



Menu

250 ML Breakfast | \$5

500 ML Lunch | \$10.50

Premixed | \$11.86 | \$20.34

1 L Skillet | \$18

6 Bites | \$10

BREAKFAST

Choose a style, yogurt type and flavour

Style: Parfait, Overnight Oats, Chia Pudding

Yogurt Options: Regular Vanilla, Dairy Free Coconut, Lactose Free, Vanilla Greek

Flavours: Mixed Berry | Blueberry + Lemon | Raspberry Chocolate | Peanut Butter + Jam | Cherry Cluster | Strawberry Hazelnut | Apple Cinnamon | Banana Cream Pie | **Pomegranate + White Chocolate**

JUST ADD EGG JAR

Simply just add 1-2 eggs to a hot skillet with this jar

Classic Vegetarian

Mediterranean

Mexican

SKILLETS

Add ingredients to a hot skillet and enjoy

Choose a base:

Quinoa, couscous, brown rice or basmati base, then,

Choose a flavour:

Taco, peanut, honey garlic or tandoori, creamy dill, tomato parmesan, pineapple jerk, tzatziki, butter chicken, vegetable chow mein, spicy curry, honey sriracha, **vegetable fried rice**

LUNCH JARS

Just pour contents of the jar into a bowl and dig in!

Kale Caesar | Green Crunch | Beet Blend | Thai Peanut Noodle | Taco | Weekend Jar | Great Greens | Honey Ginger | Pineapple Fried Rice | Apple, Farro, Gouda | The Fresh | Broccoli Chickpea | Easy Greens | Fall Vibes | Greek Quinoa | Tuscan Pasta Salad | Wild Side | **Fall Harvest (premix) | Candied Pecan + Pear**

SOUPS

Vegatable Soup | Veg Stuffed Pepper | Chicken Noodle | Tomato Basil | | Beef Taco |

PROTEIN BITES

Peanut Butter + Chocolate Chip | Coconut + Cocoa (Nut Free) Almond Crunch (Gluten Free) | Nutella | Cranberry Almond | Ginger Snap | Peppermint Chocolate | **Salted Caramel**

FROZEN MEALS

Mac + Cheese | Sweet Potato + Brussels Sprout Hash