

Lunch

Lunch provides the body with energy which is essential in physical and mental performance and healthy weight management.

Fast food is often the option at lunch with our busy 'on the go' schedules but that does not provide essential vitamins and nutrients. Poor eating habits can lead to diabetes and high cholesterol so we need to make eating a healthy lunch every day a priority.

A meal that is high in fibre, low in fat and provides the long-lasting energy from healthy carbohydrates helps supply the body and mind with energy to avoid a mid-afternoon slump and keep us feeling good through the day. Remember, taking time out can also help improve concentration levels, enable time for building relationships and even build fitness levels if you do some exercise during your break. Grab a healthy lunch option and take a stroll along the boardwalk for that mind and body break that refreshes.

Lunch menu

Appetizers

daizies spring rolls **\$10**
Crisp farm fresh vegetables, avocado, red pepper, mango and cilantro wrapped in lettuce and rice paper. Served with a sweet chili and lemon sauce for dipping
190 calories, 0 g fat, 3 g protein, 44 g carbs
Add chicken, shrimp or chicken **\$3**

Steamed edamame **\$8**
Tossed in celtic sea salt, rich in protein, high in iron and addictive!
90 calories, 3 g fat, 10 g protein, 12 g carbs

Grilled Portobello cap **\$10**
Flavourful, low fat herbed ricotta cheese mixed with chives and fresh basil baked in grilled portobello mushroom cap topped with organic spinach and tomatoes served on organic greens
299 calories, 19g fat, 20g protein, 17g carbs
Excellent source of vitamins A, B6, C and K. Good source of fibre, potassium and riboflavin

Shrimp parfait with avocado and mango **\$14**
Almost too pretty to eat, but irresistibly good for you. For a spicy and refreshing taste explosion try fresh avocado guacamole and spicy cilantro and mango salsa layered on a bed of couscous, a chiffonade of greens and a cool cucumber yogurt all topped with plump shrimp and fresh cilantro and lemon...
304 calories, 9g fat, 17g protein, 42 carbs

Tapas platter **\$12**
A good way to try a few of daizies homemade healthful treats. Share them with a friend for the added benefits of cortisol busting endorphins. Zippy black bean and sweet potato salsa, fresh guacamole, sundried tomato and chickpea hummus served with crispy flatbreads.

Soup prepared fresh daily served with organic toast Chilled ginger mango is our summer signature soup. \$5

One small mango is a nutritional powerhouse! It provides a quarter of your recommended daily allowance for vitamin C, nearly two thirds of your daily quota for vitamin A, good amounts of vitamin E and fibre. They also contain vitamin K, phosphorus and magnesium. Mangoes are particularly rich in potassium which can help reduce the risk of high blood pressure.

(Love it? Take it home! Visit our prepared section for handy take home and enjoy later portions)

Salads: not all salads are created equal. Packing your bowl with nutrient rich ingredients like berries, tomatoes and beans means tastier salads that aren't just good, but super good for you.

daizies Cobb salad with fresh herbs \$13

A proven favourite! Sweet curry mustard chicken breast, hard cooked egg, crisp organic greens, fresh parsley, ripe avocado, cherry tomatoes, crumbled Roquefort cheese, toasted pine nuts and sliced chives with a tangy vinaigrette and sprinkled with crispy low sodium prosciutto
280 calories, 19 g fat, 17 g protein, 13 g carbs

All day breakfast salad \$12

Organic mixed greens, cherry tomato, grilled field mushrooms, hard boiled eggs, fresh herbs, parsley, chives served with sweet potato rosti and low sodium prosciutto served with honey Dijon vinaigrette
260 calories, 18g fat, 14 g protein, 11g carbs

Excellent source of vitamin A, C, K, good source of fibre, folate, iodine, iron, vitamin B6, B12

Nicoise salad \$13

Light yet hearty, this salad is a seasonal favourite. Low sodium white albacore tuna with black olive tapenade made with fresh squeezed lemon and grated carrot served with mixed organic greens. Add to that warm potatoes, crisp green beans, a hard boiled egg, spiced olives and feta and a drizzle of tangy lemon Dijon vinaigrette for a well balanced lunch.

405 calories, 22 g fat, 26 g protein, 14 g carbs

Add avocado \$1

Antipasto salad, a Mediterranean staple. \$13

Fresh organic greens, spiced kalamata olives, artichokes, grilled red peppers and zucchini with prosciutto and parmesan curls

261 calories, 9 g fat, 25 g protein, 15 carbs

daizies summer salad \$12

Northumberland is home to some of the most fertile farmland in the province and that means a bounty of fresh produce. This salad tastes like summer... juicy apples, pears, organic baby spinach, fresh berries, crisp red onions, walnuts and chevre served on organic baby spinach with mint poppy seed dressing

220 calories, 8 g protein, 14 g fat, 20 g carbs

add chicken \$3

Couscous and Chickpea cakes with spinach and artichoke greek salad \$13

So good for you! fresh organic tomatoes, crisp cucumber, Vitamin C rich red peppers, red onion, olives, spinach and artichoke tossed with fresh basil in a balsamic glaze. Top it all off with chickpea and couscous cakes for a satisfying hunger buster.

Chickpeas are a good source of zinc, folate and protein plus they are very high in dietary fibre and are a healthy source of carbohydrates for persons with insulin sensitivity or diabetes. Chickpeas are also low in fat.

2 croquettes: 314 calories, 12 g protein, 11 g fat, 45 g carbs

Black bean and quinoa with feta, tomato and avocado with a coriander chili dressing \$13

Treat yourself to a healthful and hearty salad. Vegetables are great sources of antioxidants which help to prevent chronic diseases such as cancer. Pair them with a good source of fat like avocado or olive oil to optimize their disease fighting powers. Good fat helps you body absorb antioxidants from the vegetables!

375 calories, 19 g fat, 14 g protein, 44 carbs

daizies "wing it" salad \$12

Satisfy the craving for wings with this calorie killing alternative! Tender breast of chicken baked in daizies secret hot chili sauce served on fresh organic greens with celery and carrots and blue cheese gorgonzola vinaigrette

223 calories, 14 g protein, 13 g fat, 19 g carb

Layered chickpea and black bean salad \$12

Get your daily veggie requirement in one pretty salad. Chickpeas and black beans give the dish a protein boost, and their softer texture contrasts nicely with the crunchy vegetables including carrots, celery, cucumber, tomato and basil topped with a feta sprinkle.

215 calories, 10 g fat, 9 g protein, 26 g carbs

On the go nutritious wraps:

A fresh take on dashboard dining that you can feel good about!

All wraps and sandwiches are served with fresh organic greens and a kosher dill.

Vegetarian sunshine wrap \$10

Sundried tomato and chickpea hummus with fresh garden veggies, heart healthy avocado and crisp sprouts and a tomato lemon zest in an organic whole wheat wrap

Add Grilled chicken \$3

203 calories, 8 g fat, 7 g protein, 21 g carbs

Roasted vegetable wrap \$11

Roasted vegetables in olive oil and rosemary; red pepper, sweet potato, zucchini, onion and cherry tomato topped with crisp organic greens, our sundried tomato and chickpea hummus on a whole grain with flax wrap

203 calories, 8 g fat, 7 g protein, 21 g carbs

With low in fat chevre \$1

With chicken \$3

Thai mango chicken wrap with crushed cashews**\$12**

For a touch of the exotic, this wrap is a crunchy and refreshing twist on chicken. Full of Vitamin C plus “so good for you” fresh cilantro, red pepper, cucumber, onion, mayo and a sweet chili lime sauce to make you feel invigorated!

Delicious.

440 calories, 12 g fat, 31 g protein, 57 carbs

Savoury Sandwiches**Avocado club****\$12**

Packed with energy building B Vitamins, chicken breast, bacon, fresh leaf lettuce, tomato, avocado with a cucumber yogurt dressing on toasted organic whole grain

540 calories, 28 g fat, 24 g protein, 48 carbs

A fresh twist on tuna**\$12**

Low sodium white albacore tuna with black olive tapenade made with fresh squeezed lemon and shredded carrot. Add organic greens and a crisp local tomato on heart healthy flax bread.

320 calories, 11 fat, 19 protein, 35 g carbs

We could call it an egg sandwich but it 's much nicer to call it the “LOVE” sandwich**\$11**

You will love our version of a basic egg salad sandwich...Lettuce, Onion, Veggies and Egg in a creamy sweet curry mustard and lite mayonnaise that will make your heart smile

310 calories, 5 g fat. 15 g protein, 29 g carbs

Organic BLT on a fresh savoury scone**\$10**

Simple but delicious. Crisp bacon with organic tomato and lettuce served with daizies basil pesto mayonnaise on a fresh savoury scone.

375 calories, 15 g fat, 11 g protein, 42 g carbs

Heart healthy smoked salmon**\$13**

A modern classic; soft, creamy, low fat organic cream cheese, silky mouth watering smoked salmon, the crunchy bite of red onion, refreshing cucumber and ripe tomato topped with sprouts and fresh chives.Served on toasted 12 grain rye.

222 calories, 7 g fat, 15g protein, 24 g carbs

Black bean and sweet potato quesadillas**\$12**

Flavourful and hearty but light, served with fresh tomato salsa and a squeeze of lime and cilantro and a dollop of low fat sour cream

380 calories, 10 g fat, 20g protein, 28 carbs

Ask a daizies foodie about our Crepe of the day**\$13**

Light fluffy crepes featuring our Chef's fresh creations every day.

Served with organic greens