



# ETERNAL ABUNDANCE

All Organic Market & Vegan Eatery

Pinched for time? Call us with your order at 604-707-0088  
Need Delivery? We're on DoorDash and UberEats

## DRINKS

All cold To-Go drinks come in a glass Mason jar for a \$1 jar deposit. Return the clean Mason jar + lid to get your \$1 deposit back

### SMOOTHIES 16 oz

<b>Green Goddess</b> 13 Orange, Zucchini, Apple, Spinach, Kale, Ginger, Hemp Hearts, Dates, Spirulina, Orange Juice	<b>Wellness Warrior</b> 13.5 Banana, Zucchini, Carrot, Dates, Ginger, Turmeric, Black Pepper, Hemp Hearts, Goji Berries, Astragalus, Orange Juice
<b>West Coast Blues</b> 13 Banana, Zucchini, Blueberries, Dates, Kale, Hemp Hearts, Lemon Zest, Orange Juice	<b>Raspberry Revive</b> 14 Banana, Zucchini, Raspberry, Dates, Beet Powder, Hemp Hearts, Lemon Zest, Orange Juice, Coconut Milk
<b>Golden Glow</b> 13.5 Banana, Zucchini, Mango, Pineapple, Dates, Hemp Hearts, Turmeric, Black Pepper, Camu Camu, Coconut Milk, Orange Juice	<b>Mighty Matcha</b> 13 Banana, Zucchini, Dates, Matcha, Hemp Hearts, Vanilla, Maple Syrup, Coconut Milk
<b>Cinnamon Crunch</b> 13.5 Banana, Zucchini, Dates, Oats, Chia, Almonds, Vanilla, Cinnamon, Salt, Coconut Milk Topped w/ Granola!	<b>Iron Hero</b> 13 Banana, Zucchini, Dates, Almonds, Moringa, Hemp Protein, Cacao Powder & Paste, Vanilla, Salt
<b>Mindful Mocha</b> 13 Banana, Zucchini, Cold Brew Coffee, Dates, Cacao Powder, Almonds, Maca, Chaga, Salt, Vanilla, Coconut Milk	<b>Cashew Vanilla Chip</b> 13 Banana, Zucchini, Dates, Oats, Cashews, Vanilla, Coconut Milk, Cacao Paste
<b>Mint Choco Chip</b> 13 Banana, Zucchini, Dates, Hemp Hearts, Spirulina, Maca, Mint extract, Cacao Nibs	<b>OPTIONAL SMOOTHIE ADD-ONS</b> 1.5 chia, flax, chlorella, spirulina, hemp, almonds, ashwagandha, moringa, maca, cacao nibs, cacao powder, goji berries, coconut oil

\*We don't add powders or berries to juices or hot drinks

### JUICES 8 oz / 16 oz

\*= juiced in advance due to long juicing wait time

<b>*Straight Orange</b> 7.75 12.75 Hand pressed oranges	<b>*Fruity Greens</b> 9 13.75 Only Greens + Apple, Lemon, Ginger
<b>Sunrise</b> 8.25 13.25 Carrot, Beet, Orange, Lemon	<b>*Only Greens</b> 10 14.75 Kale, Celery, Cucumber, Collard, Spinach, Parsley
<b>Orange Wake</b> 8.25 13.25 Orange, Carrot, Apple, Turmeric, Ginger	<b>T's Tonic</b> 10 14.75 Apple, Lemon, Ginger, Turmeric, E3 Live (1 oz)
<b>Straight Celery</b> 8.75 14.25	

### SHOTS

Add any shot into your juice or smoothie and receive 50¢ off.

<b>E3 Live</b> 1 oz 5 2 oz 8.25	<b>Lemon Ginger Cayenne</b> 2 oz 5
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### SMOOTHIE BOWLS

<b>Raspberry Revive</b> 16.5 Topped w/ granola, almonds, cacao nibs, raspberries, cacao paste, coconut flakes	<b>Mighty Matcha</b> 15.5 Topped w/ granola, strawberry, banana, cacao nibs, oats, blueberries
<b>Iron Hero</b> 15.5 Topped w/ granola, banana, cacao nibs, coconut flakes, cacao paste, almonds	<b>West Coast Blues</b> 15.5 Topped w/ granola, oranges, blueberries, coconut flakes, cacao nibs

### SPECIALTY DRINKS 12 oz

Milk options: House Oat+Nut Blend / Coconut Milk / Soy Milk / Plain Oat Milk

<b>Loose Leaf Tea</b> 3.75 Fresh Tracks (English) Breakfast, Earl Grey, Genmaicha, Jasmine Green, Rooibos, Mountain Mint, Hibiscus Love, or Chamomile >> Add milk + 1 >> Add maple syrup + 1	<b>Chaga Tea</b> 5 Immune-boosting mushroom from Harmonic Arts
<b>Masala Spiced Tea</b> 5.5 House-made chai spices brewed with caffeine-free Rooibos tea	<b>Chaga Latté</b> 7.25 Chaga tea, choice of milk, maple syrup
<b>House Chai Latté</b> 7.25 Masala Spiced Tea, maple syrup and choice of milk	<b>Lemon Ginger Tea</b> 5.75 Fresh lemon, orange, ginger, maple syrup
<b>Dark Hot Chocolate</b> 8 Creamy dark hot chocolate made from raw cacao. Sweetened with coconut sugar and maple syrup. Your choice of milk. >> Add superfood upgrade + 1 (chaga, maca & cinnamon)	<b>Matcha Latté</b> 7.5 Classic grade matcha, vanilla, coconut oil, choice of milk, maple syrup
<b>Turmeric Latté</b> 7.5 Turmeric & spices, vanilla, coconut oil, choice of milk, maple syrup	<b>Hojicha Latté</b> 7.25 Nutty roasted green tea, vanilla, coconut oil, choice of milk, maple syrup
	<b>Superfood London Fog</b> 7.75 Earl Grey, Lion's Mane, oat milk powder, Ashwagandha, choice of milk, maple syrup

### COFFEE

Milk options: House Oat+Nut Blend / Coconut Milk / Soy Milk / Plain Oat Milk  
Add maple syrup +1

<b>Espresso 2 oz</b> 4.5	<b>Americano 12 oz</b> 5 Make it a Misto +1 Optional: Ask for it iced
<b>Flat White 12 oz</b> 6.75 2oz espresso with choice of milk.	Optional: Add extra 2oz shot +2.25
<b>Iced Cold Brew 12 oz</b> 6 Medium roast Served black. Add milk +1	<b>Latte 12 oz</b> 7.25 Choice of milk Optional: Ask for it iced Optional: Add extra 2oz shot +2.25



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## FOOD

**RAW** : Our raw food items are prepared at temperatures lower than 118°F to preserve nutrients and enzymes and are served cold

### SALADS

Optional add-ons: scoop stew +6.5 ½ avocado +3.5 kraut/kimchi +3

**Kale Caesar** Side 8.5 Reg 16 Lg 21  
Kale, lettuce, gluten-friendly croutons and rawmesan tossed in Caesar dressing, topped with sprouts  
Raw option: no croutons, sub olives

**House Salad** **RAW** Side 7.75 Reg 15 Lg 19.25  
Lettuce, cabbage, carrot, beet, tomato, cucumber, bell pepper, red onion, seed blend and sprouts. Choice of dressing: Miso Ginger or Caesar

**Alex's Special Salad** Reg 15 Lg 19  
Kale, nori seaweed, warm brown rice, carrot and red onion tossed in Miso Ginger dressing, topped with sprouts and a sprinkle of sesame

### BOWLS

Optional add-ons: scoop stew +6.5 kraut/kimchi +3

**The Incredi-bowl**  
Choose topping: Hummus 21 Baked Tempeh 22 Roasted Veg 22  
House salad served with your choice of topping, avocado, brown rice or quinoa, sprouts and seed blend. Choose Miso Ginger or Caesar dressing

**Burrito Bowl** 22  
Rice or quinoa, lettuce and cabbage, chili spiced tempeh black bean mix, avocado, salsa, sunflower sour cream, pickled onions, lime, cilantro

### STEW / SOUP

**Stew of the Day** Sm (8oz) 10.5 Lg (16oz) 15.25  
Please check the Specials board or ask about our daily stew  
Served with choice of raw flax crackers or gluten-friendly toast

**Golden Curry Noodle Soup** 22  
Thai curry, lemongrass, coconut milk broth with miso and ginger, yams, carrots, broccoli, bell pepper, rice noodles, kale and tofu

### RAW ENTRÉE **RAW** : All are served cold

Optional add-ons: scoop stew +6.5 ½ avocado +3.5  
kraut/kimchi +3 hot sauce +1.5

**Raw Sandwich** Half 16.25 Full 21.5  
Onion rosemary flax-sunflower bread, suncheeze, lettuce, tomato, cucumber, red onion, bell pepper, sprouts, avocado, and a mini slaw.

### NORI ROLLS

Optional add-on: scoop stew +6.5

**Miso Walnut Roll** **RAW** 13.5  
Walnut-sunflower-miso-smoked paprika paté, avocado, carrot, bell pepper, cucumber, sprouts, sprinkle of sesame seeds, rolled in nori  
Served with GF tamari. Sub soy-free coconut aminos for \$1.25

**Spicy Kimchi Roll** 13.5  
Brown rice, kimchi, avocado, lettuce, cucumber, bell pepper, sprouts, sesame seeds wrapped in a raw nori sheet and drizzled with spicy mayo.  
Served with GF tamari. Sub soy-free coconut aminos for \$1.25

### SIDES

**Crackers & Dip** **RAW** 9.5  
Our raw flax crackers, cucumber slices, suncheeze or cooked hummus

**Gluten-Friendly Toast (2 slices)** 4.5  
Our house-made GF toast with choice of butter, hummus or suncheeze

**Roasted Veg** 9  
Daily rotating seasonal roasted vegetables

**Side Quinoa** 4.25

**Side Brown Rice** 3.5

## BREAKFAST MENU

Served till 2pm every day

**Tofu Scramble** 21.5  
Cheesy, smoky mushroom and pepper tofu scramble with roasted yam and potato hash, cabbage and carrot slaw tossed in miso ginger dressing, house-made ketchup and pickled onions  
>> Add 2 slices gluten-friendly toast with choice of spread for +4.5

**Smoked Tofu Benny** 23  
House-made caraway oat biscuits topped with smoked tofu slices, creamy cashew hollandaise, avocado, wilted kale and fresh tomato. Served with side slaw and roasted yams and potato hash

**Quinoa Waffles** sm (2 pcs) 16 lg (3 pcs) 19  
Cinnamon-spiced quinoa and oat flour waffles topped with seasonal fruit compote, coconut flakes, a sprinkling of almond-protein granola, house-made buttery spread, a side of maple syrup and fresh fruit slices

**Orange Blueberry Chia Pudding** (Served all day long) 16.75  
Coconut milk chia pudding, lightly sweetened with maple syrup and a splash of orange juice, topped with crunchy almond protein granola, blueberry orange sauce, fresh banana, oranges and cacao nibs