

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.

HEAVENLY HUMMUS & CRACKERS

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

ROCKET'S SOUP-OF-THE-DAY

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

VEGGIE DELIGHT SALAD

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

ROCKET'S NL BUDDY BOWL

Crave a feed of veggies? Quinoa, spinach, black beans, edamame, tomatoes, zucchini noodles, grated carrot, cucumber topped with pumpkin seeds, crispy fried onions (served on the side) and Rocket's Sunny Vinaigrette! Add a serving of Rocket's home-roasted chicken breast or 2 baked eggs for an additional charge.

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.

LEMON CRUMBLE

A classic crumble square, filled with a bright and tangy lemon curd.