

liquid farmacy

supergreenfuel 1/2L \$8 / 1L \$18
guru's daily superfood fuel
with kale, collards, chard, spinach, dandelion, spirulina, apple, banana, medjool dates, ginger, almonds, pumpkin, sunflower, flax seeds, lemon, maca and camu camu (+ bottle deposit)

spirulina citrus \$8
valencia oranges, grapefruit, lemon & spirulina

chia punch \$8
bartlette pears, pineapple, lemon, chia seed

redjoiice \$8
beet, apple, lemon, ginger

cleaner greener leaner \$8
kale, chard, cucumber, parsley, lemon, ginger

gorgeous green \$8
cukes, celery, parsley, green apple, ginger

turmeric tonic \$8
pineapple, green apple, cucumber, lemon, turmeric & black pepper

hempshake elevate \$8
banana, hemp seeds, medjool dates, vanilla (+ bottle deposit)

coffee tea & elixirs

house-made organic sprouted almond milk or eden soy milk

w/ soy milk S/L \$6/\$7
w/ almond milk S/L \$7/\$8

guru's cold brew \$8
horizontally-traded dark-roasted organic coffee cold-brewed with our house almond milk.

matcha latte
whole powdered green tea leaf.

dandelion latte
dandy blend and raw organic carob; a life-changing elixir if you're off coffee or want to be.

choco-chaga elixir \$8
cashew cream, date-sweetened raw cacao blend with algonquin chaga

breakfast bowls

chia cranberry pear pudding \$8
our gluten-free raw organic sprouted buckwheat granola with chia seed pudding, dried cranberries, banana & pear, sprinkled with cinnamon & drizzled with maple syrup, served with house-made raw sprouted almond milk.

cashew cream crunch \$8
walnuts, almonds & dates layered with cashew maple cream and fresh seasonal fruit.

healthy comfort

avocado & cheese sandwich \$13

live yam & sundried tomato bread with avocado, cashew cheese, heirloom tomatoes, cucumbers, market greens, house mustard, sea salt, pepper & house-grown sunflower sprouts.

rawzagne \$14
raw zucchini "noodles" on a bed of quinoa layered with our black kale & hempseed pesto, cashew cheese, fresh marinara sauce & roma tomatoes, topped with vegan parmesan (walnuts, nutritional yeast, sea salt) & fresh parsley.

seduction by salad

queen west cury \$12
organic short grain brown rice with raw broccoli, carrots, red pepper, cherry tomatoes, celery, green onion, chia seeds, raisins & fresh garden herbs in a mild curried kombucha vinaigrette, topped with cashews & cilantro.

make kale not war \$13
sea salt & lemon-massaged kale salad, with red peppers, cherry tomatoes, grated carrots, red onions, goji berries, green apple, avocado, sunflower & pumpkin seeds, drizzled with creamy garlicky hemp seed dressing.

cool beans \$12
black beans, millet, corn, red pepper, cilantro & avocados in a zesty chipotle lime dressing.

cosmic quinoa \$12
quinoa, sprouted chickpeas, sundried tomatoes, roma tomatoes, black olives, cucumber, broccoli, parsley, mint in a clean lemon & olive oil dressing.

\$2 Add On's & Extras :: green apple jalapeno hot sauce, avocado, salsa, avolepeno sauce, chipotle cashew cream, vegan parmesan, cashew cheese, chopped almonds, marinated tempeh, sprouted chickpeas

health is wealth
we invite you to do something good for yourself

guiltless sweetness

A rotating roster of raw organic vegan energy treats & live pies. see the display cooler & check our website & instagram for custom orders!

noodle nirvana

wild & spiraled \$15
yam spaghetti tossed in a kale pesto with sundried & cherry tomatoes, marinated mushrooms, ribboned chard, crunchy broccoli & black olives, sprinkled with vegan parmesan (walnuts, nutritional yeast, sea salt).

bangkok doc \$15
our super-healthy twist on Pad Thai, with yam, kelp & zucchini noodles, grated carrots & cabbage, house-grown sunflower sprouts, garden coriander, organic edamame, all tossed in a spicy zesty almond lime sauce.

tokyo toss \$15
buckwheat noodles tossed with marinated tempeh, red peppers, spring greens & bok choy in a sesame ginger dressing with black sesame seeds. the only thing on our menu that contains gluten.

zucchini noodle alfredo \$15
kelp noodles & zucchini noodles tossed with sundried tomatoes & spring greens in a creamy garlicky cashew alfredo with sundried tomatoes, fresh parsley & a side of vegan parmesan.

plant-powered wraps

thai picnic \$13
organic edamame miso mash, carrots, kelp noodles, red peppers, red cabbage, cucumbers, zucchini, market greens, cilantro & mint in collard leaves with our spicy almond lime bangkok doc sauce.

no bull burrito \$13
taco spiced nut meat, wrapped 2x in green collard leaves with grated carrots & beets, julienned sweet peppers, house grown micro greens, zingy pico de gallo & drizzled in supremely creamy avolepeno sauce.

avocado roll \$13
grain-free sushi rolls with edamame miso mash, cucumbers, avocados & spring greens with wasabi & wheat-free tamari. perfect picnic food.

detox box

grain of the day \$13
rotates between brown rice, millet & quinoa. create your own detox box with your choice of tahini garlic sauce or bangkok doc sauce & any combination of the following:
lemon-massaged kale
fresh dandelion greens
chopped chard
ribboned collards
house-grown sunflower sprouts
red peppers
red cabbage
sprouted chickpeas
sesame-marinated tempeh
cucumbers
tomatoes
sunflower seeds
black sesame seeds
pumpkin seeds

better together combos

Salad & Salad \$12
Salad & Noodles \$14
Noodles & Noodles \$15
1/2 Avo Sandwich & Salad \$14

Half Orders
seduction by salad \$7
noodle nirvana \$8

spring hours
mon-fri 11-7
weekends til 6
closed holidays

pickup or delivery
647.748.5800
order online
feelgoodguru.com



W e b e l i e v e
that food is life and health is wealth.
We believe we can **change** the world
by changing what we eat. We want to make it
easy and **delicious** for you to feel good fast by
serving you the **healthiest** food on the planet.
We believe in the power of **whole unprocessed**
organic plant foods
to **transform** lives. Our kitchen is entirely free of
animal products and "frankenfoods." We strive for a menu that is
100% free of ingredients that contain GMO's, herbicides, pesti-
cides, hormones, pharmaceuticals and other chemicals.
You won't need your "happy pills" here!
We believe that food grown close to home contains
maximum nutrition
and **flavour** so we source from our
local farmers and grow some of our own
in our indoor urban cultivator and backyard **garden**.
The distance your **wheatgrass** travels to
get to your **daily** shot glass is about 8 feet. We believe in
clean water and **zero waste**.
All our potable water is filtered through a 2-stage
carbon filtration system and all our takeout ware is 100%
compostable. Our vegetable scraps are
a rich source of nutrients composted back into the land
on which our **farmers** grow our food. We believe in
cultivating open minds and **healthy lifestyles**.
We encourage each other to **follow our bliss**, to practise
random acts of mirth and merriment, and to live up to our
highest potential.
Our work is not work when we do what we love
and **love** what we do. **We believe** in bowing deeply to
t h e f e e l g o o d g u r u i n y o u .
We serve hyper-local super-awesome organic plant-powered food.



feelgoodguru

hyper-local super-awesome organic plant-powered food

take-out delivery catering



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