



# E'sra's

Eat Good . Love Always



## SMOOTHIE MENU

Reg. 16OZ **\$8.99** | Lrg. 24OZ **\$11.99**

*Our smoothies are made with 80% organic ingredients.*



### UPRISING

ORGANIC BANANA, ORGANIC DATES, ORGANIC ALMOND MILK, PEANUT BUTTER, SPIRULINA

### CANADIAN COLADA

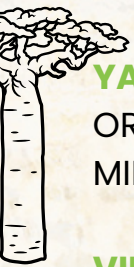
PINEAPPLE, ORGANIC STRAWBERRIES, ORGANIC BLUEBERRIES, ORGANIC RASPBERRY, ORGANIC BLUEBERRY, GREEK YOGURT, HONEY, COCONUT WATER

### STRAWBERRY BANANA

ORGANIC BANANA, ORGANIC STRAWBERRIES, GREEK YOGURT, HONEY, ORGANIC ALMOND MILK

### GREEN GODDESS

ORGANIC GRANNY SMITH APPLE, ORGANIC KALE, ORGANIC SPINACH, COCONUT WATER, MORINGA



### YARA'S CACAO

ORGANIC BANANA, ORGANIC CACAO POWDER, ALMOND BUTTER, ORGANIC ALMOND MILK, ORGANIC MACA POWDER

### VINNY'S MANGO

MANGO, ORGANIC BANANA, ORGANIC RASPBERRIES, ORGANIC LEMON, ORGANIC STRAWBERRIES, COCONUT WATER, SEAMOSS

### KISSES FROM DJIBOUTI

ORGANIC BANANA, AVOCADO, MANGO, BLACKSEEDS, ALMOND MILK

### PINEAPPLE DETOX AID

PINEAPPLE, CUCUMBER, GREEN APPLE, LEMON, GINGER, PUMPKIN SEED



### PINEAPPLE CREAMSICLE

PINEAPPLE, ORANGE, GREEK YOGURT, ORGANIC GINGER, ORGANIC LEMON, HONEY, COCONUT WATER


### +ADD

SEAMOSS | MORINGA POWDER | SPURLINA | MACA POWDER | BAOBAB POWDER  
16OZ | \$2 24OZ | \$3



MAKE YOUR OWN  
SMOOTHIE  
REG. \$9.99  
LRG. \$12.99



 @esrasmarket







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## JUICE MENU

12OZ | \$11 1L | \$25

MIX & MATCH ANY 6 12OZ | \$50

### BEETLICIOUS

ORGANIC BEET, ORGANIC APPLE,  
ORGANIC LEMON, ORGANIC GINGER

### CASH

ORGANIC CARROT, ORGANIC APPLE,  
ORGANIC ORANGE, ORGANIC LEMON,  
ORGANIC GINGER, ORGANIC TURMERIC

### ANOTHYAN BLISS

ORGANIC CARROT, ORGANIC BEET,  
ORGANIC APPLE, ORGANIC ORANGE,  
LEMON, TURMERIC, GINGER

### ELECTROLYTE LEMONADE

ORGANIC ORANGE, ORGANIC APPLE,  
ORGANIC TURMERIC, ORGANIC GINGER,  
REAL COCONUT WATER, A HINT OF BLACK  
PEPPER

### OG GREEN

ORGANIC CELERY, ORGANIC CUCUMBER,  
ORGANIC SPINACH, ORGANIC LEMON,  
ORGANIC GINGER

### THE AWAKENING

ORGANIC GRANNY SMITH APPLE,  
ORGANIC CUCUMBER, ORGANIC CELERY,  
ORGANIC LEMON, ORGANIC GINGER,  
PARSLEY, CILANTRO

### ABUNDANCE

ORGANIC CELERY, ORGANIC CARROT,  
ORGANIC BEETS, ORGANIC CUCUMBER,  
ORGANIC SPINACH, ORGANIC LEMON,  
ORGANIC TURMERIC, ORGANIC GINGER

### ANTIOXIDANT BERRY BLISS

ORGANIC GRANNY SMITH APPLE,  
ORGANIC GALA APPLE, ORGANIC  
STRAWBERRY, ORGANIC BLUEBERRY,  
ORGANIC BLACKBERRY, ORGANIC  
RASPBERRY, HINT OF CINNAMON

### PINEAPPLE HIBISCUS TWIST

PINEAPPLE, HIBISCUS (SUDANESE),  
GINGER, LEMON

### SAFFRON LEMONADE

ORGANIC APPLE, LEMON, GINGER  
INFUSED WITH SAFFRON

### OG GREEN 2.0

ORGANIC GRANNY SMITH APPLE,  
ORGANIC CUCUMBER, ORGANIC  
SPINACH, ROSEMARY, LEMON

### WE ALSO OFFER

1/3/7 DAY JUICE CLEANSES



## PRE-ORDER ORGANIC COLD PRESSED JUICES

CHOOSE UP TO 5 INGREDIENTS

1 LITRE | \$25

## WELLNESS SHOT MENU

\$6 | 4 For \$20

### GINGER LOVE

ORGANIC GINGER, ORGANIC LEMON

### JUST GINGER

ORGANIC GINGER

### TURMERIC WONDER

ORGANIC TURMERIC, ORGANIC GINGER,  
ORGANIC LEMON, ORGANIC ORANGE, BLACK  
PEPPER

### IMMUNE ELIXIR

PINEAPPLE, LEMON, GINGER, BAOBAB

### BLISSFUL

ORGANIC TURMERIC, ORGANIC GINGER,  
ORGANIC ORANGE, ORGANIC LEMON,  
SAFFRON

### RESPIRATORY AID

PINEAPPLE, GINGER, LEMON, MINT,  
THYME







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## COFFEE & TEA MENU

We use organic fairtrade beans sourced from small family owned farms.



### COFFEE

12OZ | 16OZ

ESPRESSO.....	\$4.00	\$5.20
AMERICANO.....	\$4.00	\$5.20
LATTE.....	\$4.50	\$5.60
CAPPUCCINO.....	\$4.50	\$5.60
CORTADA.....	\$4.50	\$5.60
FLAT WHITE.....	\$4.50	\$5.60
BREW OF THE DAY.....	\$2.20	\$3.20
SPECIALTY LATTE.....	\$5.20	\$6.20
HOT COCOA.....	\$3.20	\$4.80
SPICED HOT COCOA.....	\$4.20	\$5.80

### TEA

12OZ | 16OZ

TEA.....	\$2.75	\$3.75
TEA LATTE.....	\$4.50	\$5.50
CHAI TEA.....	\$2.75	\$3.75
SUDANESE CHAI.....	\$2.75	\$3.75
CHAI LATTE.....	\$4.50	\$5.50
ORGANIC SOUTH AFRICAN ROOIBOS.....	\$2.75	\$3.75
ROOIBOS LATTE.....	\$4.50	\$5.50
EARL GREY.....	\$2.75	\$3.75
LONDON FOG LATTE.....	\$4.50	\$5.50
PEPPERMINT.....	\$2.75	\$3.75
JASMINE GREEN TEA.....	\$2.75	\$3.75
JAPANESE GREEN TEA.....	\$2.75	\$3.75
HOUSE MADE ORGANIC GINGER LEMON HONEY.....	\$4.00	\$5.50
SUDANESE HIBISCUS.....	\$2.75	\$3.75



### ICED COFFEE

12OZ | 16OZ

ICED AMERICANO.....	\$4.00	\$5.50
ICED LATTE.....	\$5.50	\$6.50
ICED CINNAMON LATTE.....	\$5.75	\$6.75
ICED VANILLA LATTE.....	\$5.75	\$6.75

+ADD HONEY/ DATE SYRUP / COCONUT SUGAR/ MAPLE SYRUP

\$0.75

-SUB ORGANIC OAT MILK OR ALMOND MILK

\$1.00







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## FOOD & SNACKS ON-THE-GO MENU

### VEGAN HOMEMADE DOUBLES

AUTHENTICALLY MADE TRINI DOUBLES  
100% VEGAN

**\$5.50(+TAX)**

### VEGAN SAMOSAS

MIXED VEGETABLES | SPICY POTATO MASALA

**2 FOR \$1.50**

### VEGAN HOMEMADE ORGANIC LENTIL SOUP

OUR GRANDMA'S FAMOUS RECIPE  
ORGANIC CANADIAN LENTILS, GARLIC, CORIANDER, SALT, BLACK PEPPER

12OZ | **\$4.50** 20OZ | **\$6.50**

### OUR AUTHENTIC HOMEMADE JAMAICAN PATTIES

COMING ALL THE WAY FROM WATERLOO, ONTARIO  
HANDCRAFTED WITH LOVE ❤️  
BEST VEGAN PATTIES IN TOWN

-ACKEE & SAILFISH

**\$6.00**

-CALLALOO

**\$4.00**

-VEGAN CURRY VEGGIE

**\$4.00**

-SPICY BEEF

**\$4.00**

### PREPARED SALADS/SNACKS (IN THE FRIDGE IN THE BACK)

### PRE ORDER LARGE FRUIT/VEGGIE PLATTERS

**FROM \$19.99**

