



## Smoothies

\$4<sup>25</sup>

\$5<sup>25</sup>

### Viva Açai

Açai berries, blueberries, strawberries, apple juice, low fat yogurt

### Strawberry Buzz

Strawberries, bananas, apple juice, low fat yogurt

### Matcha Mantra

Green tea Matcha, soy milk, low fat yogurt, non fat milk

### Merry Berry Blast

Raspberries, strawberries, blueberries, cranberry juice and low fat yogurt

### Pomegranate Bliss

Pomegranate juice, strawberries, banana, blackberries, low fat yogurt

### Banana Power

Banana, blueberries, cranberry juice, low fat yogurt

### Mango Gerry

Mangos, peaches, mango juice, low fat yogurt

\* Add a shot of whey protein to any smoothie for \$.75 extra

## Breakfast

### Organic Oatmeal

with seasonal berries, almonds and flaxseed  
Also available **Blue & Blackberry** and **Apple Cinnamon**

\$3<sup>25</sup>

### Muesli with Fresh Berries

with apple and cinnamon

\$3<sup>85</sup>

### Kashi Golean Crunch

with whole grain, high fibre cereal

\$2<sup>95</sup>

### Organic Granola

with low fat yogurt

\$3<sup>95</sup>

### Breakfast Smoothie

with low fat yogurt, exotic fruits and extras

medium \$3<sup>95</sup> large \$4<sup>95</sup>

### Yogurt with Seasonal Fresh Fruit

\$3<sup>95</sup>

### Hard Boiled Egg Pita

\$4<sup>95</sup>

### Breakfast Wrap

with ham and cheese croissant

\$4<sup>95</sup>

### Smoked Salmon Bagel

with low fat cream cheese

\$3<sup>95</sup>

## Grab 'N' Go Breakfast Box

### Ham and Cheese Wrap

served with a fresh seasonal fruit cup, low fat yogurt, granola cup and orange juice

\$8<sup>95</sup>

### Sunrise Salad

served with a fresh seasonal fruit cup, low fat yogurt, granola cup and orange juice

\$8<sup>95</sup>

### Breakfast Wrap

served with fresh seasonal fruit cup, orange juice

\$7<sup>95</sup>

## Grab & Go Express Box



### Custom Combo Meal for only \$2 more!

All boxes contain your wrap, sandwich or salad, organic snack and a beverage to complete your on-the-go dining experience. We package it all for an easy take out.

**250.812.2798**

Suite 1 - 1725 Cook Street  
Victoria BC, V6T 3P4  
Canada

## Organic Coffee & Tea Bar

Enjoy our selection of fine organic and fair trade coffees and teas, regular and caffeine-free



take out menu



## Fresh Concept

Vivanty's Kitchen was created in response to the growing consumer demand for healthy, fresh and delicious options in the Quick Service Restaurant market. Founded on our commitment to nutrition and environmental responsibility, Vivanty's Kitchen is a smart and attractive alternative to the typical fast food available today.

Vivanty's Kitchen offers a variety of healthy selections, created from fresh, natural and locally grown ingredients. From our wraps, flatbreads and panini, to signature and tossed salads, hearty soups, fresh fruit smoothies, organic teas and coffees, Vivanty's menu choices are irresistible. Enjoy our relaxed ambience while sharing a delicious meal with family and friends, or for those in a hurry, we offer Grab-and-Go breakfast and lunches or early dinner Express Boxes - perfect, quick and nutritious meals for savvy consumers on the go.

Gluten-free and dairy-free options are available for most of the items on our menu.

## Our environmental commitment

- ~ Our stores are built with eco-friendly and sustainable materials
- ~ Our packaging is made with 100% biodegradable and compostable materials
- ~ Our commitment extends to earth friendly charitable organizations

*At Vivanty's our planet pays less ...and you don't pay more!*

## Gourmet Wraps

\$7<sup>25</sup>

- The Greek Sailor**  
*Shrimp, tomatoes, feta cheese, kalamata olives, cucumbers, parsley and tzaziki sauce*
- Smoked Salmon**  
*Smoked salmon, capers, spring mix, red onions, parsley, brie cheese, kalamata olive oil*

**The Club**  
*Crispy bacon, chicken breast, organic lettuce mix, tomatoes, creamy havarti cheese, with honey mustard and mayonnaise*

**Caesar Pleaser**  
*Chilled oven baked chicken breast, romaine lettuce, bacon, parmesan and cheddar cheese with creamy caesar dressing*

**Catch the Turkey**  
*Roasted turkey breast, bacon, red onion, avocado, tomatoes, lettuce mix, with blue cheese dressing*

## Vegetarian Wraps

\$6<sup>95</sup>

**Heavenly Pesto**  
*Pesto sauce, asparagus, organic lettuce mix, tomatoes, red onions, green peppers, celery, fresh cilantro with ranch sauce*

**Goat in the Garden**  
*Roasted eggplant, roasted garlic, cilantro, tomatoes, green onions, spring mix, fresh goat cheese with balsamic vinaigrette*

**Classic Greek**  
*Feta cheese, lettuce mix, tomatoes, English cucumbers, onions, green peppers, kalamata olives and Greek dressing*

**Happy Life**  
*Avocado, organic spring mix, hemp hearts, sunflower sprouts, raisins, pumpkin seeds and sundried tomato spread*

## Grilled Panini

\$6<sup>95</sup>

**The Caprese**  
*Fresh mozzarella, sliced tomatoes, garnished with chopped basil, balsamic vinegar and grated Parmesan*

**Vegetarian**  
*Roasted red pepper pesto, roasted garlic, red peppers, artichoke hearts, fresh basil, red onions, topped with melted mozzarella*

**Prosciutto Parma**  
*Thinly sliced prosciutto, Roma tomato, Provolone cheese, marinated eggplant, and roasted peppers.*

**Spicy Chicken**  
*Oven baked chicken breast, sundried tomatoes, avocado, Provolone cheese and our home-made spicy sauce*

**Tuna Avocado**  
*Tuna, fresh avocado, with sundried tomatoes, arugula, Provolone cheese and basil garlic sauce*

## Flatbreads

\$7<sup>95</sup>

**Tuscany**  
*Roasted red peppers, chicken breast, tomatoes, artichoke hearts, fresh garlic, green peppers and olives*

**Mediterranean**  
*Zucchini, roasted eggplant, sundried tomatoes, fresh tomatoes, Parmesan and feta cheese, fresh garlic, cilantro, olive oil*

**Sundried Tomato Goat's Cheese**  
*Mushrooms, artichoke hearts, sundried tomatoes, goat's cheese, fresh herbs*

**Basil Bocconcini**  
*Freshly cut bocconcini, tomatoes, mushrooms, rough chopped basil leaves*

## Salads all made with fresh, natural and organic greens

**Caesar Salad** \$7<sup>95</sup>  
*Crisp Romaine lettuce, grated asiago, tossed with our own signature Caesar dressing*

**Green Salad** \$6<sup>95</sup>  
*Crisp lettuce mix, tomatoes, red & green peppers, onions, pineapple, olives, mozzarella & cheddar, your choice of dressing*

**Spinach Salad** \$7<sup>95</sup>  
*Fresh spinach leaves, mushrooms, ripe tomatoes, green peppers, sweet corn, onions, parmesan, cheddar & mozzarella cheese with dijon vinaigrette*

**Greek Salad** \$7<sup>95</sup>  
*Cucumber, ripe tomatoes, onions, green peppers, kalamata olives, feta cheese, oregano leaves, vinegar, extra virgin olive oil*

**Thai Salad** \$8<sup>95</sup>  
*Chicken Breast, red & green cabbage, cucumber, raisins, peanuts, fresh cilantro, carrots, water chestnuts, pineapple chunks, sesame seeds with peanut dressing*

**High Protein Salad** \$8<sup>95</sup>  
*Fresh mozzarella, chicken, hard boiled egg, tomato, avocado, served on a bed of spinach tossed with balsamic vinaigrette*

**Cobb Salad** \$8<sup>95</sup>  
*Chopped romaine lettuce with diced turkey breast, hard boiled egg, tomatoes, cucumbers, avocado, bacon and blue cheese*

## Soupe du jour

\$2<sup>95</sup>

\$3<sup>95</sup>

*At Vivanty's Kitchen we pride ourselves on serving you the tastiest soups made from Mom's traditional home recipes. Our daily soup specials are available by the cup or the bowl.*