

| WELA Signature Bowls | | | |
|--------------------------------|-------------------------------------|----------|--|
| Item | Tribes / Allergens | Price | Description |
| Roasted Cauliflower Curry Bowl | vegan, gluten-free, heat | \$ 11.95 | roasted cauliflower and sweet potatoes, served with Thai green curry sauce, brown rice and side salad |
| Bangkok Bowl | vegan, gluten-free, contain peanuts | \$ 11.95 | romaine, baby spinach, brown rice, chickpea, bell pepper, shredded red cabbage, cucumber, shredded carrot, Thai peanut dressing |
| Chilango | vegan, gluten-free | \$ 11.95 | black bean, sweet corn, brown rice, romaine, spring mix, bell pepper, red onion, GF tortilla chip, toasted red pepper chipotle sauce |
| Shroomami | vegan, gluten-free | \$ 12.95 | sautéed shiitake and brown mushroom, massaged kale, brown rice, baby spinach, edamame, shredded carrots, cucumber, cherry tomato, creamy sesame dressing |
| Extra Sides (optional) | | | |
| Fresh Hummus | vegan, gluten-free | \$ 1.45 | |
| Falafel | vegan, gluten-free | \$ 2.95 | |
| Half Hummus & Half Falafel | vegan, gluten-free | \$ 2.95 | |
| Roasted Tofu | vegan, gluten-free | \$ 1.95 | |
| Roasted Chicken Breast | | \$ 2.95 | |

| WELA Signature Wraps | | | |
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| Item | Tribes / Allergens | Price | Description |
| Avocado Wrap | vegan | \$ 8.95 | mashed chickpea and avocado, baby spinach, chili flakes, spinach tortilla wrap |
| Falamus Wrap | vegan | \$ 11.95 | falafel, fresh hummus, cucumber, bell pepper, red onion, spinach tortilla wrap |
| Bangkok Wrap | | \$ 11.95 | roasted chicken breast, quinoa, chickpea, bell pepper, cucumber, carrots, Thai curry sauce, spinach tortilla wrap |
| Nick's Wrap | | \$ 11.95 | roasted chicken breast, black bean, sweet corn, baby spinach, brown rice, bell pepper, red onion, toasted red pepper chipotle, spinach tortilla wrap |
| Chicken Kaleslaw | | \$ 11.95 | roasted chicken breast, kale, red cabbage, chipotle mayo, spinach tortilla wrap |

| Sharing | | | |
|----------------------------|----------|--|--|
| Item | Price | Description | |
| Big Bowl of Salad | \$ 49.95 | fresh daily picks of salad greens, vegetables, grains, and nuts, served with your 2 choices of dressing - Thai peanut, creamy sesamy, toasted red pepper chipotle, caesar, miso, aged balsamic & extra virgin olive oil (served 6 to 8 people) | |
| Falafel | \$ 15.95 | 20 pieces | |
| Fresh Hummus Dip | \$ 14.95 | 1000g of deliciousness | |
| Gluten-Free Tortilla Chips | \$ 4.95 | just enough to make you finish your dip! | |

| Notes | |
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| All catering order must be placed at least 48 hours in advance. | |
| Please kindly let us know if there is any food allergy or a special request for your order. | |
| 10% catering discount will automatically apply to any order over \$200. | |
| Delivery is available in North Vancouver and West Vancouver area for an additional \$40 delivery fee. Minimum order for delivery is \$300. | |
| For a complete nutrition facts, please visit our website at https://www.welahealthbar.ca/nutrition-facts | |