

## "How Do I Pick Dishes at Camros?"

Here's how it works: you order our dishes through our combo system. First you choose a combo and then you choose the dishes and salads that you want from the menu. You can pick any dish and salad that you like. Simple!

- ◆ 2-Item 100% Organic Combo
- ◆ 3-Item 100% Organic Combo
- ◆ 4-Item 100% Organic Combo
- ◆ 100% Organic Soup of the Day (seasonal availability) (Includes two slices of organic kaniat bread)

Kindly note that prices vary according to seasonal produce cost and other variable costs. Our latest prices are posted in-store. Availability of dishes changes too.



## The Rotating 100% Organic Camros Menu

Our menu works on a bi-weekly rotation basis, which keeps your choices fresh and exciting. When you step into Camros Organic Eatery and take a look at the offerings of lovely, colourful food, you will see something different than what was served the previous day. We constantly add to our menu.

Here are some of our 100% organic dishes (availability varies):

### Golden Rice Ball

Basmati brown rice formed into a ball with saffron, cinnamon and a centre stuffed with raisins and walnuts



### Green Rice

Basmati brown rice infused with aromatic dill and cilantro, with touch of saffron

### Lima Bean Stew

The fresh aroma of dill with delightfully soft and chewy lima beans in a creamy non-dairy base

### Roasted Mixed Vegetables

Oven roasted beets, sweet potato, cauliflower, carrots, and cauliflower



### Carrot Rice

Basmati brown rice infused with cinnamon and saffron, with tender shreds of carrots

### "Ghyme Stew" - Traditional Persian Lentil Stew

Split yellow lentils mixed with potatoes, limes, plums, and various herbs and mild spices



### Green Rice Ball

Basmati brown rice formed into a ball with green herbs and a center stuffed with plums

### Green Stew

Cilantro and savoury zucchini combined with spinach and lemon juice make this a very popular dish

### Celery Stew

Cooked celery fused with parsley, peppermint, and fresh lemon juice



### Cabbage Roll

Tender cabbage leaves wrapped around a delicious stuffing of basmati brown rice, tomatoes, peppermint and tarragon, with a touch of saffron

### "Ghorme Sabzi" - Traditional Persian Stew

Gently cooked red kidney beans in a savoury stew of spinach and fragrant herbs

### Brown Rice With Saffron

### Daal Lentil

Red split lentils combined with sour tamarind, fresh lemon juice and sweet potatoes

### Zucchini Rice Ball

Basmati brown rice fused with centre of zucchini, in a tomato base



### Spinach, Chick Pea and Plum Stew

Spinach combined with tender chick peas and plums for a delightful "sweet and savoury" taste experience

### Beet & Lentil Stew

Comforting dish of diced beets and brown lentils, cooked with spinach



### Tender Chick Pea Stew

Soaked chick peas cooked to delicious perfection, with nourishing touches of ginger and cumin

### Red Rice Ball

Basmati brown rice formed into a ball with beets and a center stuffed with lentils

### Mixed Vegetable Stew

A colourful mix of carrots, potatoes, tomatoes, green peas, apples, and other seasonal vegetables



### \*Adas Polo\* - Traditional Persian Rice

Basmati brown rice dish with lentils, saffron, cinnamon and raisins

## Fresh Salads - 100% Organic

### Quinoa Salad

Our most popular salad with high-protein quinoa, fresh broccoli, green lentils with zesty lemon & olive oil dressing

### How do we do our part for the Earth:

The Earth supplies all of humanity's material sustenance. At Camros Organic Eatery, we support sustainable organic agriculture with each meal sold. Also, our plastic-free take-out containers and cutlery are 100% biodegradable (made from potato starch and sugar-cane fiber).

### Raw Kale Salad

Raw kale marinated in lemon juice, apple-cider vinegar and oregano, mixed with beets & carrots



### Raw Beet & Carrot Salad

This all-raw salad is a delightful blend of shredded beets, carrots, diced apples, walnuts, and our delicious lemon & olive oil dressing

### Black Bean Salad

Black beans, green peas, and pungent peppermint come together to form a tart, rich, and deeply satisfying salad

## Dressings - 100% Organic

### Creamy Tahini Dressing

Our super popular dressing with sesame seed butter, apple cider vinegar, oregano, and extra virgin olive oil. Goes well on salads and actually on all other dishes. Ask your server for an extra scoop (no extra charge).

### Zesty Lemon Dressing

Fresh lemon juice with shreds of oregano and extra virgin olive oil

## Soothing Herbal Teas - Organic and Fairtrade

Camros teas are 100% organic, whole-leaf, hand-picked and purchased at a higher-than-convention price, offering farmers fairer compensation.

We serve our teas in non-chlorinated, biodegradable hemp tea bags. Steeped in filtered water.

Enjoy one of these soothing whole-leaf blends (new ones are added occasionally): Whirl! Pearl Drops, Deep Green Embrace, Ginger Green, Rooibos Masala Chai, Masala Chai, India Breakfast

## Fresh Squeezed 100% Organic Juice & Smoothies

Our awesome juices and smoothies are 100% organic. Served in plastic-free biodegradable cups. We use superfoods such as acai, pomegranate, and hemp in our original recipes.



Organic Juices: apple, carrot, orange, celery, beet, lemon, ginger.

Organic Smoothies: "Funky Puppy"™, "Happy Monkey"™, "Brain Booster"™  
Prices vary seasonally, check in-store. Selection changes periodically.

\*Stezh™ - Organic Green Tea Soda  
Refreshing carbonated beverage made with organic green tea brewed in filtered water. No processed sugar, no additives, no preservatives.

## Fresh Roast Coffee - Organic and Fairtrade

Our custom "Camros Blend" coffee is roasted right here in Toronto from the finest organic green coffee beans. You cannot find this blend anywhere else. Our coffee has a sweeter taste than conventional coffee. Brewed with our own filtered water.



## Delightful Organic Desserts

Got a sweet tooth? You can satisfy it with our line-up of organic desserts. While moderation is still the key even here, these desserts are healthier than conventional, processed, sugar-laced ones. Our desserts contain zero additives, preservatives, or trans-fats.

### Heavenly "Cheese" Cakes (call or email us for our event special orders)

Created for your sensual delight and to provide your body with vibrant energy. No more heaviness after dessert! Made with fresh nuts, dried fruit, spices and dates. Sugar-free. No dairy. No eggs. No tofu. Goji Chocolate, Pomegranate, Chocolate Mint.



### Double-Layer Chocolate Brownies

We frequently hear customers say it's the best brownie they've ever had. Baked in solar energy powered ovens! Made with organic ingredients.



### Rice Crispy Clusters

Brown rice puffs sweetened with agave nectar, with slivers of fresh almonds. No sugar or additives. Often heard: "so much better than regular rice crispies".



### Massive Chocolate Chip and Almond Cookies

Baked in solar energy powered ovens! Made with organic ingredients. These need to be seen, a photo would not do them justice (they are massive).

### Flourless Almond Cookies (variety of Flavours)

Cookies without flour? Cookies without sugar? That are so popular demand is hard to keep up with! Yes, this is the cookie. Made with almond meal instead of flour, and sugar-free (no artificial sweeteners).



## The "Words of Inspiration" Board at Camros

We have a board where you can enjoy regularly updated inspirational quotations that are carefully selected for their uplifting power... such as this one: "External conflict comes to a close with the dawn of internal peace."

-David Beresil, PhD, founder of Trauma Release Exercises™. www.traumaprevention.com

Get specials and updates from Camros via Twitter or Text:

