

# organic coffee & tea

hot or iced

coffee	reg	2.5	3
tea		2.5	3
chaga tea		2.5	3
london fog		4	4.5
chai latte		4.5	5
matcha latte		4.5	5
wellness tea		-	4
hot chocolate		3.5	4

## barista

espresso		3.5	-
americano		3.5	4
latte		4.5	5
cappuccino		4.5	-
dirty chai latte		6.5	7
mocha latte		5.5	6
red eye		5	5.5
pb cup latte		6.5	7

[HAND MADE SYRUPS: vanilla, chai, chocolate, simple]  
(No glucose, No fructose, or anything you can't pronounce!)

# smoothies

made with real fruit

<b>strawnana</b> <sup>GF</sup>	10	<b>inflammation buster</b> <sup>GF VG</sup>	10
frozen yogurt, strawberries, banana, coconut milk		banana, mango, ginger, turmeric, cayenne, chia seeds, carrot, coconut milk.	
<b>bob marley</b> <sup>GF</sup>	10	<b>triple berry</b> <sup>GF</sup>	10
frozen yogurt, mango, pineapple, orange juice, hemp hearts		frozen yogurt, blueberries, strawberries, raspberries, granola, almond milk	
<b>funky monkey</b> <sup>GF</sup>	10		
frozen yogurt, banana, homemade peanut butter, chocolate almond milk			

\* PLANT BASED IF YOU REMOVE FROZEN YOGURT

### ADD ONS:

whey protein 2  
vegan protein 2

espresso 2  
chia seeds 2

flax 2  
hemp hearts 2

[EXTRA FRUIT / EXTRA VEG = \$1]

## bakery

gluten-free, plant-based, & better tasting!

	single	3-pack
<b>muffin loaf</b> <sup>GF VG</sup>	3	-
<b>muffin bite</b> <sup>GF VG</sup>	1	7/8 pack
<b>chocolate chip cookie</b> <sup>GF VG</sup>	3	8.5
<b>energy bites</b> <sup>GF VG</sup>	3	8.5
<b>brownie</b> <sup>GF VG</sup>	2.5	8

# all-day breakfast

<b>gd2go breakfast sandwich</b>	6
baked egg, spinach, parmigiano, in-house avocado dressing served on toasted focaccia	
[make it deluxe (with garlic roasted mushrooms) = 6.5]	
[make it vegan (with vegan cheese & "JUST egg) = 7.5]	

<b>benny &amp; the eggs</b> <sup>GF</sup>	12
bacon, poached eggs, spinach on gluten free & vegan waffles and in-house avocado dressing	

<b>wicked waffles with berries</b> <sup>GF VG</sup>	10
gluten free and vegan waffles served with housemade berry compote and maple syrup.	

<b>breakfast burrito or bowl</b> <sup>GF</sup>	11
ww tortilla, boiled eggs, spinach, black beans, brown rice, feta cheese, salsa.	
[bowl served on brown rice]	

<b>organic quinoa breakfast bowl</b> <sup>GF</sup>	12
organic quinoa, greek yogurt, strawberries, blueberries, pumpkin seeds, flax, cacao, housemade peanut butter.	

<b>multigrain bagel</b>	2.5
[add cream cheese = 1.5]	
[add peanut butter or avocado dressing = 2]	

ALL-NEW!

# focaccia paninis

<b>the OG gd2go egg salad</b>	7
boiled eggs, in-house hummus & avocado dressing, green onions, spinach, served on toasted herb & garlic focaccia bread	
<b>the chipotle club</b>	10
oven roasted chicken OR crispy pork belly, bacon, cheese blend, spinach served on toasted focaccia with in-house chipotle dressing	
<b>italian roasted veg</b> <sup>VG</sup>	12
red peppers, red onions, mushrooms, zucchini, roasted in balsamic vinegar & maple syrup, vegan cheese, in-house hummus served on toasted focaccia	
<b>the halloumi grilled cheese</b>	15
halloumi cheese, cheese blend, parmigiano, melted on toasted focaccia served with in-house avocado or chipotle dressing	

## wraps

<b>mighty caesar wrap</b>	15
bacon, parmigiano, crispy onions, mixed greens, in-house caesar dressing.	
[add chicken = 5]	
<b>signature chicken &amp; parm wrap</b>	17
oven roasted chicken, parmigiano, boiled egg, red onions, red peppers, grape tomatoes, olives, mixed greens, in-house honey dijon dressing.	
<b>the one n' only buddha wrap</b> <sup>VG</sup>	17
gd2go sticky tofu, roasted sweet potatoes, guacamole, cucumber, chickpeas, shredded cabbage, served with in-house avocado or tahini dressing.	
<b>my big fat greek wrap</b>	15
grape tomatoes, olives, cucumbers, red onions, red peppers, mixed greens, feta cheese served with in-house tzatziki and greek dressing. [add chicken = 5]	

## MAKE IT A VALUE TRIO +4.00

pick two below with any menu item

coleslaw  
bean salad  
soup  
chili  
2 muffin bites

## ADD A SIDE with any menu item

8oz coleslaw 3  
8oz soup 3  
8oz bean salad 3  
8oz chili 3  
baked potato w dressing 5

<sup>VG</sup> - vegan  
<sup>GF</sup> - gluten free



soups and chilis

	reg	large
<b>nonna’s tomato &amp; basil soup</b> <sup>GfVg</sup>	6.5	12
<i>hand-jarred san marzano tomatoes, basil, garlic, oregano, onions served with olive oil &amp; herb focaccia wedge</i>		
<b>hearty chicken &amp; veg soup</b> <sup>Gf</sup>	7	13
<i>house made chicken stock, celery, onions, garlic, carrots, peas, corn, in-house roasted chicken, rosemary, thyme, served with rice and focaccia wedge</i>		
<b>organic miso soup</b> <sup>GfVg</sup>	7.5	14
<i>organic miso broth, bok choy, red pepper, green onion, gluten-free rice noodles</i>		
<b>lean mean chili</b> <sup>GfVg</sup>	6.5	12
<i>assorted bean medley with onions, mushrooms, diced tomatoes, cocoa powder, espresso, in-house chili spice mix</i> [add chicken = 5]		

baked potato bowl

<b>lean mean chili potato bowl</b> <sup>GfVg</sup>	10
<i>baked potato, lean mean chili, guacamole, green onion, with in-house avocado dressing</i>	
<b>cheesy chicken potato bowl</b>	15
<i>baked potato, oven roasted chicken, bacon, cheese blend, green onion, in-house chipotle dressing</i>	

salads and bowls

<b>the one n’ only buddha</b> <sup>VgGf</sup>	19
<i>gd2go sticky tofu, roasted sweet potatoes, guacamole, cucumber, chickpeas, shredded cabbage, sesame seeds served with in-house avocado or tahini dressing.</i>	
<b>mighty caesar</b>	15
<i>bacon, parmigiano, crispy onions, mixed greens, served with in-house caesar dressing. [add chicken = 5]</i>	
<b>my big fat greek</b> <sup>Gf</sup>	16
<i>grape tomatoes, olives, cucumbers, red onions, red peppers, feta cheese with gd2go tzatziki and greek dressing.</i>	
<b>signature chicken &amp; parm</b> <sup>Gf</sup>	17
<i>oven roasted chicken, boiled egg, parmigiano, red onions, red peppers, grape tomatoes, olives, in-house honey dijon dressing.</i>	
<b>grilled halloumi cobb</b>	22
<i>grilled halloumi cheese, bacon, boiled egg, grape tomatoes, cucumber, crispy onions, mixed greens with in-house honey dijon or balsamic dressing.</i>	
<b>protein overload</b> <sup>Gf</sup>	22
<i>gd2go sticky tofu, oven roasted chicken, black beans, grape tomatoes, hemp hearts, pumpkin seeds, in-house hummus and balsamic dressing</i>	
[salads served on seasonal mixed greens]	
[bowls served on your choice of quinoa, brown rice, gf rice noodles, or cauliflower rice]	

MAKE IT A VALUE TRIO +4.00

pick two below with any menu item

- coleslaw
- bean salad
- soup
- chili
- 2 muffin bites

ADD A SIDE with any menu item

- 8oz coleslaw 3
- 8oz soup 3
- 8oz bean salad 3
- 8oz chili 3
- baked potato w dressing 5

<sup>Vg</sup> - vegan  
<sup>Gf</sup> - gluten free

ALL-NEW! spatchcock style roasted chicken dinners

<b>wholecock meal (family style, feeds 4)</b>	60
<ul style="list-style-type: none"><li>• whole spatchcock chicken - 2 breasts &amp; 2 legs</li><li>• choice of 32oz starch (rice, quinoa, or 4 baked potatoes)</li><li>• choice of 32oz sides (coleslaw, bean salad, chili, roasted veg, garden salad, tomato soup)</li></ul>	
<b>halfcock meal (feeds 2)</b>	34.5
<ul style="list-style-type: none"><li>• half spatchcock chicken - 1 breast &amp; 1 leg</li><li>• choice of 16oz starch (rice, quinoa, or 2 baked potatoes)</li><li>• choice of 16oz sides (coleslaw, bean salad, chili, roasted veg, garden salad, tomato soup)</li></ul>	
<b>quartercock meal (feeds 1)</b>	18.5
<ul style="list-style-type: none"><li>• 1 breast or 1 leg</li><li>• choice of 8oz starch (rice, quinoa, or 1 baked potato)</li><li>• choice of 8oz sides (coleslaw, bean salad, chili, roasted veg, garden salad, tomato soup)</li></ul>	

\*EVERY MEAL COMES WITH 1 FOCACCIA LOAF, 1 MUFFIN BITE, AND 1 DIP PER PERSON

[HUNGRY ADD ONS: whole chicken = 18, half chicken = 9] (for spatchcock chicken dinners only)

gd2go classics

<b>uncomon ramen bowl</b>	20
<i>crispy pork belly, jammy egg, ramen noodles, pork/chicken broth, roasted mushrooms, bokchoy, green onions, pea sprouts</i>	
<b>salmon teriyaki bowl</b> <sup>Gf</sup>	18
<i>salmon, brown rice, roasted mushrooms, shredded cabbage, bok choy, green onions, black sesame seeds with in-house teriyaki dressing</i>	
<b>warm n’ savoury keto bowl</b> <sup>Gf</sup>	16
<i>bacon, boiled egg, cheese blend, cauliflower rice, guacamole, in-house avocado dressing, green onion garnish</i>	
<b>chicken &amp; cheese quesadilla</b>	17
<i>oven roasted chicken, cheese blend, whole wheat tortilla served with in-house chipotle dressing</i>	

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