



**Eastern Woodlands
Trading Company
TAKE-OUT MENU**

Contact vendor directly to place an order: info@ewtc.ca or call/txt 289-962-3982
Orders must be placed by noon each Thursday before the market Saturday.

MICROGREENS

Grown at our Farm in Burlington, without the use of fertilizers, pesticides, or other artificial agents.

Pea Shoots (130g) **\$6 / bag or any
2 bags for \$10**

Sunflower Shoots (130g)

Micro Spring Mix (130g)
Blend of Pea, Sunflower and Radish

Broccoli Shoots (80g)



SNACKS

All snacks are vegan, gluten-free, naturally sweetened and nutrient-dense.

Breakfast Cookies (80g) **\$3 / cookie or
any 6 for \$15**

6 Flavors:

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|--------------------------|--------------------------|
| <i>Oatmeal Raisin</i> | <i>Oatmeal Chocolate</i> |
| <i>Blueberry Fig</i> | <i>Hemp Dates</i> |
| <i>Cranberry Pumpkin</i> | <i>Cherry Coconut</i> |



Energy Balls (50g)

**\$3/ ball or
any 6 for \$15**

6 Flavors:

*Orange Ginger
Cherry Coconut
Maple Walnut*

*Matcha Pistachio
Mocha Hazelnut
Blueberry Raspberry*



LUNCHES

Lunches are vegan, gluten-free, and nutrient dense.

Fresh Rolls

**\$8 / 2 rolls and
dipping sauce**

Sweet potato noodles, julienned carrots and cucumbers, marinated and lightly fried tofu, homegrown sunflower shoots, homemade pickled vegetables, hand-rolled in a rice paper wrap.



Miso Salad Bowl

\$8 each

Microgreens, quinoa, roast beets, edemame, cabbage, pecans, blueberries, and miso dressing.



Miso Dressing (375ml)

\$10 each

Light miso, homegrown honey, carrots, rice vinegar, grapeseed oil, sesame oil, ginger



MISC.

Grow Kits

\$10

Includes soil and 2 sets of seeds (of your choice). Everything you need to get started growing microgreens successfully.

Seed types:

Sunflower

Radish

Mustard

Wheatgrass

Pea

Arugula

Broccoli

Cabbage

Seeds also sold separately for \$1/package



THANK YOU FOR SHOPPING!

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