

# MORNING. SERVED ALL DAY

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## **BREAKFAST BOWL - 12**

SPROUTED GLUTEN-FREE GRAIN\*, SWEET POTATO\*, FRESH FRUIT, DRIZZLED WITH COCONUT YOGURT, TOPPED WITH GRANOLA AND SUPERFOOD SPRINKLES

## **MORNING SHRED BOWL - 12**

SPROUTED GLUTEN-FREE GRAIN\*, PESTO, HERB CASHEW CHEESE, AVOCADO, PEAS, SEASONAL GREENS, PEPITAS, PLUS A SIDE OF TOASTED SPROUTED GRAIN BREAD\* WITH COCONUT OIL

## **SUPERFOOD OAT BOWL\* - 8**

GLUTEN-FREE OATS BLENDED WITH RAISINS, SUNFLOWER, PUMPKIN, AND CHIA SEEDS, LUCUMA, COCONUT SUGAR, VANILLA, CINNAMON, PINK HIMALAYAN SEA SALT

**FRESH FRUIT - 2**

## **CHIA PUDDING - 7**

HOUSE-MADE GRANOLA, FRUIT COMPOTE - FLAVORS CHANGE WEEKLY

**FRESH FRUIT - 2**

## **COCONUT YOGURT - 7**

HOUSE-MADE GRANOLA, FRUIT COMPOTE

**FRESH FRUIT - 2**

## TOAST

### **AVOCADO - 9**

SPROUTED GRAIN BREAD\*, GUAC, KRAUT, SPROUTS, PLUS A SIDE SALAD

### **PB & BANANA - 8**

SPROUTED GRAIN BREAD\*, PEPITA SEED BUTTER, BANANA, HONEY, SERVED WITH FRUIT

### **NUTELA LOVE - 8**

SPROUTED GRAIN BREAD\*, SPROUTED HAZELNUT BUTTER, FRESH BERRIES, GOJI BERRIES, HEMP HEARTS, SERVED WITH FRUIT

*\*Not raw*



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RAW. ORGANIC. PLANT BASED.

# AFTERNOON.

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## **TRIO PLATTER - 9**

HOUSE MADE HUMMUS, HERBED CASHEW CHEESE, DIP OF THE WEEK. SERVED WITH SEASONAL VEGGIES AND RAINBOW CRACKERS

## **TACO WRAP - 12**

PISTACHIO-WALNUT PATE, GUAC, SEASONAL VEGGIES, LIME VINAIGRETTE, PLUS A SIDE SALAD

## **FALAFEL WRAP - 12**

HOUSE-MADE FALAFEL WITH CARROTS, SEASONAL VEGGIES, TAHINI TZATSIKI, PLUS A SIDE SALAD

## **INCREDIBLE KALE SALAD - 12**

SEASONAL VEGGIES, DRIED FRUIT, SEEDS, ORANGE SLICES, TOPPED WITH SPROUTS, TAHINI DRESSING

## **FIESTA SALAD - 11**

BED OF ROMAINE, PISTACHIO-WALNUT PATE, GUAC, SEASONAL VEGGIES, LIME VINAIGRETTE

## **CHICKEN-LESS SALAD SANDWICH - 12**

SERVED OPEN FACED ON SPROUTED BREAD\* PLUS A SIDE SALAD OR CUP OF DAILY SOUP\*

## **DETOX SALAD - 11**

BED OF ROMAINE, SEASONAL VEGGIES, CRAISINS, AVOCADO, SPROUTS, KRAUT, CASHEWS, BALSAMIC DRESSING

## **PAD THAI - 10**

KELP NOODLES TOPPED WITH RED CHILI FLAKES, CILANTRO AND CRUSHED PEANUTS, SPICY PEANUT SAUCE, SEASONAL VEGGIES

## **PESTO PASTA - 12**

ZUCCHINI NOODLES IN PESTO WITH OLIVES, TOMATOES, SWEET PEAS, TOPPED WITH PINE NUTS AND PEA SHOOTS, SERVED ON A BED OF GREENS

## **MEDITERRANEAN PIZZA - 13**

WALNUT-BASIL PESTO, SPINACH, ONION, OLIVES, SEASONAL VEGGIES, TOPPED WITH SPROUTS, PLUS A SIDE SALAD

## **BUDDHA BOWL - 12**

SPROUTED GLUTEN-FREE GRAIN\* WITH SWEET POTATOES, SEASONAL VEGGIES, AVOCADO, HUMMUS AND GODDESS DRESSING

## **AZTEC BOWL - 12**

SPROUTED GLUTEN-FREE GRAIN\*, PISTACHIO-WALNUT PATE, GUAC, SEASONAL VEGGIES, HERB CASHEW CHEESE, LIME VINAIGRETTE

## **PONO BOWL - 11**

SPROUTED GLUTEN-FREE GRAIN\*, SOUP OF THE DAY\*, TOPPED WITH KALE

## **TOMATO BASIL BISQUE AND GRILLED CHEESE - 10**

HERB CASHEW CHEESE ON TOASTED SPROUTED BREAD\*

## **SOUP OF THE DAY\* BOWL - 8 • CUP - 5**

SERVED WITH RAINBOW CRACKERS



*Dressings: Balsamic, Goddess, Lime Vinaigrette*

*\*Not raw*

# WELLNESS LATTES 7.

SUB STEVIA FOR A LOW GLYCEMIC OPTION

## **MATCHA MATCHA**

ALMOND MILK, ALKALINE WATER,  
COCONUT BUTTER, MATCHA,  
HE SHE WOU, TOCOS, HONEY

## **CALM & COLLECTED**

ALMOND MILK, COCONUT BUTTER,  
ASHWAGANDHA, HE SHOU WU,  
REISHI, GINGER, CINNAMON, NUTMEG,  
CARDAMOM, HONEY

## **HEALTH ASSURANCE**

ALMOND MILK, COCONUT BUTTER,  
TOCOS, CHARCOAL, CAMU CAMU,  
LION'S MANE

## **LONDON FOG**

ALMOND MILK, EARL GREY TEA,  
ALKALINE WATER, VANILLA BEAN  
POWDER, PEARL, HONEY

## **FREAK OUT**

ALMOND MILK, DANDY BLEND,  
LION'S MANE, COCONUT BUTTER,  
EUCOMMIA BARK, TOCOS, HONEY

## **TURMERIC**

ALMOND MILK, HONEY, COCONUT  
BUTTER, CINNAMON, TURMERIC,  
CARDAMOM, GINGER, BLACK PEPPER

## **MAYAN HOT CHOCOLATE**

ALMOND MILK, CACAO POWDER,  
MAPLE SYRUP, COCONUT BUTTER,  
VANILLA BEAN POWDER, CAYENNE

## **SESAME GINGER MATCHA**

SESAME MILK, GINGER JUICE,  
MATCHA, HONEY

## **BRAIN FOOD**

ALMOND MILK, MESQUITE,  
BRAIN OCTANE OIL,® RHODIOLA,  
ASHWAGANDHA, HONEY

# COFFEE & TEAS

## **WHOLE GINGER TEA**

WITH LEMON, HONEY

4

## **SUPERHUMAN**

YERBA MATE, BRAIN OCTANE OIL,®  
HONEY

5

## **FRENCH PRESS COFFEE**

4

## **HERBAL TEAS**

4

## **YERBA MATE**

4

## **LIFELINE**

HOUSE MADE FRENCH PRESS COFFEE,  
TOCOS, LION'S MANE, REISHI,  
COCONUT BUTTER, HONEY

6

## **BULLETPROOF COFFEE®**

HOUSE COFFEE, BRAIN OCTANE OIL,®  
COCONUT BUTTER

6



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# JUICES 11.

## ROOT

### TENNESSEE HEAT

CARROT, ORANGE,  
LEMON, CAYENNE

### BEET THE FUNK

BEET, CUCUMBER, APPLE

### TUMERIC TOUCH (SEASONAL)

CARROT, CELERY, APPLE,  
TURMERIC, LEMON



## GREENS

### SWEET GREENS

APPLE, CUCUMBER, SPINACH

### KALE-ADE

APPLE, CELERY, KALE, LEMON

### LIMESHINE

APPLE, CELERY, ROMAINE,  
CUCUMBER, CILANTRO, LIME

### WILD GREENS

CUCUMBER, CELERY, KALE,  
SPINACH, LEMON

### GLORIOUS GREENS

CHARD, ROMAINE, CUCUMBER,  
CELERY, PARSLEY, GINGER, LIME

### GREEN MORNING

CABBAGE, COLLARD, CELERY,  
KALE, LEMON

## CITRUS

### WAKE UP CALL

GRAPEFRUIT, LIME, MINT

### IMMUNITY ME

GRAPEFRUIT, ORANGE,  
GINGER, CAYENNE

### REMEDY

APPLE, LEMON, GINGER, ACTIVATED  
CHARCOAL, CINNAMON, CAYENNE

### ZIPPY

APPLE, EXTRA LEMON, EXTRA GINGER

SHOTS 4  
ELIXIRS 8.5

# MILKS 10.

### GREEN PROTEIN

HOUSE-MADE ALMOND MILK,  
VELO COLD BREW, BANANA,  
GREEN PROTEIN, HONEY

### CREAMY VANILLA

HOUSE-MADE ALMOND MILK,  
DATES, VANILLA BEAN,  
PINK HIMALAYAN SEA SALT

### ENDLESS SUMMER

COCONUT MEAT, COCONUT WATER,  
TOSCOS

### CREAMY VANILLA LATTE

HOUSE-MADE ALMOND MILK, COLD  
BREW, DATES, VANILLA BEAN,  
PINK HIMALAYAN SEA SALT

### ROSE MILK

HOUSE-MADE ALMOND MILK,  
DATES, ROSE ESSENCE,  
VANILLA, PINK HIMALAYAN SEA SALT

### CHOCOLATE MILK

HOUSE-MADE ALMOND MILK,  
DATES, CACAO, VANILLA,  
PINK HIMALAYAN SEA SALT

### GOLDEN CROWN

HOUSE-MADE ALMOND MILK,  
CINNAMON, HONEY, TURMERIC,  
PINK HIMALAYAN SEA SALT

### VITAMIN C

HOUSE-MADE ALMOND MILK,  
STRAWBERRIES, CAMU CAMU, MSM POWDER,  
HONEY, PINK HIMALAYAN SEA SALT

# SMOOTHIES 10.

SUB FROZEN AVOCADO FOR A LOW GLYCEMIC VERSION - 2

### SOUTHERN BELLE

ALMOND MILK, STRAWBERRY,  
BANANA, HONEY

### SOUTHERN GENTLEMAN

COCONUT WATER, PINEAPPLE,  
AVOCADO, SPINACH,  
MESQUITE, HONEY

### BERRY BLISSFUL

APPLE JUICE, MIXED BERRIES,  
SPINACH, SPIRULINA

### BLUEBERRY SUPERFOOD

COCONUT WATER, BANANA,  
BLUEBERRY, HEMP HEARTS

8

### THE HULK

COCONUT WATER, PINEAPPLE,  
KALE, MINT, CHIA SEEDS, SPIRULINA,  
HE SHOU WU, ASTRAGALUS

### FIT AS A FIDDLE

ALMOND MILK, BANANA, PROTEIN,  
MACA, CINNAMON

### DOWN HOME CHOCOLATE SHAKE

ALMOND MILK, BANANA,  
CACAO, SACHA INCHI, CACAO NIBS,  
CINNAMON

### KALE YEAH

COCONUT WATER, CELERY, CUCUMBER,  
KALE, SPINACH, ORANGE, SPIRULINA

11

### BACK TO ZEN

ALMOND MILK, COCONUT MEAT,  
DATES, TURMERIC, ASHWAGANDHA,  
CINNAMON, CARDAMOM,  
CBD OIL (CANNABIDIOL)

### MAGICAL MINT

ALMOND MILK, COCONUT MEAT,  
SPINACH, DATES, CACAO NIBS,  
GREEN PROTEIN, PEPPERMINT OIL

### BODY BUZZ

ALMOND MILK, COLD BREW,  
BLUEBERRIES, CHERRIES, DATES,  
CORDYCEPS, MACA, CACAO,  
SPINACH, PEANUT BUTTER

UPGRADES

1

LOCAL KOMBUCHA ON TAP 5 • GROWLERS 20

# BOWLS 11.

SUB FROZEN AVOCADO FOR A LOW GLYCEMIC VERSION - 2

### WARRIOR

COCONUT WATER, ACAI, BANANA, MACA, GREEN PROTEIN, TOPPED WITH FRESH FRUIT, COCONUT FLAKES, BEE POLLEN,  
CACAO NIBS, HEMP HEARTS

### SWEET TALKIN'

ALMOND MILK, ACAI, CHERRY, BANANA, CACAO, TOPPED WITH FRESH FRUIT, COCONUT FLAKES, HOUSE-MADE GRANOLA, CACAO NIBS

### DOWN COUNTRY

ALMOND MILK, ACAI, BANANA, BLUEBERRY, TOPPED WITH FRESH FRUIT, COCONUT FLAKES, HOUSE-MADE GRANOLA,  
PEANUT BUTTER, HEMP HEARTS

### PINK PARADISE

COCONUT WATER, PITAYA, STRAWBERRY, PINEAPPLE, BANANA, TOPPED WITH FRESH FRUIT, COCONUT FLAKES,  
HOUSE-MADE GRANOLA, HEMP HEARTS, HONEY