

## Rebel Salads

<b>Farmers' Market</b> ♡	Romaine, torn sourdough, olives, red onions, cucumbers, boiled egg, tomato, corn niblets, fresh oregano & basil with sun-dried tomato & olive dressing	7.99
<b>Buffalo Chicken</b>	Romaine & arugula, Cajun chicken, blue cheese, julienne carrots, tomato, celery, with ranch dressing	8.99
<b>Crab Insalata</b>	Romaine, crab meat, goat cheese, tomato, tortilla with lime & cilantro vinaigrette	8.49
<b>Salmon &amp; Goat Cheese</b>	Spring mix & spinach, smoked salmon, capers, cucumbers, red onions, goat cheese with cucumber dill dressing	9.49
<b>Taco Beef</b>	Romaine, grilled beef, tomato, red onions, black and kidney beans, cheddar cheese, salsa, crispy tortilla with ranch dressing	9.49
<b>Rebel Cobb</b>	Spring mix, chicken, bacon, boiled egg, avocado, tomato, blue cheese with ranch dressing	8.99
<b>Wine &amp; Cheese</b> ♡	Spring mix, brie, goat cheese, balsamic strawberries, walnuts, red onions with red wine & honey vinaigrette	8.99
<b>Asian Chicken</b>	Spring mix, chicken, sliced almonds, mandarins, julienne peppers, julienne carrots, crispy noodles, confit garlic & ginger, cilantro & mint with Asian sesame dressing	9.49
<b>BLAT</b>	Romaine, bacon, avocado, tomato, croutons, mozzarella, fresh basil and oregano, with garlic aioli	7.49
<b>Spicy Asian Shrimp</b>	Romaine, shrimp, julienne bell peppers, confit garlic & ginger, spicy chili confit, crispy noodle fresh cilantro & mint with mirin dressing	9.49
<b>Smoked Turkey &amp; Brie</b>	Spring mix, smoked turkey, French brie, tomato, pecans, dried cranberries with raspberry vinaigrette	8.99
<b>Grilled Tofu</b> ♡	Spring mix & spinach, grilled soy and garlic tofu, carrots, celery, julienne bell peppers, cashews with Asian ginger dressing	7.99

## Classic Salads

<b>Caesar</b>	Romaine, shaved parmesan, croutons, crushed bacon, with classic Caesar dressing	6.99
<b>Rebel Caesar</b>	As above with egg & anchovies	7.99
<b>Caesar with grilled chicken</b>		8.99
<b>Garden</b> ♡	Spring mix, julienne carrots, cucumber, tomato, red onions, seed mix, baby radish, fresh basil & oregano, with sun-dried tomato, & basil dressing	6.99
<b>Greek</b> ♡	Arugula & Romaine, feta, cucumbers, tomato, red onions, olives, with Mediterranean Greek dressing	7.49

**Create Your Own Salad** ♡ From 6.49  
includes choice of lettuce, four toppings, dressing, and a breadstick

- 1 Choose your lettuce
- 2 Choose any extras you may want \*
- 3 Add four free toppings from the green section
- 4 Pick your favourite dressing
- 5 Add a breadstick

\* See website for ingredients

## Side Salads

<b>Quinoa</b> ♡	Organic quinoa, black beans, fresh cilantro, corn niblets, bell peppers, red onions, light vinaigrette	2.99
<b>Lentil</b> ♡	Organic lentils, diced red onion, parsley, feta, bell peppers, lemon juice, Mediterranean vinaigrette	2.99
<b>Garbanzo Bean</b> ♡	Bell peppers, cucumbers, red onions, feta, fresh mint & cilantro, light vinaigrette	3.29

## Rebel Soup

<b>Soups of the day</b>	a little	a lot
Served with a fresh grilled bread stick	2.99	3.99

## Rebel Sandwiches

<b>Tuna Salad</b>	Tuna, celery, red onions, garlic aioli, melted mozzarella, romaine, sliced tomato, a sprinkle of olive oil	6.99
<b>Grilled Chicken</b>	Chicken, bacon, sliced tomato confit red peppers, provolone cheese, ranch dressing	7.99
<b>BLAT</b>	Bacon, romaine, avocado, melted mozzarella, sliced tomato, garlic aioli	6.99
<b>Smoked Salmon</b>	Capers, goat cheese, spring mix, thick cucumber dill dressing	8.49
<b>Smoked Turkey &amp; Brie</b>	Smoked turkey, French brie, sliced tomato, spring mix, cranberry vinaigrette	7.49
<b>Grilled Beef</b>	Seasoned roast beef, provolone, confit red peppers, red onions, tomato, romaine, garlic aioli	7.99
<b>Bean Power</b> ♡	Rebel bean spread, tomato, provolone cheese, confit red peppers, romaine, fresh basil	5.99

♡ **Vegetarians** can substitute our delicious chunky bean spread for meat on any of our sandwiches!

## Create Your Own Rebel Yoghurt

A little....\$2.99 or A lot....\$4.99

<b>Rebel Toppings</b>	choose 3	
Blueberries	Granola	Coconut Shavings
Mango	Banana	Walnuts
Almond Slivers	Strawberries	Cookies n Cream
Muesli	Cranberries	Mango
Pecans	Dried Cranberry	
Raspberries	Chocolate Chips	

Create Your Own Breakfast.....from \$3.49

[Step 1] Yoghurt or Oatmeal.....choose 1

Yoghurt                  Oatmeal

[Step 2] Toppings.....choose 1

Cinnamon Apples	Raisins	Mango
Dried Cranberries	Banana	Pecans
Walnuts	Strawberries	Granola
Almonds	Blueberries	Raspberries
Coconut		

[Finish] Something Sweet.....choose 1

Organic Brown Sugar                  Billy Bee Honey



Toasted Montreal Style Bagels.....from \$1.60

Muslix	Cinnamon Rasin	Plain
Sesame	Cranberry Lemon	Poppy Seed

Bagel Toppings

Butter & Jam	free
Cream cheese	.50
Capers	.30
Tomatos	.50
Lox	3.00
The works	5.50

Coffee & Tea.....from \$1.60

Organic Tea: Mighty Leaf Organic Teas

Fair Trade Organic Coffee: Medium Roast

Our Revolutionary Rebel Bowl Program

Every year in Canada landfills overflow with packaging from the food service industry. Consumers are not to blame. Why? You're rarely offered packaging alternatives. Green Rebel now gives you a choice.

Let's make a deal. Give the environment a break by using a Rebel Bowl and we'll give you a break. **5% off** your salad every time you use your Rebel Bowl instead of a disposable take out bowl. Bowls are only \$3.00

The program is simple. Purchase a Rebel Bowl, keep it in your office and each time you visit Green Rebel bring it with you and we'll fill it with a healthy delicious salad. It's truly a win-win situation. You can feel good about what you're eating, while doing your part for the environment, not to mention saving money.



Order Online

Place your order online, pick it up and avoid the line-up at the store! Have a Rebel Bowl? Bring it with for your discount.