

Whatever it is that your taste buds are craving; we have an array of healthful alternatives to choose from. All our menu items are made moments before you eat them, exactly the way you want it!

*Handcrafted* **TACOS**

*Heavenly* **QUESADILLAS**

*Wholesome* **SANDWICHES**

*Wholly* **WHEAT WRAPS**

*Fresh* **GREEN BOWLS**

*Hearty* **GRAIN BOWLS**

*Craft* **YOUR OWN MEAL**

*Vegan* **GOODNESS**



[www.ilove3s.com](http://www.ilove3s.com)





## Handcrafted TACOS

Korean Chicken Tacos (490 Cal) 47


*Authentic Korean flavors tucked in with shredded romaine, savory cabbage salad and sesame seeds.*

Cajun Chicken Fajitas (450 Cal) 47

*Classic Cajun fajitas with roasted red bell peppers, fresh salsa fresca, cheddar.*

Limy Southwest Salmon (570 Cal) 65

*Fresh citrus salsa flavours with mango and avocado, topped with green onion.*

 Spicy Hawaiian (490 Cal) 47

*Grab hold of these tacos for a flavor explosion! Grilled Chicken with pineapple, lite cabbage salad, green onion.*

Cilantro Lime Chicken (430 Cal) 47

*Pickled corn and jalapeno mix, romaine, cilantro and light cheddar.*

 Baja Shrimp (470 Cal) 55

*Our best seller served with slow cooked zesty lime rice recipe. Topped with salsa fresca and creamy dressing.*

### SERVED WITH A FLAVORFUL DIP AND SIDE

Fiesta Pepper (130 Cal)

 Fire Roasted Salsa (35 Cal)

Baja Citrus (80 Cal)

3S Chile Lime (115 Cal)

Tangy Peanut (110 Cal)

Avocado Salsa (25 Cal)

Creamy Cajun (100 Cal)

3S Ranch (70 Cal)

 3S Smoky Pepper (130 Cal)

Sour Cream (60 Cal)

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Black Bean Salad (90 Cal)

Garden Side Salad (60 Cal)

Pickled Corn Relish (80 Cal)

Asian Cabbage Salad (70 Cal)

Black Bean Lime Rice (110 Cal)

Straightforward yet **out-of-the-box rethinking** of the tacos means that the most **nutritious ingredients** go into your tacos. Served on **hand-pressed 100% Gluten-Free corn tortillas** made with **just 3 ingredients!** Not on reheated frozen tortillas.





## Heavenly QUESADILLAS


**Rich in fibre** and other nutrients beneficial for **your digestive system**, our tortillas are kneaded and **hand-rolled from fresh dough.**

That's why we call them **wholesome bundle** of freshness, nutrition, and unadulterated pleasure.

**Chicken-Mushroom** (420 Cal) 45  
*Citrus grilled chicken mushroom combo with black olives.*

**Avocado Suprema** (410 Cal) 45  
*Fajita style chicken, red bell peppers and mushrooms finished with creamy avocado dressing.*

**Smoked Chicken** (480 Cal) 43  
*Stuffed with black beans, zesty lime rice, sweet corn and green onion as topping.*

 **Authentic Chicken** (470 Cal) 43  
*Best seller stuffed with salsa fresca and roasted red bell peppers topped with fresh cilantro.*

### SERVED WITH A FLAVORFUL DIP AND SIDE

Fiesta Pepper (130 Cal)

 Fire Roasted Salsa (35 Cal)

Baja Citrus (80 Cal)

3S Chile Lime (115 Cal)

Tangy Peanut (110 Cal)

Avocado Salsa (25 Cal)

Creamy Cajun (100 Cal)

Sweet Chilli (70 Cal)

 3S Smoky Pepper (130 Cal)

Sour Cream (60 Cal)

Southern BBQ (80 Cal)

 Sriracha (40 Cal)

Black Bean Salad (90 Cal)

Garden Side Salad (60 Cal)

Pickled Corn Relish (80 Cal)

Asian Cabbage Salad (70 Cal)

Black Bean Lime Rice (110 Cal)





# Wholesome SANDWICHES

-  **Bistro Chicken Avocado** (340 Cal) 48  
*A Californian Masterpiece built with baby greens, tomatoes, fresh avocado, mushrooms and drizzled with our smoky pepper sauce.*
- Chipotle Chicken** (280 Cal) 44  
*Fresh salsa fresca, cheddar cheese and black olives. Classic Chipotle Flavours!*
-  **Buffalo Chicken Melts** (270 Cal) 43  
*Fresh tomato slices and cheddar melted and drenched in our awesome buffalo mix.*
- Philly Chicken** (270 Cal) 43  
*Try our spin on this with the classic ingredients. Grilled red bell peppers and mushrooms with cheddar cheese.*
- Southern Barbecue Chicken** (270 Cal) 43  
*Authentic southern BBQ flavors smothered all over along with Fresh tangy slaw and cheddar pressed.*

Old-fashioned sandwiches where the outside is as good as the inside!

Baked in-store from fresh fermented dough, which is why our sandwiches are a powerhouse of nutritional goodness. Just the way it should be for your appetite!

## PICK YOUR WHOLESOME BREAD

Multigrain Fibre (195 Cal)

Classic Italian (190 Cal)

## SERVED WITH A SIDE

Salsa Fresca & Baked Chips (120 Cal)

Pickled Corn Relish (80 Cal)

3S Hummus & Baked Chips (190 Cal)

Asian Cabbage Salad (70 Cal)

Garden Side Salad (60 Cal)





## Wholly **WHEAT WRAPS**

**Flavourful wraps** brimming with fresh vegetables, proteins, sauced to perfection.

Just the way you like them. **Incredibly Irresistible!**



### SERVED WITH A SIDE

Salsa Fresca & Baked Chips (120 Cal)

3S Hummus & Baked Chips (190 Cal)

#### San Francisco Burrito (430 Cal) 44

*All new burrito loaded with grilled chicken, mushrooms, lime rice, mozzarella, salsa fresca smothered with avocado Cajun sauce.*

#### Chicken 7 Mix Burrito (540 Cal) 42

*Local favourite burrito stuffed with zesty lime rice, salsa fresca, corn, cheddar, romaine all drenched in fresh avocado salsa*

#### The Protein Stack (490 Cal) 42

*Stacked and loaded with grilled chicken, eggs, roasted turkey slices, mozzarella and our zesty avocado salsa.*

#### Tuscan Salmon Burrito (560 Cal) 53

*Yeah you read that right. A Salmon Burrito! Wrapped with salsa fresca, corn, zesty lime rice, cheddar, romaine with creamy Cajun sauce.*

#### Grilled Chicken (420 Cal) 40

*A simple light wrap made with baby greens, tomatoes, mozzarella and drizzled with light creamy Cajun sauce.*

#### Mexican BBQ Chicken (490 Cal) 45

*Burrito loaded with smoked BBQ flavours! Black beans, zesty lime rice, pineapple and romaine.*



## Fresh GREEN BOWLS

Well balanced green bowls served with flavorful Vinaigrettes/Dressings all made in-house from scratch = Not a boring salad meal for your appetite.



### Southwest Chicken Crunch (460 Cal) 49

Enjoy the crunch on the salad with baked flax tostadas. Romaine, red cabbage, shredded carrot, sweet corn, vine cherry tomatoes, topped with cheddar-mozzarella mix and fiesta pepper drizzle.

### Lite BBQ Chicken (370 Cal) 49

Apt for BBQ Lovers! Lettuce Cabbage mix, fresh salsa fresca, crunchy corn nuts, shredded cheddar-mozzarella and a touch of 3S Ranch made with fresh herbs.

### The Greek (140 Cal) 40

Feta and fresh cucumbers served on romaine, vine cherry tomatoes, black olives, topped with extra virgin olive oil and fresh lemon juice. A trip to Greece!

### Napa Almond (470 Cal) 52

A Panera inspired salad from California! Fresh Kale, baby greens, romaine, chile lime chicken, roasted sweet potato, whole almonds, cranberries, topped with feta cheese.

### Power Protein (400 Cal) 49

Protein packed bowl with grilled chicken, smoked turkey breast and boiled egg with all the freshness! Romaine, mixed baby greens, cucumbers, sweet corn and vine cherry tomatoes.

SERVED WITH  
BAKED HERB  
CROUTONS +  
YOUR CHOICE OF  
VINAIGRETTE/  
DRESSING

Baja Citrus (80 Cal)

Limy Southwest (110 Cal)

3S Chile Lime (115 Cal)

🍴 3S Smoky Pepper (130 Cal)

3S Balsamic (130 Cal)

3S Ranch (70 Cal)

3S Raspberry (70 Cal)

Tangy Peanut (110 Cal)

Creamy Cajun (100 Cal)

3S Basic Dressing (70 Cal)

Lite Mustard (90 Cal)

Fiesta Pepper (130 Cal)





## Fresh GREEN BOWLS

SERVED WITH  
BAKED HERB  
CROUTONS +  
YOUR CHOICE OF  
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Baja Citrus (80 Cal)

Limy Southwest (110 Cal)

3S Chile Lime (115 Cal)

 3S Smoky Pepper (130 Cal)

3S Balsamic (130 Cal)

3S Ranch (70 Cal)

3S Raspberry (70 Cal)

Tangy Peanut (110 Cal)

Creamy Cajun (100 Cal)

3S Basic Dressing (70 Cal)

Lite Mustard (90 Cal)

Fiesta Pepper (130 Cal)



### Tropical California Salad (430 Cal)

55

*Limy Southwest Chicken with Tropical Fruit Combo of Mango-Avocado! Built on romaine, red cabbage, fresh cucumbers, vine cherry tomatoes and roasted cashew nuts.*

### Thai Peanut Perfection (420 Cal)

49

*Well balanced slaw made with peanut dressing! Chicken, edamame, red cabbage, carrots, red bell peppers, cucumbers, green onion topped with roasted cashews and sesame seeds.*

### Mexican Taco (400 Cal)

48

*Mexican taco built into a salad with smoky chicken, romaine, red cabbage, corn, cucumber, salsa fresca, topped with fresh avocado salsa and flaxseed tostadas baked in-house.*

### Salmon Avocado Nourish Blend (560 Cal)

68

*A nutrient dense bowl that checks all the macros. Kale, lettuce, red cabbage, carrots, vine cherry tomatoes, cucumbers, fresh avocado and mango, walnuts and black sesame seeds.*

### FIBRE-PACKED Chicken (360 Cal)

53

*A fibre rich bowl packed with complex carbs + protein! Roasted sweet potato, sautéed broccoli, red bell peppers, mushrooms, sweet corn, green peas, topped with feta and green onion on a Romaine base.*

### 3S Super Food (280 Cal)

49

*Fresh produce in a bowl. Kale, fresh raw broccoli, red bell peppers, fresh avocado, dried cranberries, walnuts, whole almonds, topped with parsley and sesame seeds.*





# Hearty GRAIN BOWLS

Customize your hearty bowl of goodness with nutritious and flavorful options.



## COMPLETE YOUR GRAIN BOWL WITH A SIGNATURE DIP

- Fiesta Pepper (130 Cal)
- 🍴 Fire Roasted Salsa (35 Cal)
- Baja Citrus (80 Cal)
- 3S Chile Lime (115 Cal)
- Tangy Peanut (110 Cal)
- Avocado Salsa (25 Cal)
- Limy Southwest (110 Cal)
- Southern BBQ (80 Cal)
- Creamy Cajun (100 Cal)
- 3S Ranch (70 Cal)
- 🍴 3S Smoky Pepper (130 Cal)
- Sour Cream (60 Cal)
- Sweet Chilli (70 Cal)
- 🍴 Sriracha (40 Cal)

SELECT GRAIN FOR YOUR HEARTY BOWL (165-190 CAL)

\*White Rice  
\*Brown Rice

\*Coconut Quinoa  
\*Zesty Lime Rice

Grilled Argentinian Chicken (340 Cal) 55

*A truly authentic South American bowl with chimichurri recipe. Served with sautéed kale and sweet potatoes flavoured with our fire roasted salsa.*

🍴 Baja Mango Chicken (330 Cal) 48

*Comforting, Healthy, Simple, and delightful! We recommend having this bowl on a fluffy coconut quinoa base. A best seller!*

Tamuri Glazed Salmon (410 Cal) 65

*Flavourful bowl stacked with lite tangy slaw, edamame, grilled pineapple and sprinkled with black sesame and green onion.*

Shrimp Buddha Bowl (250 Cal) 58

*Wholesome bowl with a delicious balance of spice and sweetness. Sautéed broccoli, mushrooms and edamame topped with green onion.*

🍴 Baja California (390 Cal) 56

*Super packed with Diablo chicken, black beans, pickled corn, vine tomatoes, romaine, avocado, cheddar and baked flaxseed tostadas.*

Korean Bowl (260 Cal) 49

*Delicious yet super healthy bowl. Grilled Chicken and pineapple, asian cabbage salad, over easy egg topped with green onion and sesame seeds.*

Zesty Chicken Avocado (260 Cal) 48

*Our popular fresh homemade feel bowl with vine cherry tomatoes, mozzarella and our fresh avocado salsa drizzled on top.*

Asian-Stir Fry (250 Cal) 49

*Wok seared red bell peppers, broccoli, scallions, green peas & mushrooms served with grilled chicken flavoured to perfection with our tangy peanut dressing and sesame seeds.*

Cajun Chicken Bowl (270 Cal) 52

*Super delicious bowl prepared with sautéed red bell peppers, sweet corn, black beans, shredded cheddar and topped with creamy Cajun sauce.*





# Craft YOUR OWN MEAL

ENJOY YOUR CREATION WITH FRESH INGREDIENTS FILLED WITH FLAVOURS.  
JUST LIKE YOUR KITCHEN AWAY FROM HOME!



## 1 PICK YOUR PROTEIN

- Grilled Chicken (170 Cal) 53
- Grilled Salmon (270 Cal) 66
- Grilled Shrimps (120 Cal) 62
- Grilled Tofu (90 Cal)\* 58

## 2

### GET SAUCY! PICK A FLAVOR

- Smoky Glaze (100 Cal)\*
- Baja Citrus (80 Cal)\*
- Limy Southwest (110 Cal)\*
- Fiesta Pepper (130 Cal)
- 3S Sweet Pepper (120 Cal)\*
- Tangy Peanut (110 Cal)\*
- Smoked Paprika (90 Cal)\*
- 3S Smoky Pepper (130 Cal)
- Southern BBQ (80 Cal)\*
- 3S Chile Lime (115 Cal)\*
- Asian Ginger Delight (110 Cal)\*
- Sweet Chilli (70 Cal)\*
- Sriracha (40 Cal)\*

## 3

### FILL IT UP WITH ANY THREE PREMIUM INGREDIENTS

- Sautéed Red Bell Peppers (20 Cal)\*
- Black Bean Salad (90 Cal)\*
- Fresh Mango (40 Cal)\*
- Baked Chips (110 Cal)\*
- Coconut Quinoa (130 Cal)\*
- Garden Side Salad (60 Cal)\*
- Organic Brown Rice (120 Cal)\*
- Zesty Lime Rice (130 Cal)\*
- Sautéed Broccoli (25 Cal)\*
- Roasted Sweet Potato (80 Cal)\*
- Asian Cabbage Salad (70 Cal)\*
- Sautéed Mushrooms (15 Cal)\*
- Grilled Pineapple (35 Cal)\*
- Sautéed Edamame (70 Cal)\*
- Sautéed Green Peas (50 Cal)\*
- Fresh Salsa Fresca (20 Cal)\*
- Pickled Corn Relish (50 Cal)\*
- Sautéed Kale (25 Cal)\*
- Fresh Baby Greens Salad (70 Cal)\*
- White Rice (125 Cal)\*

## 4

### TOP IT UP! PICK ANY ONE

- Fresh Green Onion\*
- Sesame Seeds (5 Cal)\*
- Shredded Cheddar (20 Cal)
- Corn Nuts (35 Cal)\*
- Fresh Cilantro\*
- Feta Cheese (45 Cal)
- Fresh Parsley\*
- Shredded Mozzarella (25 Cal)
- Vine Cherry Tomatoes (5 Cal)\*

### EXTRA PROTEIN BOOSTERS

- Grilled Chicken (110 Cal) +12
- Grilled Salmon (210 Cal) +25
- Grilled Shrimps (100 Cal) +22
- Grilled Tofu (80 Cal)\* +18

\* Suitable for Vegans

# Vegan GOODNESS

## TACOS

Citrus Lime Tofu (400 Cal) 49

*Fresh citrus salsa flavours with mango and avocado, topped with green onion.*

Oriental Tacos (310 Cal) 48

*Grab these tacos for a flavor explosion! Grilled Tofu with pineapple, lite cabbage salad, cilantro and sesame seeds.*

## QUESADILLAS

Broccoli Especial (300 Cal) 46

*Unique flavours makes this Dilla truly special! Sautéed broccoli, mushrooms and pickled cabbage.*

Vegan-Licious (420 Cal) 46

*A classic loaded with tofu, black beans, zesty lime rice, sweet corn and topped with green onion.*

### SERVED WITH A FLAVORFUL DIP AND SIDE

Baja Citrus (80 Cal)

👉 Fire Roasted Salsa (35 Cal)

3S Chile Lime (115 Cal)

Tangy Peanut (110 Cal)

Avocado Salsa (25 Cal)

Southern BBQ (80 Cal)

Sweet Chilli (70 Cal)

👉 Sriracha (40 Cal)

Black Bean Salad (90 Cal)

Garden Side Salad (60 Cal)

Pickled Corn Relish (80 Cal)

Asian Cabbage Salad (70 Cal)

Black Bean Lime Rice (110 Cal)



## GRAIN BOWLS

SELECT GRAIN FOR YOUR HEARTY BOWL (165-190 CAL)

\*White Rice

\*Coconut Quinoa

\*Brown Rice

\*Zesty Lime Rice

Peanut Tofu Grain (190 Cal) 53

*Wok seared red bell peppers, scallions, broccoli, green peas & mushrooms served with grilled tofu flavoured to perfection with our tangy peanut dressing and sesame seeds.*

Protein Teriyaki (200 Cal) 54

*Wholesome bowl with a delicious balance of spice and sweetness. Grilled Tofu, sautéed broccoli, mushrooms and edamame topped with green onion.*

### SERVED WITH A SIGNATURE DIP

Baja Citrus (80 Cal)

👉 Fire Roasted Salsa (35 Cal)

3S Chile Lime (115 Cal)

Tangy Peanut (110 Cal)

Avocado Salsa (25 Cal)

Southern BBQ (80 Cal)

Sweet Chilli (70 Cal)

👉 Sriracha (40 Cal)

Lime Southwest (110 Cal)

## WRAPS

SERVED WITH SALSA FRESCA (120 CAL) OR 3S HUMMUS (190 CAL) WITH BAKED CHIPS

Vegan 7 Mix Burrito (420 Cal) 46

*Tofu and black beans, zesty lime rice, salsa fresca, corn, romaine, cheddar and avocado salsa.*

Pineapple Tofu BBQ (410 Cal) 46

*Black Beans, lime rice and romaine topped with southern BBQ flavors made in-house.*