

Kupfert & Kim

SALADS & BOWLS

	Single Serving	Platter
Cauliflower tahini Choice of base, hummus, roasted cauliflower, za'atar salsa, carrots, cabbage, beets, mint, pomegranate, organic greens, radish, pickled onions, sesame seeds, seed & oat crackers with lemon tahini sauce.	\$14.25	\$60.00
Oaxaca Brown rice or choice of base, black beans, organic kale, beets, non-gmo corn, daikon, hemp seeds, organic tortilla chips, lime wedge with pico de gallo, guacamole and cashew cream.	\$13.75	\$55.00
K&K paleo Roasted sweet potato, hemp & sunflower balls, house sauerkraut, carrots, cucumber, organic greens, fennel slaw, cabbage, organic sprouts with lemon tahini sauce and chimichurri.	\$14.25	\$55.00
First Canadian Place Choice of base, organic tempeh, organic kale, roasted sweet potato, beets, pomegranate, carrots, rainbow radish, purple cabbage, white cabbage, organic sprouts, sunflower and sesame seeds with maple chia sauce.	\$13.75	\$55.00
Almond lime Brown rice, organic tofu, bok choy, pickled carrots and daikon, roasted mushroom, caraway slaw, crushed cashews, cilantro, sesame, scallions, basil, lime wedge, optional hot pepper with almond kaffir lime sauce.	\$13.75	\$55.00
Keto bowl Cauliflower rice, org tempeh chorizo, org scrambled tofu, org kale, hemp, broccoli, cabbage, cucumber, with avocado aioli.	\$14.25	\$60.00
Green dream Brown rice or choice of base, steamed broccoli, org kale & bok choy, cucumber, green peas, org sprouts, almond lime sauce.	\$13.75	\$55.00
Add extra protein Choose from black beans, 2 hemp & sunflower balls, green peas, org baked tempeh, org tempeh chorizo, org baked tofu, org tofu scramble.	\$2.50	\$10.00



SALAD BAR

Single Serving
\$13.75

Minimum order of 8 servings.

Bases (choose 2): organic kale, organic greens, brown rice, organic quinoa.

Proteins (choose 2): black beans, hemp & sunflower balls, organic scrambled tofu, organic baked tofu, organic baked tempeh.

Toppings (choose 6): bok choy, roasted cauliflower (+1), roasted mushrooms, roasted sweet potato, blueberries, beets, broccoli, red cabbage, white cabbage, caraway slaw, carrots, non-GMO corn, cucumber, daikon, fennel slaw, organic greens, guacamole (+2), hummus, organic kale, kimchi, red radish, watermelon radish, pico de gallo, za'atar salsa.

Garnishes (choose 4): almonds, cashews, cranberries, herb mix, hemp seeds, pickled onion, min, pickled jalapeno, pumpkin seeds, pomegranate, sesame seed, sunflower seeds, organic sprouts, scallions, Thai pickle, sauerkraut, sunflower parmesan, tortilla chips, za'atar spice.

Sauces (choose 2): almond lime sauce, lemon tahini dressing, chimichurri, pesto, house vinaigrette, maple chia dressing, lemon & olive oil.

Additional protein	\$2.50
Additional base	\$2.50
Additional sauce	\$2.00
Additional topping	\$1.00



SPECIALTIES	Single Serving	Platter
Guac burger	\$15.75	\$65.00
House patty, pico de gallo, guacamole, pickled onions, pea shoots, on a bed of grain or salad, with house salad and roasted sweet potato.		
Tahini burger	\$15.75	\$65.00
House patty, pico de gallo, guacamole, pickled onions, pea shoots, on a bed of grain or salad, with house salad and roasted sweet potato.		
K&K lasagna	\$15.75	\$65.00
Sweet potato, lentil bolognese, cashew ricotta, pesto, organic kale, organic sprouts, sunflower parmesan with side salad.		
Golden curry	\$14.75	\$60.00
Eggplant, zucchini, organic tofu and potato, with golden curry sauce, on a bed of organic kale and brown rice, topped with roasted cashews, cilantro & basil, green onion, lime wedge and optional hot peppers.		
Miso ginger broth bowl	\$13.75	
Brown rice or organic quinoa, house kimchi, daikon, green onion, radish, carrots, bok choy, mushroom, organic tofu, sesame, almonds.		
 BRUNCH ALL DAY		
House granola	\$7.75	\$30.00
House-made granola topped with blueberries, cranberries, hemp seeds and your choice of milk.		
Breakfast bowl	\$13.50	\$55.00
Brown rice or sweet potato, roasted mushroom, organic kale, organic tofu scramble, guacamole, black beans, za'atar salsa, organic sprouts, sesame.		
K&K waffle	\$12.75	
House-made gluten-free waffle topped with organic blueberries, hemp seeds and coconut-cashew cream.		
Keto coconut yogurt parfait	\$9.25	
Yogurt (org coconut, bacteria cultures), berries, hemp, house granola.		
 TOASTS		
Avocado toast	\$7.75	\$30.00
Seed & oat toast, smashed avocado, cucumber, radish, pickled onion, pomegranate, sunflower parmesan, sea salt.		
Mediterranean toast	\$7.75	\$30.00
Seed & oat toast, pomegranate, olives, hummus, lime, toasted walnuts, fine herbs, organic sprouts, sea salt.		
Almond banana toast	\$7.75	\$30.00
Seed & oat toast, almond butter, org banana, wild blueberries, sea salt.		

SMOOTHIES

	Single Serving
Green	\$8.75
Organic kale, organic banana, organic pear, lime, ginger, hemp seeds, mint.	
Blueberry	\$9.25
Wild blueberries, cashews, lemon, dates, vanilla, flax.	
Almond chocolate	\$9.75
Almond butter, cacao, dates, chia seeds, coconut milk.	
Açaí	\$9.50
Organic açaí, organic banana, organic strawberries, coconut milk.	
Vanilla cacao	\$9.75
Organic banana, vanilla, walnuts, cacao, maple syrup, coconut milk, hemp & sunflower seeds, sea salt.	

**ORDERS MUST BE PLACED
24 HOURS IN ADVANCE.**

**ORDERS NEED TO MEET MINIMUM
CHARGE OF \$100 BEFORE TAX.**

**DELIVERY IS AVAILABLE FOR
SELECT LOCATIONS WITH A
MINIMUM \$15 DELIVERY CHARGE.**

**PLEASE ADVISE IF YOU NEED
CUTLERY & NAPKINS.**

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MOST RECENT CATERING GUIDE
PLEASE VISIT OUR WEBSITE.**

Platters serve 4-6.

SIDES & SHARES

	Single Serving	Platter
Guac & chips	\$8.25	\$35.00
With pico de gallo and non-gmo corn tortilla chips.		
Roasted sweet potato	\$7.75	\$30.00
With avocado aioli, pickled jalapeño, scallions, sunflower & sesame.		
Cauliflower side	\$8.25	\$35.00
With pomegranate, sunflower parmesan, chimichurri, pickled onions, organic sprouts.		
Hummus side	\$8.25	\$35.00
With seed & oat crackers, za'atar salsa, olives and organic sprouts.		
Soup of the day	\$7.50	\$30.00
Call for details.		
Hemp & sunflower balls with za'atar yogurt	\$8.25	\$35.00
Coconut yogurt, olive oil, mint, tahini, za'atar.		

TREATS

Chocolate oat square	\$4.75	\$20.00
Chocolate or key lime mousse	\$7.75	\$30.00
Bakery platter		\$30.00
Mixed assortment of muffins, cookies, macaroons & squares.		

BOTTLED DRINKS

Eska water (still or sparkling)	\$1.75
Flow water (various flavours)	\$2.75
Rise kombucha (various flavours)	\$4.75
Remedy kombucha (0 sugar, various flavours)	\$4.75
Greenhouse cold pressed juice (various flavours)	\$7.50