

Buddha-Full

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106 West First Street Suite 101 V7L 1A9 · +16049730231 · Updated: Jan 14, 2026



LONGEVITY 9

Buddha-Licious

cold-pressed apple juice + blueberry + raspberry + strawberry + banana

Common Ground

cold-pressed orange juice + strawberry + banana + dates

Vibrance-C

cold-pressed orange juice + pineapple + mango + banana + ginger + dates

Peaceful Warrior

cold-pressed apple juice + acai + blueberries + banana + dates

Sweet'n Sacred

sprouted almond mylk + chai spices + banana + dates

Heart Beet

cold-pressed beet juice + raspberries + strawberries + pineapple

Buddha-Buzz

sprouted almond mylk + raw cacao + espresso + banana + dates

Go Coconuts

coconut H2O + coconut cream + pineapple + banana + dates

Inspired Spirit

seasonal smoothie

GREEN 6

Be Green

cold-pressed apple juice + kale + spinach + lemon + banana + spirulina

Zen Glory

sprouted almond mylk + matcha + spinach + banana + dates

Green Guru

cold-pressed apple juice + mango + spinach + pineapple + dates

Happy Face

sprouted almond mylk + blueberries + strawberries + kale + raw almond butter + banana + dates

Green Detox

alkalized H2O + kale + cucumber + lemon + ginger + avocado + chia seed

Fresh Town

almond milk + raw cacao + banana + raw cacao nibs + spinach + mint + dates

PROTEIN 7

Lobo

sprouted almond mylk + organic peanut butter + hemp protein + banana + dates

108

cold-pressed orange juice + blueberries + mango + banana + hemp protein + bee pollen + goji berry + maca + spirulina + dates

Tall Totem

sprouted almond mylk + raw cacao + hemp protein + maca + banana + dates

Blue Dharma

sprouted almond mylk + blueberries + chai spices + chia seed + banana + hemp protein + dates

Good Morning Buddha-Full

sprouted almond mylk + whole apple + oats + hemp protein + mama + raw almond butter + ceylon cinnamon + dates

The Chief

sprouted almond mylk + avocado + raw cacao + almond butter + hemp + chia seed + dates

High Tide

cold-pressed orange juice + mango + spinach + hemp oil + dates + spirulina + hemp protein

JUICE 1

Juice (500ml)

500ml glass bottles return 11 get 1 free. Available in Growler 1l, Growler 1.89l

NOURISH 5

Glow

pineapple + celery + cucumber + cilantro

One Love

orange + beet + strawberry + pineapple + rosewater

Red Rumi

apple + beet + lemon

Be True

100% apple or 100% orange or 100% grapefruit

Inspired Spirit

seasonal juice

HYDRATE 3

Beautiful Raven

alkalized H2O + activated bamboo charcoal + grapefruit E.O. + chia

Float

coconut H2O + blue magik + omega oil

Inspired Spirit Mylks

HEALTH SHOTS 6

Hot Shot

ginger + turmeric + lemon + apple + black pepper + cinnamon + cayenne

Dragon Breath

100% ginger

Alo-to-the-Ha!

100% aloe juice

Flu Shot

fermented cider tonic

E3 Live

freshwater blue-green algae

Wheatgrass

BOOSTERS & ENHANCERS 1

Radiant Beauty Blend

sea buckthorn + aloe vera + schizandra berry + MSM

SUPERFOODS 15

Chia Seed

Bee Pollen

Chlorella

Pine Pollen

Raw Cacao

Omega Oil

Rose Water

Ashwagandha

Goji Berry

Spirulina

Maca

Aloe Vera

5 Mushroom

Avocado

Cold & Flu

PUPPY LOVE ¹

K9 Smoothie Bowl

(vet-approved) kale + almond butter + blueberry + strawberry + banana + alkalized H2O

HOT DRINKS ¹⁵

The Healer

cold-pressed apple + ginger + immune booster + ceylon cinnamon

Comfort Chai

made in-house (sweet or non-sweet)

Kick-Start Latte

synergistic blend of chaga mushroom + ramon nut + yerba mate + raw cacao + sarsaparilla + maca + roasted dandelion + guarana (adrenal-supporting)

Freedom Latte

espresso + coconut oil + hemp hearts (sugar-regulating)

Some like it Hot

raw cacao + chocolate + spices + mylk

Dig Deep

almond milk + beet juice + cinnamon + rose water + vanilla

Latte Gold

almond milk + fresh turmeric + ginger + black pepper + coconut oil

Cloud Nine

coconut cream + charcoal + chaga + macca + ramon + sarsaparilla + dandelion + guarana + banana

Pacific Rim

almond milk + peanut butter + smoked salt + blue magic

Americano

Americano Misto

Latte

Cappuccino

Mocha

Tea

organic + local + foraged

ON TAP 1

Kom-Boom-Cha!

Available in 12 oz; kombucha + wheatgrass

EDIBLES 4

Avocado + Toast

radish + sunflower sprouts

Nuts about You

Banana + hemp hearts + toast. Add Extra for Gluten Free. Add: peanut butter, almond butter, bliss butter (chocolate walnut) (Available In: 1 slice, 2 slices)

Vegetable Samosa

baked or traditionally fried + mango chutney

Pakorras

spinach or vegetable + mango chutney

WRAPS 3

The Mumbai

chickpea + masala + eggplant + spinach + mango

The Fiesta

bean puree + daiya cheese + avocado + tomato + cabbage + chilies

The Tuscan

field roast sausage + cashew pesto + daiya cheese + tomato + spinach

SANDWICHES & PANINIS 3

The Mediterranean

sundried tomato + spinach + grilled peppers + daiya cheese + tomato

The Grounded

hummus + sprouts + spinach + kimchi + tomato

The Smash (Open Faced)

yeast-free sourdough + avocado + radish + sunflower sprout

SOUP 3

Noble Curried Pumpkin

Soul Chili

daiya cheese + avocado + spinach

Inspired Spirit

seasonal soup

HERBIVORE 6

Living Buddha

burger + organic salad

Tofuino Salad

diced kale + zesty peanut dressing + carrot shreds + organic smoked tofu + hemp hearts

Mahalo Salad

purple cabbage + cabbage + mango + tomato + kale + coconut, lime and cilantro dressing

Big Sur Caesar

diced kale + beet shreds + smoked tempeh + cashew caesar dressing

Rainbow Salad

organic greens + beet + carrot + cucumber + celery + sprouts + apple + sunflower seeds + lemon ginger dill dressing

Side Salad

organic greens + carrot + beet + lemon ginger dill dressing

ACAI BOWLS 3

Berry Bliss

gluten-free granola + acai + blueberries + banana + raspberries

Green Peace

gluten-free granola + acai + kale + spirulina + banana

Nut-Thing Better

gluten-free granola + acai + peanut butter + banana + dates

BUDDHA BOWLS 5

Bohemian Soul

lemon tahini

Wild at Heart

miso ginger

Golden Luv

pineapple curry

Aloha-Poke

yuzu sesame

Inspired Spirit

seasonal bowl
