



Sanctuary

HOLISTIC KITCHEN

@ ALOUETTE BISTRO

Sweets

Vegan Cheesecake **\$7.50**

Raspberry Chocolate: GF & V

Chia Pudding Parfait **\$8.99**

Chia Pudding, Fruit Compote &
Coconut Whip GF & V

Drinks

Chunky Monkey Smoothie **\$9.99**

Banana, Spinach, Oat Milk, Cinnamon,
Sun Butter, Vegan Protein, Flax, Honey
GF & DF

Carrot Zinger Cold Pressed Juice **\$8.99**

Carrots, Lemon, Apple, Ginger
GF & V

Kosmic Kombucha Pints **\$4.50**

Aqua Frescas **\$7.99**

Wellness Shot **\$3.50**

Elderberry or Fire Shot **\$3.50**

Soup

Seasonal Soup of the Week: GF

Cup **\$7.50**

Bowl **\$14.50**

Noshing Plates

Lark & Owl Noshing Plate **\$13.99**

Assorted Meats, Cheeses, Olives and
Crackers

Mains

Pesto Chicken Salad **\$17.99**

Choice of Superfood Crackers, Sourdough
Bread or Gluten Free Bread, and Greens &
Sprouts with a side of Hummus & Carrots

Turkey Garden Burger **\$17.99**

with Sourdough Brioche or Gluten Free
Bread, Pesto, Sprouts, Greens & Pickled
Onions with a side of Hummus & Carrots:

Avocado Toast **\$14.99**

Choice of Sourdough Bread or Gluten Free
Bread, Hummus, Greens, & Sprouts,
Tomatoes, Everything Seasoning & Olive Oil
with a side of Hummus & Carrots.

Cucumber Sandwich **\$14.99**

Choice of Sourdough or Gluten Free Bread,
w/ Cashew Farmers Cheese, Walnut Pesto,
Greens, Sprouts & Herbs, with a side of
Hummus & Carrots.

Cup of Soup & ½ Sandwich **\$16.99**

Choice of Sourdough or Gluten Free Bread,
Choose from Pesto Chicken Salad, Avocado
Toast or Cucumber Sandwich, with a side of
Hummus & Carrots.

Farmers Market Salad **\$15.99**

Greens, Sugar Snap Peas, Carrots, Radish,
Apples, Avocado, Quinoa, Sprouts &
Fermented Ginger Turmeric Dressing

Forbidden Rice Salad **\$15.99**

with Strawberries, Walnuts, & Balsamic
Vinaigrette & a Scoop of Cashew Farmers
Cheese GF & V



Beverages

Aqua Frescas

Pineapple Lavender, Watermelon Strawberry,
Strawberry Lime, Cucumber Mint Chia

Aquas ½ Gallon \$28 Full Gallon \$42

Fresh Pineapple Kale Cooler

Pineapple, Kale, Cucumber, Celery, Lime, Green
Apple: GF & V

Carrot Zinger Cold Pressed Juice

Carrots, Lemon, Apple, Ginger GF & V

Juices ½ Gallon \$32 Full Gallon \$48

Party Platters

For the Birds Noshing Plate \$7pp

Vegan Dips: Roasted Garlic Hummus,
Cashew Farmers Cheese, Tahini Honey
Butter, Fruit, Veggies, Olives,
Sourgough or GF Bread and Crackers

Lark & Owl Noshing Plate \$8pp

Assorted Meats, Cheeses, Fruit,
Veggies, Olives, Bread, Spreads and
Crackers

Sandwich Assortment Platter \$7pp

Choice of: Italian Hummus Veggie,
Pesto Chicken Salad, Avocado Toast,
Cucumber Bistro Sandwich
Bread Choice of Sourdough or
Gluten Free

The Sweet Side

Vegan Cheesecake

\$7pp

Raspberry Chocolate, Chocolate Sunbutter,
Mango Cardamom, Lemon Lavender, Pumpkin
Spice: GF & V

Fruit Cobbler Baked Oats

\$8pp

with Fresh Yogurt, Honey, & Toasted
Almonds: GF

Fresh Fruit & Yogurt Cup

\$6pp

with Fresh Yogurt, Honey, & GF Granola

Salads

Forbidden Rice Salad

\$8pp

with Strawberries, Walnuts, & Balsamic
Vinaigrette & a Scoop of Cashew Farmers
Cheese GF & V

Farmers Market Salad

\$8pp

Greens, Sugar Snap Peas, Carrots,
Radish, Apples, Avocado, Quinoa,
Sprouts & Fermented Ginger Turmeric
Dressing

Zesty Greek Chicken Salad

\$14pp

Quinoa Tabouleh, Roast Chicken, Vegan
Tzatziki Sauce & Zahtar Roast Chic Peas

Minimum 10 people per order. Prices are per person unless otherwise noted.

Served Family Style with Compostable Plates, Napkins and Utensils