

You're so Egg

2 X 2 Protein Combo 13.25

2 whole eggs and 2 egg whites scrambled with chicken, feta cheese, and avocado and your choice mixed greens or fruit

Laura's Wrap 10.25

2 egg whites, avocado, feta cheese, and grilled spinach in wheat tortilla served with your choice of fruit or mixed greens

Brits Veggie Breakfast Quinoa Bowl 11.25

Quinoa, with sautéed broccoli, mushrooms melted cheddar cheese topped with a sunny side up egg

The Hipster Bowl 13.50

Brown rice, egg whites, sliced chicken breast, quinoa, spinach, and Pico De Gallo.

Oats available

Millie's Oatmeal 7.75

Oats, Almond Milk, Almonds, Berry Preserves, Banana

Linda's Oatmeal 8.95

Oats, Almond Milk, Goji Berries, Cinnamon, Sacha Inchi Protein Powder, Almonds, Banana, Strawberry Hemp Seeds, and honey

Acai Bowls

Classic Bowl-Base: Acai, Banana, Strawberry, Apple Juice Topping: GF/Vegan Granola, Banana, Strawberry Blueberry, Goji Berry, Local Honey 8.95/ 10.95

Selfie Bowl-Base: Acai, Banana, Mango, Pineapple Coconut Milk Toppings: GF/vegan Granola, Strawberry, Blueberry, Coconut Shavings, Local Honey 8.95/ 10.95

Green Routine Bowl-Base: Acai, Banana, Spinach, Kale, Spirulina, Ginger, Apple Juice Toppings: GF/ Vegan Granola, Strawberry, Blueberry, Chia Seed, Local Honey 8.95/ 10.95

Angry Trainer Bowl-Base: Acai, Peanut Butter, Banana, Blueberry, Sacha Inchi Protein Powder, Hemp Milk Toppings: GF/ Vegan Granola, Almonds, Banana, Blueberry, Hemp Seed, Local Honey 9.95/11.95

Just Ripe Bowl- Base: Avocado, Banana, Spinach, Coconut Oil, Almond Milk: GF/ Vegan Granola, Banana, Strawberry, Coconut Shavings, Bee Pollen, Local Honey 9.95/ 11.95

ACAI BOWL AND SMOOTHIES ADD ON'S

Blend in add ons

Spirulina 1.00

Matcha 1.00

Almond Milk 1.00

Hemp Milk 1.00

Coconut oil .75

Peanut Butter .75

Almond Butter 1.00

Turmeric .75

Carob Powder .75

Protein add ons

Whey Protein 1.25

Sacha Inchi Protein Powder 1.25

Toppings for Acai Bowl add on's

Extra Fruits 1.00

Hemp Seeds .75

Bee Polen .75

Chia Seeds .75

Cocoa Nibs .75

Goji Berries .75

Coconut Shavings .50

Flax Seeds 1.00

Almonds 1.00

Cashews 1.00

Walnuts 1.00

Salads, Grain Bowls

The Gunnar Peterson 16.75

Chopped Spinach, Broccoli, bell peppers, tomatoes, topped with your choice of Cajun Blackened Wild Salmon or Cajun Blackened Chicken, tossed with olive oil

Falafel Kale salad 13.00

Shredded Kale, chopped Romaine, Falafel, feta, israeli salad, za'atar bread crumbs, homemade hummus, tahini dressing

Albacore Tuna Salad 12.75

Mixed Greens topped with a scoop white albacore tuna, avocados, sliced cucumbers and tomatoes, house vinaigrette on the side

Salmon Bowl 13.95

Salmon, Brown Rice, Cucumbers, Sweet Onions, Carrots, Toasted Almonds, and basil, with a ginger sesame dressing

The Juarez Bowl 13.50

Chicken tinga, black beans, Spanish rice, a fried egg, avocado, pico de gallo, crisp tortilla strips

Roasted Veggie Bowl 13.50

Farro, Sweet Potatoes, Kale, Brussels sprouts, pepitas, and lemon Vinaigrette on the side

Paper Town 12.25

Quinoa, Spinach, Siaracha, Broccoli and Avocado

Pesto Brown Rice Bowl 13.50

Brown Rice, pesto, Lentils, Sweet Potato, carrots. spinach Hummus, peptides Avocado

Lets Get Married in Greece Bowl 13.50

Quinoa, spinach, Hummus, Tahini, avocado, almonds, carrots and hemp seeds

Grain Bowl 13.75

brown rice, kimchi, avocado cucumber, sautéed kale, and a poached egg

Smoothies/Juices /Drinks

Ah-Sigh-E 7.95: Acai, Banana, Strawberry, Blueberry, Apple Juice

Go Green 7.95: Banana, Pineapple, Kale, Spinach and Hemp Milk

Avo Here: Avocado, Banana, Spinach, Almond Milk, Coconut Water, Honey

Skinny Jeans 7.95: Strawberry, Pineapple, Coconut Water, Turmeric

Mango Tango 7.95: Coconut Milk, Mango, Almond Butter, Banana

Pinky Promise: Almond Milk, Strawberries, Banana, Chia Seeds

Can I get Immunity: Pineapple, Banana, Mango, Ginger, Turmeric, and Hemp Milk

"Capo" Almond Milk, Banana, Carob Powder, Raw Cacao, Peanut Butter, Sacha inchi Protein powder. Great for Chocolate Lovers

Fresh Squeezed Orange Juice 5.95

J.R.'s Green Juice: Ginger, Spinach, Kale 5.50

Turmeric Tonic Wellness Shot with Coconut water, Ginger, and Honey 3.50

Spirulina Shot with Honey 3.50

Coffee 3.25

Verve Cold Brew with Nitro 4.99

Better Booch Kombucha Tea 5.25

Morning Glory, Golden Pear, Good Night Rose, Daily Revival, Ginger Boost

Celsius Energy Drink 3.55

Sparkling orange, Sparkling Watermelon, Mango Green Tea, Raspberry Acai green tea

Boxed Water 2.75

Generosity Alkaline Water

Small 3.25 (16.9 oz) Large 4.99 (33.8 oz)

Whole Coconut 3.75

Snacks

RX-Bars 3.65

Blueberry, Peanut- Butter, Chocolate Sea Salt, Mint Chocolate, Maple Sea Salt, Coconut Chocolate

Bag O' Granola 5.00

Gluten Free, Organic Home made granola

Hummus 8.25

served with Fresh Vegetables

Bag O' Nuts 2.99

Spiced and seasoned nuts

Bag O' Dog Bones 5.00

Peanut Butter Dog treats, Each bag sold Spooning will donate \$1.00 to Karma Rescue

Salad and bowl Add On's

Grilled Chicken Breast 4.50

Cajun Blackened Chicken 4.50

Lemon Peppered Chicken 4.50

Seared Ahi Tuna 6.50

Grilled Salmon 6.25

Cajun Blackened Salmon 6.25

Scoop of tuna 4.50

Cajun Blackened Shrimp 6.25

Hangar Steak 7.50

Fried Egg 2.95



SPOONING

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Before placing your order, please inform your server if a person in your party has a food allergy. Not all ingredients are listed in the menu. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

