

dirtbelly

CATERING



Thanks for picking dirtbelly! Here's a little more info on our salads, sips + treats. Our Salmon and Tuna are Ocean Wise. Our salads are labelled as gluten, nut or dairy "friendly", but not "free". All of our salads are prepared fresh on site and cross-contamination of ingredients can occur. Enjoy + any questions, please give us a call.

FRESH SALADS / \$10

MEXI-CALI / Romaine, arugula, brown rice, roasted corn, black bean, red pepper, red onion, jalapeño, cilantro, feta, balsamic crema, jalapeño citrus vinaigrette
GLUTEN + NUT FRIENDLY

FARBERRY / Spinach, romaine, carrot, cranberries, blueberries, almonds, pumpkin seeds, feta, raspberry poppyseed vinaigrette
GLUTEN FRIENDLY

MISO SESAME / Kale, spinach, sweet potato, red onion, jalapeño, carrot, grape tomato, sesame seeds, almonds, spicy miso sesame dressing
GLUTEN + DAIRY FRIENDLY (VEGAN)

CHARRED PESTO / Kale, romaine, charred tomato, roasted chickpea, parm flakes, GF croutons, basil pesto, balsamic crema
GLUTEN + NUT FRIENDLY

MOD CAESAR / Kale, romaine, GF croutons, chili flakes, spicy sunflower seeds, parm flakes, egg, balsamic crema, avocado caesar dressing
GLUTEN + NUT FRIENDLY

SESAME GREENS / Arugula, spinach, red pepper, quinoa, sesame seeds, almonds, cilantro, asian sesame dressing
GLUTEN + DAIRY FRIENDLY (VEGAN)

SWEET POTATO / Arugula, spinach, quinoa, sweet potato, pistachio, pumpkin seeds, cilantro, pea shoots, balsamic crema, cilantro yogurt
GLUTEN FRIENDLY

CURRY CAULIFLOWER / Arugula, spinach, quinoa, curry cauliflower, almonds, cilantro, chili flakes, agave, cilantro yogurt
GLUTEN FRIENDLY

SUPER GREENS / Arugula, spinach, quinoa, broccoli kale ricotta, cranberries, pumpkin seeds, almonds, chili flakes, lemon dijon vinaigrette
GLUTEN FRIENDLY

BEEF SHOOTS / Arugula, spinach, quinoa, beet, goat cheese, mint, almonds, pea shoots, lemon tahini dressing
GLUTEN FRIENDLY

ADD PROTEIN

Chicken Breast
Cajun Chicken
Ahi Tuna

2.5
2.5
3

Veggie Patty
Quinoa Scoop
Avocado (1/2)
Egg

3
2.5
3
1

MORE OPTIONS >>



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CONTINUED >>

WARM BOWLS / \$11

CURRY / Savoury brown rice, kale, tomato, radish, spicy chickpea, raisins, cilantro, lemon tahini dressing, coconut flakes, curry vinaigrette
GLUTEN + DAIRY + NUT FRIENDLY (VEGAN)

MUSHROOM / Savoury brown rice, kale, mushroom, carrot, green onion, pickled red onion, spicy sunflower seeds, parsley, umami dressing
GLUTEN + DAIRY + NUT FRIENDLY (VEGAN)

JERK / Savoury brown rice, kale, red pepper, spiced pineapple, yam, cilantro, green onion, coconut flakes, thai green chilies, jerk coconut crema
GLUTEN + DAIRY + NUT FRIENDLY (VEGAN)

SCOOP SALAD / \$4 PER SCOOP

Beets, lentils, goat cheese, mint, olive oil, lemon juice
GLUTEN + NUT FRIENDLY

Sweet potato, quinoa, pistachio, champagne vinaigrette
GLUTEN + DAIRY FRIENDLY (VEGAN)

Broccoli, kale, ricotta, champagne vinaigrette
GLUTEN + NUT FRIENDLY

Cauliflower, chickpeas, golden raisins, almonds, curry vinaigrette
GLUTEN + DAIRY FRIENDLY (VEGAN)

SOUP / \$5

BUTTERNUT SQUASH BISQUE / spicy chickpea, chili flakes, italian parsley
NUT FRIENDLY

TEALADAS / SM \$2.5 LG \$4

TEA + FRUIT + HERBS + BREW

Blueberry Mint
Raspberry Cardamom

INFUSED H2O / \$1.5

FRESH DAILY BLENDS

SHAKE / \$9

Greens Juice, Cashew Milk, Lucuma,
Kale, Avocado, Coconut Butter,
Banana, Cinnamon

WELL JUICES / \$6.5

GREENS
BE WELL
CHARCOAL INK

ENERGY BALLS** (GF)

Coco + Goji
Almond + Date
Lemon + Blueberry

SWEET TREATS**

Pumpkin Loaf (GF)
Lemon Loaf (GF)
Power Cookie (GF)

**CONTAIN NUTS