



catering menu

nutbar



things to know

our food is **100% organic**

we make everything in-house from scratch

our recipes are superfood-focused and centred around some of the worlds most nutrient dense foods

our food is just as delicious as it is nutritious

“nutbar nutmilk” refers to our custom blend of real nutmilk. It is a 100% organic, unprocessed blend of cashew, almond + coconut milks. It contains 30% nuts whereas the average boxed nutmilk contains closer to 2%



colada, green + citrus juice

superfood smoothies + juicies

***100% organic + superfood-focused**

vanilla.....\$12

tastes like a vanilla milkshake

cashews, vanilla, chia seeds, nutbar nutmilk, dates, sea salt

vanilla espresso..... \$13.75

tastes like coffee ice cream

cashews, vanilla, chia seeds, nutbar nutmilk, dates, sea salt, pilot espresso

chocolate.....\$13

tastes like a chocolate milkshake

cacao, lucuma, maca, banana, sunflower seed butter, dates, nutbar nutmilk, sea salt

green.....\$12

fresh + smooth

seasonal greens, apple, banana, cucumber, avocado, chlorophyll, spirulina, lemon juice

ultimate recovery.....\$14.75

tastes like blueberry pie

blueberries, collagen, cashews, matcha, chia seeds, vegan protein powder, dates, nutbar nutmilk, sea salt

green juicie.....\$11

the nutbar mojito

apple, cucumber, spinach, fresh mint, lemon juice, mint chlorophyll, sea moss gel, cordyceps, filtered water, ice

citrus juicie.....\$11

crisp + tart

orange, grapefruit, lime, ginger, sea moss gel, bee pollen, fresh mint, turmeric, sacred lotus pollen, filtered water, ice

colada juicie.....\$11

creamy + vibrant

pineapple, shredded coconut, sea moss gel, b. powered honey, nutbar nutmilk, filtered water, ice

wondering about packaging?

*based on your catering needs, beverages come individually bottled

*custom print materials available upon request



bites + bars

*100% organic + superfood-focused

bars

nutbar.....\$5.25
 a healthy chocolate bar
 100% dark chocolate, cacao, cacao butter, cacao nibs, hazelnuts, pistachios, almond butter, almond meal, almonds, hemp seeds, coconut nectar, sea salt, dates

breakfast bar.....\$5.25
 healthy + energizing
 gf rolled oats, coconut flour, coconut oil, chia seeds, shredded coconut, cinnamon, vegan protein powder, rice puffs, raw honey, sunflower seeds, almond butter, cranberries, dates, sea salt

trailmix crunchy.....\$5.25
 decadent + nutty
 almonds, cashews, pecans, chia seeds, pumpkin seeds, sunflower seeds, goji berries, golden berries, shredded coconut, hazelnut butter, 100% dark chocolate, chocolate cacao butter, maple syrup, sea salt

bites

cookie dough.....\$3.75
 superfood-focused cookie dough
 gf oats, vanilla, maca, cinnamon, almond butter, almond meal, coconut oil, 100% dark chocolate chips, dates, sea salt

supersuperfood.....\$3.75
 very, very healthy!
 spirulina, almonds, cashews, bee pollen, hemp seeds, golden berries, goji berries, figs, lime juice, coconut butter, coconut oil, raw honey, matcha, almond flour

wondering about packaging?

*based on your catering needs, bites + bars can be individually packaged or prepped for display

*custom print materials available upon request at an extra charge

hype fudge.....\$3.75
 smooth + bittersweet
 coconut butter, espresso, honey, beet powder, dried cherries, shredded coconut, cacao nibs, sea salt

lemon poppyseed.....\$3.75
 bright + creamy
 lemon juice, lemon extract, poppy seeds, coconut oil, cacao butter, cashew butter, coconut butter, vanilla extract, maple syrup, protein powder, almond flour, coconut flour, sea salt

fat bomb.....\$4.25
 keto friendly
 almond butter, cashews, walnuts, sunflowerseed butter, coconut butter, coconut oil, vanilla, sea salt, monk fruit powder, cinnamon, pumpkin seeds, cacao nibs, coconut flour, vegan protein powder, cacao butter, 100% dark chocolate, beet powder

kale caesar salad



super slaw



salads + bowls

super slaw.....\$13

bright and crunchy

cabbage, brussel sprouts, zucchini, radish, shallots, fennel, cilantro, topped with sesame seeds, pumpkin seeds, cranberries + our housemade green goddess dressing

family style serving upon request

kale caesar.....\$10

fresh and creamy

kale, romaine, cabbage, cucumber, coconut bacon, hemp hearts, fresh pepper and house-made sunflower seed-based dressing

family style serving upon request

omg oats.....\$7

creamy and satisfying

soaked gf steel cut oats, cashews, coconut oil, dates, sea salt, steamed nutbar nutmilk, topped with nut crumble + maple syrup

choice of chocolate or classic granola on the side



nutbar granola

classic, chocolate or berries + cream

our house-made superfood granolas are organic, nutrient dense, only made from whole food ingredients, and no refined sugars. made to satiate and satisfy!

detox water



cold tonics

detox water.....\$5.50

fresh + beautiful

mint chlorophyll, blue majik,
lemon juice, filtered water,
ice

iced chaggachio.....\$7

a healthy frappacino

chaga, dandy blend, coconut
oil, cacao, maca, lucuma,
almond butter, dash of maple
syrup, nutbar nutmilk

matcha lemonade.....\$6

refreshing + energizing

ceremonial matcha, filtered
water, lemon juice, honey

nutbar is an organic superfood cafe. We're best described as a "healthy coffee shop," putting the world's most nutrient-rich and highest-quality foods in the spotlight. Our delicious and vibrant menu is carefully sourced and made in house, + radiates with the powers and potentials of superfoods. We pride ourselves on not cutting any corners - we choose the best suppliers, use food that is 100% organic and local when possible and obsess over the quality of every single item we serve. Our menu promises to fill you up and make you "feel good here" because we exist to provide a healthy mind in a healthy body.

***cold drinks are individually bottled**



coffee + tea

coffee

.....\$45/10

we serve direct-trade coffee from local roaster, Pilot Coffee Roasters!

we can provide drip coffee for your catering request. served in a carafe that serves 10 (8 oz portions)

includes bottle of housemade nutbar numtilk, organic dairy, organic cream, coconut sugar and necessary utensils to accompany any coffee or tea order

tea

.....\$3/pp

we have an assortment of 100% organic tea from local supplier, Lemon Lily. Choose from a selection of black, green or herbal tea.

note: please specify whether there is access to hot water on site or whether a canister is required



contact

summerhill

1240 yonge street
toronto, on m4t 1w5

reach out

hello@nutbar.co

leslieville

899 queen street east
toronto, on, m4m 1j4

follow us

@nutbar.co

sweat & tonic

225 yonge street
toronto, on m5b 1n8