

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.

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

VEGGIE DELIGHT SALAD

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

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.