



SPRING CAFE



ORGANIC FOOD & JUICE BAR

DRINKS

100% *Organic* Coffee and Teas

CHAI TEA LATTE

freshly brewed chai tea, house made nut milk, agave

12oz \$4.25 16oz \$5.00 20oz \$5.50

DIRTY CHAI TEA LATTE

freshly brewed chai tea,
shot of espresso, house made nut milk, agave

12oz \$5.25 16oz \$6.00 20oz \$6.50

MATCHA

12oz \$4.50 16oz \$5.25 20oz \$6

MATCHA TEA

ice or hot

16oz \$4

TURMERIC LATTE

12oz \$4.25 16oz \$4.50 20oz \$4.75

ESPRESSO

single shot \$1.80 add a shot \$1

ESPRESSO AMERICANO

12oz \$3 16oz \$3.50 20oz \$3.75

LATTE

2oz \$3.75 16oz \$4 20oz \$4.50

CAPPUCCINO

12oz \$3.30 16oz \$3.75 20oz \$4

BREW COFFEE

decaf or regular

12oz \$1.75 16oz \$2 20oz \$2.25

fill your own mug \$1.25 add almond or soy milk \$.75

SHOT OF THE DAY \$5

ginger, lemon and cayenne

HOT TEA

12oz \$1.90

ICED TEA

16oz \$3

HOUSE MADE LEMON-AID

16oz \$3

MATCH LEMONADE

\$4

JUICES 12oz \$9

GREEN LIGHT

kale, romaine lettuce, cucumber, celery, pineapple

POWER GREENS

swiss chard, kale, romaine lettuce, celery, cucumber, ginger

CARROT HOP

carrot, apple, ginger

BEEF MINE

watermelon, beet, lime

THE CLEANSER

cucumber, parsley, lemon, ginger, celery, spinach

HEALTHY AID

green apple, cucumber, celery, ginger,

spinach, mint, lemon, ginger

JUI-C

carrot, beet, orange, ginger

SMOOTHIES 16oz \$9

SPRING SHAKE

kale, avocado, almond butter, dates, coconut, almond milk

COCO-PEANUT

almond milk, peanut butter, cocoa, banana, chia

BLUE BEAUTY

blueberry, almond butter, banana, coconut, coconut water

PRETTY IN PINK

strawberry, banana, vanilla soy milk, agave

PINEAPPLE EXPRESS

pineapple, orange, banana, vanilla soy milk, coconut

ACAI BOWL

acai blended with strawberry, banana,

granola and apple juice

MATCH SMOOTHIE

almond milk, match powder, pineapple,

banana, spinach, dates

substitute: homemade nut milk \$3

add: chia seeds, hemp protein, spirulina \$2

COLD PRESSED JUICES AND SMOOTHIES HAVE NOT BEEN PASTEURIZED AND, THEREFORE, MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY, AND PERSONS WITH WEAKENED IMMUNE SYSTEM

BREAKFAST

GOOD GRAINS

BLUEBERRY PANCAKES \$15 **GF**

made with almond and brown rice flour

AVOCADO TOAST \$10 **GF**

Homemade avocado spread, cherry tomato, red pepper flakes, and olive oil. Choice of multigrain or gluten free bread

SOURDOUGH FRENCH TOAST \$15

Local organic sourdough bread topped with seasonal fruit served with a side of maple syrup

BREAKFAST IN BED TOAST \$14 **V**

Homemade avocado spread, arugula, tomato, two boiled eggs, drizzled with balsamic and olive oil. Choice of multigrain or gluten free bread.

OATMEAL PANCAKES \$15 **GF**

Banana and oatmeal pancakes drizzled with honey and bananas. Served with a side of almond butter.

PEAK PROTEIN

all scrambles below served with:
choice of tofu or scrambled eggs (egg whites \$2)
choice of toast or sprouted grain tortilla
choice of roasted sweet potatoes or seasonal fruit

THE WESTERN SCRAMBLE \$16 **GF**

tomato, pepper, onion, black bean, cheddar

GO GREEN SCRAMBLE \$16 **GF**

kale, broccoli, green onion, hemp seeds

SPRING SPECIAL SCRAMBLE \$16

vegetarian sausage, mushroom, tomato, onion

*This dish is GF without vegetarian sausage

SIDES

- FRUIT \$7 • 2 EGGS YOUR STYLE \$5 VEGGIE SAUSAGE \$5
- TEMPEH BACON \$4 • ROASTED SWEET POTATOES \$5
- SAUTEED GREENS \$7 • TOAST or BAGEL \$4
- BROWN RICE or WILD RICE or QUINOA \$6

V=vegan **GF**=gluten free

POWER PLAY

BREAKFAST BOWL \$14 **GF**

select one base: greek or house made granola
select three toppings: Fresh fruit, almonds, pecans, cashews, walnuts and or chia seeds (additional toppings \$1 each)

THE SUPERHERO BURRITO \$15

eggs or tofu, roasted potatoes, onion, mushroom, daiya mozzarella, wrapped in a sprouted grain tortilla and served with house made tofu sour cream and tomato salsa

*Can be made vegan/gluten free

BLANCA'S SANDWICH \$14.50 **GF**

eggs, tomato, onion, jalapeno, coconut bacon, pepper jack cheese, avocado on a millet flax bagel

FARMER'S OMELET \$14 **GF**

eggs, spinach, mushroom, tomato, onion and feta cheese served with roasted sweet potatoes

GLORIOUS ACAI BOWL \$13 **V. GF**

acai blended with spinach and nut milk, topped with homemade granola, banana, blueberry, chia and coconut flakes

SKILLET POTATOES AND EGGS \$16

two eggs any style served with skillet potatoes roasted with red and green pepper, onion, house made veggie chorizo, broccoli and spinach. Served with toast

HUEVOS RANCHEROS \$15 **GF**

eggs, black beans, tomatillo sauce, shredded lettuce, corn tortillas served with roasted sweet potatoes, feta cheese, pico de gallo and tofu sour cream

• LITTLE SPROUTS MENU •

Babycakes \$9 **GF**

made with almond and brown rice flour
served with organic maple syrup

Sunny Scramble \$8

scrambled eggs or tofu served with toast and roasted sweet potatoes

Lil' Ripper \$8 **GF**

granola OR greek yogurt topped with seasonal fruit