



Healthy Lifestyle Features 2007

“Absolutely the most health-promoting and appetizing menu I’ve seen anywhere in my travels. Congratulations Black Dog for proving that healthy food can be delicious and for setting an example, hopefully, for other establishments to follow.”

Dr James Meschino D.C., M.S., N.D. (author of The Meschino Optimal Living Program: 7 Steps To A Healthy, Fit, Age-Resistant Body) www.naturalhealthtest.com

“With their Healthy Lifestyle Menu the Black Dog Pub has proven its commitment to healthy lifestyle choices. Not only do they offer a wide range of Heart Smart items on their regular menu, but the Black Dog Pub has taken this a step further by offering more fresh vegetables, whole grains and vegetarian options on all their Menus. As a vegetarian, it is a treat and a rarity to arrive at a local restaurant and be able to find not one item that I can eat, but several delicious and healthy items to choose from. I highly recommend my favourite dessert, the Black Dog’s own Spelt Carrot Cake with tofu cream cheese frosting, which is both dairy and sugar free. This dessert is a healthy meal in its own right! Congratulations Kelly!”

Dr. Melissa West (Ph.D.) is a holistic nutrition and lifestyle coach and vegetarian chef who teaches vegetarian cooking classes. www.melissawest.com



Wraps



11. Lunch Portion from 11:30 -3pm

13. Dinner Portion from 3pm

Choice of Whole Wheat, Rice Paper or Sundried Tomato Wrap

Wraps are served with tomatoes, sprouts, herbed mayo, dill pickle & sweet potato fries

Tuna & Avocado

or

Wild Salmon & Mango Salsa

or

Grilled Chicken & Apple

or

Grilled California Club

(chicken, tomato, lettuce, sprouts, hummus)

or

Red Curry Tofu Scramble

Sautéed onions, spinach & mushrooms spiced with red curry, turmeric & tamari

Desserts

Black Dog’s own Spelt Carrot Cake with tofu cream cheese frosting (dairy & sugar free) 7.
Flourless Chocolate Cake with warm chocolate sauce 7.

Gaia Spring Water –4.50

(still or carbonated)- it’s local, and the company picks up our empties for refilling