



MENU

PRICES

BREAKFAST 250ML | \$5.50-6.00
 CHEESE CAKE 125ML | \$6.00
 JUST ADD EGG 250ML | \$5.50
 LUNCH 500ML | \$11.00
 SKILLET 1L | \$18.00
 BITES (6) | \$11.00

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
 Pom & White Chocolate
 Strawberry Kiwi *BACK*
 Strawberry Cheesecake



NEW!

JUST ADD EGG

Classic Vegetarian
 Green Goodness
 Mediterranean
 Mexican
 Italian
 Basil Pesto
 Dill & Goat Cheese

CHEESECAKES

Cherry
 Mixed Fruit
 Blueberry Lemon
 Raspberry Lemon
 Raspberry Chocolate
 Strawberry Kiwi

NEW!

BITES



Peanut Butter & Chocolate Chip
 Cocoa & Coconut (Nut Free)
 Chocolate Espresso Truffle
 Keto Almond Crunch
 Cookies & Cream

Reese's Pieces
 Nutella Roche
 Cinnamon Roll
 Sweet & Salty



LUNCH JARS

Broccoli Apple Crunch
 Caprese Pasta Salad
 Pea, Farro & Arugula
 Basil Pesto & Quinoa
 Dill Pickle Pasta
 Green Goodness
 Meatless Taco
 Spring Crunch
 Mac and Tuna
 The Weekend
 Tuscan Pasta
 Pickled Beet
 Mango Craze
 Loaded Taco
 Pear Crunch
 Kale Caesar
 Pear & Feta
 Greek Orzo
 Rainbow
 Buddha
 Thai Sobo
 Apple Gouda
 Green Crunch
 Southwest Orzo
 Blueberry Patch
 Sweet Black Bean
 Farro & Fresh Grape
 The Jennifer Aniston
 Strawberry Arugula *BACK*



SKILLET JARS

CHOOSE A BASE:

Quinoa, Brown Rice,
 Basmati, Couscous,
 Rice Noodles, Farro,
 Orzo, Fusilli

CHOOSE A FLAVOUR:

Tomato Parmesan
 Asian Fried Rice
 Curry
 Caesar
 Teriyaki
 Tzatziki
 Balsamic
 Zesty Lime
 Honey Sriracha
 Lemon Parmesan
 Spicy Ranch
 Honey Garlic
 Pineapple Jerk
 Butter Chicken
 Sweet Onion
 Creamy Dill
 Asian Sesame
 Mango Curry
 Butter Cauliflower
 Butternut Squash Enchilada

Ordering closes Monday @ 11:59PM

Stratford.UrbanJars.com