

vitamarket

ready to eat

SALADS

House Salad GF V **10⁹⁹**

Green leaf lettuce, quinoa, shredded carrots & beetroot, chickpeas, tomatoes, currants & pumpkin seed.

Sweet Potato & Wild Rice GF V **11⁹⁹**

Green leaf lettuce, wild rice, sweet potato wedges, beans, tomatoes, dried cranberries & sunflower seeds.

Baked Falafel GF V **11⁹⁹**

House-made falafel, green leaf lettuce, red cabbage, cucumbers, caramelized red onion, tomatoes & sesame seeds.

Red Quinoa and Mixed Vegetable GF V **8⁹⁹**

Quinoa, chickpeas, carrot, tomatoes, green kale, red onion & capers.

Winter Slaw GF **8⁹⁹**

Hearty slaw with a creamy yogurt and herb dressing, topped with cranberries and pumpkin seeds.

Pasta Salad **8⁹⁹**

Featuring cherry tomatoes, borlotti beans, artichoke hearts, feta cheese, green olives, zucchini and onion with seasoned vinaigrette dressing.

Homestyle Potato Salad GF **8⁹⁹**

Yellow potatoes, celery, red onion, dill pickles, free run egg.

Lemon Tahini Dressing GF V **1²⁹**

(3.5 oz)

SANDWICHES & WRAPS

Baked Falafel Wrap V **8⁹⁹**

House-made falafel, red cabbage, cucumber, tomato, caramelized onion, lettuce & tahini.

Roast Turkey Sandwich **9⁹⁹**

Free-run turkey, cheddar, lettuce, mayo & mustard.

Tofu BLT V **8⁹⁹**

House-made tofu bacon, tomato, lettuce & vegan mayo.

SNACKS

Pre-cut and ready to consume. Organic.

Veggies with Lemon Tahini GF V **5⁹⁹**

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SOUPS

Sweet Potato Coconut Curry GF V 8⁹⁹

Sweet potato, onion, carrot, coconut milk & seasonings.

Beet Borscht GF V 8⁹⁹

Beets, potato, red cabbage, onions, carrot, celery, tomato & seasonings.

Organic Beef Chili GF 11⁹⁹

Organic lean ground beef, onion, carrots, kale, peppers, black beans, chickpeas, non-gmo corn, tomatoes & seasonings.

Mushroom Quinoa GF V 8⁹⁹

Mushrooms, red quinoa, tomatoes, onion, carrot, celery & seasonings.

PREPPED

Riced Cauliflower GF V 5⁹⁹

Organic cauliflower. Use as a base for a raw salad or heat it up in a stir fry for a quick meal.

Zucchini Spirals GF V 4⁹⁹

Spiralized from fresh zucchini, ready for sautéing, steaming or baking. Great alternative to pasta.

Chopped Kale GF V 3⁹⁹

Organic kale. Washed and ready to consume. Use in salads, stir fry, soups & more.

Cooked Red Quinoa GF V 3⁹⁹

Red organic quinoa, sea salt. Use as a base for salad, soup, or stir fry.

Organic Beef Pasta Sauce GF 9⁹⁹

Made with organic vegetables and local organic beef.

Local Bison Shepherd's Pie GF 17⁹⁹

Local bison, organic vegetables and seasonings topped with creamy mashed potato.

Stuffed Peppers GF 9⁹⁹

Stuffed with organic quinoa and vegetables mixed into a tomato and mozzarella sauce.

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PROTEINS

Local Prairie Bison Burger  **14⁹⁹**

(4 pack) Local ground bison, caramelized red onion, seasonings.

Vegetarian Black Bean & Red Pepper Burger **8⁹⁹**

(4 pack) Base of black beans with red pepper, caramelized red onion, seasonings.

Boneless, Skinless Chicken Breasts **18⁹⁹/kg**

Free roaming, grain-fed, raised without added hormones or steroids. Product of Manitoba.

Boneless, Skinless Chicken Thighs **20⁹⁰/kg**

Free roaming, grain-fed, raised without added hormones or steroids. Product of Manitoba.

Chicken Breast Bone-In **14⁹⁰/kg**

Free roaming, grain-fed, raised without added hormones or steroids. Product of Manitoba.

Chinese 5 Spice Marinated Chicken Thighs  **26⁹⁰/kg**

Free roaming, grain-fed, raised without added hormones or steroids. Chinese 5 Spice marinade. Local Halal chicken.

Free Run Eggs **9⁷⁹**

(30 pack) Large size, Manitoba eggs.

 = MADE WITH GLUTEN-FREE INGREDIENTS  = VEGAN

BASICS

Hand Sanitizer **9⁹⁹**
(120ml)

Spring Water

Pure 8.0 pH balance spring water.

11.4L **7²⁹**

18.9L **7⁶⁹**