



Menu*

Squiggly Strongbox (large clamshell) - \$20

The Best Deal in the House: 5 oz of Pea Shoots, 1 oz Broccoli, 1 oz Mellow Micro Mix, 1 oz Radish, 1 oz Bold & Spicy and 1/2 oz Brilliant Mix sprouts. Elevate up your smoothies, sandwiches, wraps and soups with one easy order.

Squiggly Sampler Box (6oz clamshell 6) - \$10

A great way to try some of our microgreens. A bed of Pea and Fava Bean shoots, topped with a bouquet of Sunflower shoots and Mellow Microgreen Mix.

Various Salad Blends 3 oz bag - \$5 or 6 oz bag - \$8

Combinations of Pea shoots, Fava bean, Sunflower, lentil and radish. A great and festive addition to salads!

Pea Shoots 3 oz bag - \$5 or 6 oz bag - \$8

Fitness food that packs folate, antioxidant and carotene; among other valuable nutrients.

Mellow Micro Mix (1.5 oz) - \$5

A mild-flavoured mix containing broccoli raab, crimson clover and, purple kohlrabi.

Kale (1.5 oz) - \$5

Medium Spicy with a Buttery Finish. Nutrient dense and a champion in Vitamin K richness.

Broccoli (1.5 oz) - \$5

Earthy and Mild flavour. An excellent immune system supporter.

Sunflower 1.5 oz - \$5

The Classic - Succulent and Vibrant. Rich in zinc and Vitamins A, B, D and E.

Bold & Spicy (1.5 oz) - \$5

A tinge of spice from radish & mustard along with yummy lentils, alfalfa, and red clover.

Some Like it Hot 1.5 oz - \$5

The spiciest blend we offer: curly cress, arugula and tatsoi mustard.

*Substitutions may occur depending on weekly product availability