

THE WELLNESS GARAGE CAFE

Real food. Plant based. Made to nourish.

BLISS BALLS

Chocolate Cake - Walnuts, cocoa, dates & oats. \$2.00
Carrot Cake - Coconut, dates, walnuts, carrots, cinnamon & a hint of maple.

BOWLS

Rainbow Buddha Bowl

Lemony marinated chickpeas, carrots, beets, quinoa and spinach, creamy tahini dressing, pumpkin seeds & green onions.

SOUP

Creamy Thai Sweet Potato Soup \$7.00
Hearty, warming and full of plant based protein!

SMOOTHIES

Green Recovery \$7.00
Banana, mango, cucumber, spinach, lemon, ginger, avocado & coconut water.

Peanut Butter Cup Protein

Creamy organic peanut butter, cocoa powder, plant-based protein powder, banana & almond milk.

Berry Burst

Mixed berries, banana, greek yogurt, spinach & coconut water.

*Also offering - Level Ground Coffee,
Loose Leaf Teas & Healthy Hooch Kombucha!*



Cafe Open Monday-Friday 10am-2pm
15165 Russell Avenue
White Rock, BC