garlic Hummus

Served with your choice of pita nann bread or raw vegetables (1/2 & 1/2 add: \$0.50)



9.00

Spinach Dip

Served with your choice of pita nann bread or raw vegetables (1/2 & 1/2 add: \$0.50)



8.00

KEY



Chicken



Prawn



Seafood



Beef



Snapper



Salmon



Tofu



Vegetarian



Vegan



No dairy



Gluten free



Nuts



No dairy

The Green House

EXTRAS

Extra dressing

0.75

Soup

1 cup: 4.50 • 1 1/2 cup: 6.50

Rice

1/2 cup: 2.00 • 1 cup: 4.00

Rye bread

2.00

Garlic rye bread

2.25

Garlic pita bread

2.50

Cliff energy bar

4.00

Cliff builder bar

4.00

Banana/Zucchini bread

5.00

Greek yogurt parfait

Served with seasonal fruit

6.00

Fruit Salad

5.00

Frozen greek yogurt

Served with seasonal fruit

5.00

Morne Jaloux Hot Pepper sauce

0.75

DRESSINGS

Greenhouse dressing

13.00

Greenhouse jerk sauce

15.00

Morne Jaloux Hot Pepper sauce

16.00

COMBOS

Soup & Salad

sm:14.00 • lg:17.00

Soup & Dip

12.00

Wrap & Soup

14.00

Wrap & Salad

19.00

Frozen greek yogurt & salad

sm:14.50 • lg:17.50

DRINKS

Pop/Water/Juic

2.00

Vitamin / Sparkling water

2.75

Coconut water

3.75

Ask us about catering your next event!
www.thegreenhousesalad.com

The Green House



The Green House

CATERING

Let the greenhouse cater your next event!
Looking for a healthy tasty option delivered to your boardroom, office, or special event? we would love to help!
please email your catering request to

mikhail@thegreenhousesalad.com

please include: date & time of the event, ideal budget, number of people, location, dietary concerns/issues & a phone number.

LOCATIONS

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