



MENU

PRICES

BREAKFAST 250ML | \$5.75-6.75
 CHEESE CAKE 125ML | \$6.00
 JUST ADD EGG 250ML | \$5.75
 LUNCH 500ML | \$12.00
 SKILLET 1L | \$19.50
 BITES (6) | \$12.00

BREAKFAST JARS

STYLE

Parfait, Overnight oats, or Chia Pudding

YOGURT

Vanilla, Vanilla Greek, Plain Greek, Dairy-Free Coconut

FLAVOUR

Fresh Fruit

Banana+PB

Hazelnut Dream

Mango

PB+J

Baked Pear

Carrot Cake

Baked Apple

Apple Caramel

Raspberry Lemon

Banana Hazelnut

Blueberry Lemon

Raspberry Chocolate

Maple Cinnamon Pecan



JUST ADD EGG

Classic Vegetarian

Dill & Goat Cheese

Green Goodness

Mediterranean

Basil Pesto

Mexican

Italian

CHEESECAKES

Cherry

Mixed Fruit

Blueberry Lemon

Raspberry Lemon

Raspberry Chocolate

BITES



Peanut Butter & Chocolate Chip

Cocoa & Coconut (Nut Free)

Chocolate Espresso Truffle

Keto Almond Crunch

Reese's Pieces

Nutella Roche

Cinnamon Roll

Sweet & Salty



LUNCH JARS

Broccoli Apple Crunch

Caprese Pasta Salad

Basil Pesto & Quinoa

The Weekend Jar *Back*

Dill Pickle Pasta

Green Goodness

Spring Crunch

Meatless Taco

Mac and Tuna

Pickled Beet

Loaded Taco

Pear Crunch

Kale Caesar

Pear & Feta

Greek Orzo

Power Up

Rainbow

Buddha

Thai Soba

Apple Gouda

Tuscan Pasta

Southwest Orzo

Blueberry Patch

Sweet Black Bean

Strawberry Arugula *Back*

Farro & Fresh Grape

The Jennifer Aniston



SKILLET JARS

CHOOSE A BASE:

Quinoa, Brown Rice,

Basmati, Couscous,

Rice Noodles, Farro,

Orzo, Fusilli

CHOOSE A FLAVOUR:

Tomato Parmesan

Asian Fried Rice

Honey Sriracha

Asian Sesame

Mango Curry

Balsamic

Curry

Caesar

Tzatzik

Teriyaki

Zesty Lime

Creamy Dill

Spicy Ranch

Honey Garlic

Butter Chicken

Lemon Parmesan

Butter Cauliflower

Butternut Squash Enchilada

Ordering closes Monday @ 11:59PM

Stratford.UrbanJars.com