

ROCKET BAKERY & FRESH FOOD



VEGAN MENU



LOVELY LUNCH!

HUMMUS & VEGGIE SANDWICH

Rocket's Heavenly Hummus topped with zucchini noodles, tomatoes, spinach, roasted red peppers and cucumber on multigrain.

VEGGIE DELIGHT SALAD

Colourful veggies (edamame, spinach, corn, black beans, red peppers and green onions!), tossed in a tasty vinaigrette!

ROCKET'S SOUP-OF-THE-DAY

Happily served with a choice of multigrain bread or our vegan *no flour* Cosmic Crackers.

HEAVENLY HUMMUS & CRACKERS

Rocket's famous Cosmic Crackers paired with creamy Heavenly Hummus!
no flour added

SWEET TREATS FROM GINGERLY BAKERY!

CARROT CAKE WHOOPIE PIE

A whipped "cream cheese" filling between two soft-baked carrot cake cookies.

PECAN SQUARE

A soft shortbread base topped with a sweet pecan pie filling.

PARTRIDGEBERRY CRUMBLE

A classic melt-in your mouth crumble packed with fresh, NL partridgeberries.