



## **Dine Cowichan Menu \$15**

In celebration of Health, all items on this menu are vegan & full of plant based goodness and delicious flavours.

Weekly selections include bowl of the week plus a Chocolate Dipped Energy Pop & Peaks Coffee or Westholme Tea

### **February 20-26 | Dragon Bowl**

*Coconut jasmine rice, roasted cauliflower & yam, grilled tofu, sprouts, kimchi & creamy coconut tahini sauce*

### **February 27-March 4 | Falafel Bowl**

*Brown Rice, House made Falafel, Greek salad, kalamata olives, basil hummus, hemp seeds, sprouts & lemon cashew drizzle*

### **March 5-10 | Zen Bowl**

*Sticky Tofu, braised daikon, fresh grated veggies, steamed greens, kimchi, rice noodles, sprouts & Asian miso drizzle*

