



MICROGREENS PLANTS WE GROW



Microgreens
grown fresh daily
Downtown
Peterborough's ONLY
Urban Farm +
Microgreenery

Unique, One-of-a-Kind, PLANT CAFE located
in Peterborough, Ontario

We grow all of our Microgreens on-site
in our Vertical Gardens. We are proud to
supply Chefs, Restaurants, Patrons, Foodies,
and everyone who loves these tiny greens!

Come see our FRESH selections.

Tiny Greens' location features a world of plants,
both edible & tropical arrangements, as well as
gifts, seeds, plant-based foods, full smoothie
and juice bar including a seating area to hangout.
The plant loving crowds, families and health crowd
are arriving at the Store for their unique terrarium
and plant building experience, where people can
drop in or make a reservation, 7 days a week.
Book a group or event in or have us come to you.
It's endless to the possibilities of what might
make you fall in love with our Tiny Gem downtown.



HANG OUT IN OUR INDOOR GARDEN PLANT CAFE ...Unique as You!

A Plant Shop you can stay and hang out in

We also offer space for:

- Events
- Groups
- Reserve Our Meeting Room



It's All About Plants!

431 George Street N.
Peterborough, Ontario
705-874-7554

FREE
WiFi

Student
Study
Hall

TinyGreens.ca
#JustNorthOfHunter



PLANT CAFE SMOOTHIE + JUICE BAR

It's all about Plants!



Smoothies & Juice Bar,
Plant-Based Foods,
Microgreen Gardens,
Workshops, & Plant Shop!

431 George Street North



SMOOTHIES

Plant-Based, Healthy, Filling, Real Food

Smoothies

12oz \$6.49 16oz \$7.85
Served with our signature microgreens garnish

Feeling Great

Hand Full of Kale, Mango, Banana, Grapes

Jump for Joy

Bunch of Spinach, Mango, Banana, Pineapple

Powerhouse

Kale, Spinach, Romaine, Avocado, Pineapple, Lemon

I Survived The Week

Kale, Blueberry, Orange, Banana, Coconut Milk, Hemp Seed, Cinnamon

Classic Smoothies

12oz \$5.99 16oz \$6.99

Strawberry Smoothie

Lots of Strawberries, Banana, Maple Syrup

Mango Smoothie

Whole Lotta Mango, Banana, Maple Syrup

Gourmet Fusion Smoothies

Chocolate Mint

Almond butter, Banana, Cacao, Maple syrup, Dates, Real mint leaves

Coffee Date

Espresso, Almond butter, Banana, Coconut milk, Maple Syrup, Dates

Power Up Your Smoothie

Add 1: \$1.00, Add 2: \$1.50
Hemp Protein, Pea Protein, Maca, Spirulina

Fusion Smoothies

12oz \$7.85 16oz \$8.85
Flavours Blended Separately & Layered Creating A Multicoloured Flavourful Drink
Makes you feel like you have gone on vacation!

Tropical Island

Strawberry, Mango, Pineapple, Banana, Maple Syrup, Optional coconut milk

My Goodness

Spinach, Strawberry, Mango, Banana, Maple syrup

Beach Party

Pineapple, Mango, Blueberry, Banana, Coconut milk, Maple syrup

Chocolate Covered Almond

Almond Butter, Banana, Coconut milk, Maple syrup, Cocoa, Dates

Chocolate Covered Strawberry

Strawberries, Banana, Coconut milk, Maple syrup, Cocoa, Dates

Maccacino

Espresso, Banana, Coconut Milk, Cacao, Macca, Dates

Team Protein

Spinach, Kale, Almond butter, Banana, Blueberry, Hemp Protein, Coconut Milk, Cinnamon

Want to add in #Microgreens?
Ask our Staff :)

PLANT BASED FOOD

Fresh Quick Stop Ready-To-Go Plant-Based Foods or Enjoy our Plant-Based Foods in Our Seating Area with our Living Gardens Feel

Plant-Based Meals

Tiny Greens Super Salad

Tamari Ginger Almond and Pumpkin Seasoned Salad with Spinach & Tiny Greens served with a Sweet Maple Balsamic Dressing... It's not as colourful, but it's awesome!

Vegan Caesar Salad With Pumpkin Parmesan

Kale & Romaine Tossed In Our Famous Vegan Caesar Dressing. We use this dish to secretly turn you onto Plant-based foods :)

Mexi fiesta!

Zesty Fun dish starring our Taco Seasoned Walnut filling, Vegan Sour Cream and Salsa with Corn, Black beans, Tomatoes, Green onions on a bed of Napa and Kale.. It's a Party & you are invited!

Hearty Chick Pea and Dill Salad

Flavorful dish on a bed of Spinach with our Maple Balsamic Dressing. Comfort food... Enough said, Cheers!

Veggie Wraps

Our own Vegan Cheese and Veggies Wrapped & Rolled In Collard Leaves. Addictive!

MICROGREENS GROWN ONSITE

Microgreens are Tiny Edible Varieties of Plants like Kale, Broccoli, Cress, Sunflower, Basil etc.grown onsite, harvested young and incorporated into our menu creating a Fresh nutritious food source so Tasty and Packed with Health!

Vegan Eggless Sandwich

Seasoned Chick pea filling, tomatoes and Tiny Greens Yes that's right, Egg lover or not, this is delicious!

Plant-Based Pastas

100% veggie noodles, gluten free

Sweet Potato Pasta with Cheesy Plant-Based Alfredo Sauce

Sweet Potato Noodles, Broccoli, Flavoured with our popular Cheesy sauce!

Plant-Based Pad Thai

Marinated Turnip Noodles & Veggies tossed in a rich Almond Tamari, Ginger Thai Sauce

Vegan Sushi

"Oh my Goodness I Should Have Had Plant-based Food Years Ago!" Satisfying Savory Sushi Rolls filled with a seasoned Ginger Tamari Nutty/Seed mixture and Veggies



FRESH JUICES

Healthy, Healing, Nutrient Dense

Fresh Pressed Juice

Plant-based bowl of greens juiced into healthy goodness
12oz \$6.99 16oz \$8.49
Served with our signature microgreen garnish

Gorgeous Greens

Kale, Cucumber, Celery, Apple, Pineapple, Lemon

Refresh

Beet, Celery, Carrot, Cucumber, Turmeric, Parsley, Lemon

Zero Mile Micro Chugger

Spinach, Kale, Cucumber, Apple, Celery & Pea Microgreens

It's a Green Party!

Kale, Romaine, Spinach, Collards, Celery, Cucumber, Microgreens, lemon

Ginger Detox

Beet, Carrot, Apple, Ginger

Orange Zinger

Carrot, Orange, Apple, Ginger

Pick Me UP

Kale, Spinach, Cucumber, Celery, Orange, Parsley, Ginger, Lemon

Feeling Sweet

Apple, Orange, Pineapple

Wheat Grass Shots

1oz \$3.29
2oz \$5.99

Hot or Chilled Healing Tonics

That sounds like a good time... I'll take 2!
Tonics & Iced Drinks \$4.25

Soul Soothing Lemon Ginger

Hot Tonic or Chilled LEMONADE, Juiced Ginger, Lemon, Maple syrup if you wish

Immune Boosting Tumeric Tonic

Beet, Orange, Juiced Tumeric & lemon

Nutrition Booster

Ginger, Spirulina, Kale, Lemon

Feel Better

Lemon, Orange, Cayenne, Tumeric

Hot Cinnamon Apple

Apple Cinnamon, Cloves, Maple syrup if you wish

Classic Lemonade

Lemon, Maple syrup & Raw sugar

Strawberry Lemonade

Strawberries, Lemon, Maple syrup & Raw sugar

Caffeinated Energy Bar

Americano
Single \$2.75
Double \$3.50