



BREAKFAST

Organic oatmeal

\$4⁹⁵

Warm & comforting. Served with toast (rye, whole wheat or sourdough)

Yogurt Parfait

\$5⁹⁵

A par-fect start to your day! Layers of organic vanilla yogurt & organic Soul Sistas granola topped with berries, maple syrup & toasted coconut... yum!

Hungry Buddha

\$6⁹⁵

***served until 11am**

2 fresh eggs scrambled with grilled veggies & a blend of cheeses. Your choice of toast on the side!

Breakfast Burrito

\$6⁹⁵

***served until 11am**

Two fresh eggs scrambled with grilled veggies, a blend of cheeses & mild salsa (or spicy if you want it!) All wrapped in a whole wheat tortilla.

EGGSTRA DELICIOUS!

Spinach Crust Quiche

Gluten free! Cauliflower, peppers, goat cheese & egg baked in an all-spinach crust.

Have a glance in our deli for other daily quiche creations!

CHECK OUT OUR DAILY SPECIALS BOARD TO SEE WHAT WE'VE CREATED WITH LOCAL AND ORGANIC PRODUCE.

WE'RE ALWAYS COMING UP WITH FRESH AND UNIQUE IDEAS!

SANDWICHES

***Add a soup or salad for \$3**

Grilled Cheese

\$4⁹⁵

A blend of cheeses sandwiched between your choice of rye, whole wheat or sourdough & then grilled to perfection.

Hummus & Falafel Wrap

\$7⁵⁰

A Soul Sistas favourite! Our homemade hummus, falafel patties & fresh veggies come together on a whole wheat wrap.

Spicy Buddha Wrap

\$7⁵⁰

A whole wheat wrap covered in our homemade hummus, organic brown basmati rice, & grilled veggies, then drizzled with sweet chilli sauce & topped with carrots, cucumber & lettuce.

Open-Faced Focaccia Melt

\$-

Cheese & specialty toppings of the day atop Windmill's fresh focaccia. Price is based on ingredients used.

Sistas' Canadian BLT

\$7⁹⁵

Delicious locally produced peameal bacon is complemented with tomato, lettuce & chipotle mayo. Your choice of rye, whole wheat or sourdough.

RICE BOWLS

All of our rice bowls are proudly made with organic brown basmati rice.



Faithfull Buddha

\$7⁹⁵

Topped with roasted veggies, homemade hummus & a blend of fibre-rich seeds.

Green Buddha

\$8⁵⁰

Topped with roasted veggies, homemade hummus & a blend of fibre-rich seeds all on a bed of mixed greens.

Greek Goddess

\$8⁵⁰

Topped with black olives, tomatoes, cucumber, roasted veggies & feta. Try it with the Sistas Citrus Oregano dressing!

CHOOSE YOUR SAUCE!

- ◆ Coconut Thai Chili (not spicy)
- ◆ Tokyo Teriyaki
- ◆ Ho Chi Minh Peanut

LIGHT FARE & SALADS

Tortilla Chips with salsa OR hummus

\$5⁹⁵

Stuffed Pretzel

\$4⁹⁵

Choose from our daily special flavours! Served with Cheesie Jalapeno or Roasted Garlic dipping sauce.

Rainbow Greens

\$7⁹⁵

A colourful medley of fresh greens, grated beet & carrot, peppers & a blend of omega-rich seeds. Topped with feta cheese & served with fresh focaccia.

Little Greens

\$4⁹⁵

The perfect little side salad. A colourful medley of fresh greens, grated beet & carrot topped with omega-rich seeds.

Divine Salad

\$7⁹⁵

Warm grilled veggies & feta come together on a bed of fresh greens. Try it with Sistas' Balsamic!

CHOOSE YOUR DRESSING!

- ◆ Sistas' Citrus Oregano
- ◆ Green Goddess
- ◆ Sistas' Balsamic
- ◆ Sweet Lime Cilantro

JUICE BAR

*Add a shot of wheatgrass
\$2⁹⁵



\$5⁵⁰

Happy Days ~ Carrot, apple, fresh ginger & lemon

Liquid Love ~ Cranberry, pineapple, fresh ginger & OJ

Raspberry Razamataz ~ Beet & apple blended with frozen raspberries

Soul Love ~ Orange, cranberry, apple, beet & cinnamon

Immune Boost ~ Apple, beet, ginger, Ester C & Echinacea

Vital Veggie ~ Spinach, beet, carrot & celery

Popeye ~ Spinach, carrot, celery & lemon

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Wheatgrass Shot

\$3⁵⁰

Loaded with vitamins & all 8 essential amino acids.

Simply Carrot or Apple

\$4⁵⁰



SMOOTHIES

\$4⁹⁵



*Substitute soy, rice or almond milk
75

Mango Mama ~ Frozen mango, banana, lemon juice & maple syrup

Orange Blossom ~ OJ, frozen strawberries, banana & vanilla

Banana Latte ~ Frozen banana, organic iced coffee, milk & cinnamon

Chai Me A River ~ Iced Chai Tea, frozen banana, coconut milk, milk & cardamom

Winter Holiday ~ Frozen pineapple, banana, coconut milk, milk & vanilla yogurt

*Add a shot of wheatgrass
\$2⁹⁵

Blueberry Balance ~ Frozen blueberries, banana, milk & twister power

Ready Set Go! ~ Frozen strawberries, banana, vanilla yogurt, milk, twister power, protein powder, cinnamon

Cinnamon Girl ~ Frozen banana, pineapple, raspberry, cinnamon, coconut milk, OJ

Coco Nutter ~ Banana, almond butter, cocoa & milk

Trip to Paradise ~ Frozen peaches, mango, banana, coconut milk, vanilla yogurt & OJ

COFFEES



*Bring your own cup for 10%off

Organic Drip Coffee

Sm. \$1⁵⁰ Med. \$2⁰⁰ Lg. \$2⁷⁵

Cafe au Lait – ¾ organic drip coffee & ¼ steamed milk

Sm. \$2⁵⁰ Med. \$3⁰⁰ Lg. \$4⁰⁰

Iced Coffee (large size)

\$3²⁵

Espresso sing. \$2²⁵
dbl. \$3⁰⁰

Americano sing.
\$2²⁵ dbl. \$3⁰⁰

Cafe Latte sing.
\$3⁵⁰ dbl. \$4⁷⁵

With steamed milk & a little foam

Cappuccino sing. \$3⁵⁰
dbl. \$4⁷⁵

With steamed milk & loads of foam

Red Eye sing. \$3⁵⁰ dbl.
\$4⁷⁵

Our organic drip coffee with a boost of espresso!

Canadiana sing. \$3⁵⁰
dbl. \$4⁷⁵

Espresso & foamed milk topped with maple syrup & freshly ground nutmeg



Mocha Latte

sing. \$3⁷⁵

dbl. \$5⁰⁰

With steamed milk & organic hot chocolate

Inka Caffeine free!

\$3⁰⁰

*With steamed milk

\$4⁰⁰

A blend of roasted chicory root & spices

Take a Shot ¢75

Add any flavoured shot to your coffee or sub with soy, rice or almond milk

Soul Chai Tea – Our own unsweetened blend of warm spices & steamed milk

Sm. \$2⁵⁰ Med. \$3⁰⁰ Lg. \$4⁰⁰

Soother Booster (large size)

\$4⁰⁰

Fresh lemon, ginger & honey. Great for battling a cold or flu!

Iced Herbal Tea

\$2⁷⁵

Italian Soda

\$3²⁵

Stretch your dollar to the max by giving the gift of great food at great prices! Buy your friends and loved ones Soul Sistas GIFT CERTIFICATES for any occasion.

SPECIAL TEAS



Organic loose leaf or bagged teas

Any size \$2⁰⁰

Muskoka Fog – A mug of steamed milk infused with organic Earl Grey Tea & vanilla syrup

Med. \$3⁵⁰ Lg. \$4⁰⁰

Hot Chocolate – Organic chocolate & steamed milk

Sm. \$2⁵⁰ Med. \$3⁰⁰ Lg. \$4⁰⁰

Steamer – Steamed milk with your choice of flavour shot

Sm. \$2⁵⁰ Med. \$3⁰⁰ Lg. \$4⁰⁰

Like what our kitchen is dishing out? Ask us for a catering menu!

We'll make your next event a memorable one with healthy affordable cooking.