



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



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

BITES



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

Reese's Pieces
 Nutella Roche
 Cinnamon Roll
 Sweet & Salty
 S'more



LUNCH JARS

Broccoli Apple Crunch

Caprese Pasta Salad

Pea, Farro & Arugula

Basil Pesto & Quinoa

Dill Pickle Pasta

Green Goodness

Meatless Taco

Mac and Tuna

The Weekend

Tuscan Pasta

Pickled Beet

Mango Craze

Loaded Taco

Pear Crunch

Kale Caesar

Pear & Feta

Greek Orzo

Rainbow

Buddha

Thai Soba

Apple Gouda

Green Crunch

Southwest Orzo

Blueberry Patch

Bowtie Asparagus

Farro & Fresh Grape

The Jennifer Aniston

Watermelon & Feta Orzo



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