

BREAKFAST

8am -11am

QUINOA PORRIDGE

a protein rich homemade porridge, gently cooked quinoa with coconut milk, fresh coconut meat and a hint of cardamom and cinnamon – topped with brazil nuts and berry compote 9.5

SWISS BIRCHER MUESLI

organic oats soaked in an exquisite combination of homemade almond milk, apples, oranges, raisins and spices - topped with fresh organic fruit 9.5

HOLA GRANOLA

buckwheat, nut and seed based granola topped with organic fruit and served with your choice of our homemade milks (almond, hemp or coconut) 9.5

CACAO GRANOLA

buckwheat and seed based granola combined with cacao, coconut and a dash of cayenne – topped with organic fruit and served with your choice of our homemade milks – this dish is nut free 9.5

LIVING BAGEL

raw, savory bagel made with almonds, flax, zucchini and rosemary - topped with cashew sour cream, tomato, onion, basil, avocado and sprouts - spice it up with jalapenos (optional) - served all day 10

TOMATICO TART

a savory tart made of sprouted almonds and filled with cashew mascarpone crema, cherry tomatoes ("tomaticos"), shiitake mushrooms, and fresh arugula all tossed in a basil-cilantro dressing 11

CHIA BREAKFAST BOWL

chia seeds soaked in homemade cashew milk to create a tapioca-like dish, laced with vanilla bean and orange zest - topped with fresh fruit 8

COCONUT PARFAIT

homemade cashew-coconut yogurt layered with our raw buckwheat granola and topped with fresh organic fruit 10

BIBLICAL BREAKFAST

warm slices of Breadsmith artisanal cranberry-walnut bread served with organic peanut, almond and coconut butter and topped with fig preserves – garnished with maple syrup and fresh fruit 9.5

LUNCH & DINNER

11am -9pm

APPETIZERS

SWEET POTATO SUSHI ROLL

avocado, red bell peppers, cucumbers and arugula are wrapped with sweet potato cashew rice and a nori leaf - served with a lightly spiced Thai chili sauce 9.5

VIETNAMESE PHO

homemade vegetable broth over bell peppers, shiitake mushrooms, mung beans, celery, carrot, basil, scallions and a bed of kelp noodles - garnished with fresh cilantro, lime and an optional side of spicy sambal sauce 7.5

PORTOBELLO FALAFEL

three Mediterranean style raw falafel, served with classic zucchini-based hummus, fresh herbs, red bell pepper, cucumber and lime vinaigrette 8.5

TRICOLOR HUMMUS

three scoops of homemade sunflower hummus (lemon-parsley, sweet curry and roasted chipotle) served with fresh veggies and your choice of toasted cranberry-walnut bread or raw crackers 8

BREADS AND SPREADS

your choice of toasted Great Harvest multi-grain, Simple Kneads gluten-free sourdough or Breadsmith cranberry-walnut bread 4 add fig spread or nut butter 2

SALADS

add a veggie burger patty or portobello falafel for an additional 5

MARINATED KALE

fresh curly kale, red cabbage, shiitake mushrooms, carrots, avocado and sprouted sunflower seed dressed with a homemade Asian vinaigrette 11

SPROUT IT OUT

local greens topped with spirals of sweet potatoes, avocado, cherry tomatoes, Brazil nut "parmesan" and microgreens - drizzled with homemade hemp dressing 10

RAWCO TACO

slices of avocado, pico de gallo, meaty walnut-almond crumbles, sprouts and cashew sour cream atop a bed of organic lettuce - served with hot sauce and raw crackers 14.5

ARUGULA HARVEST

tangy, savory arugula salad tossed in a maple-mustard vinaigrette, topped with red cabbage, spiralized sweet potatoes, avocado, pear, caramelized pecans, and homemade cashew-basil cheese 13

BROCCOLI WALDORF

broccoli, green apple, celery, walnuts, raisins, and red onions tossed with our homemade cashew mayonnaise - served with avocado and raw crackers 12

CAESAR

romaine hearts tossed in our creamy Caesar dressing and garnished with Brazil nut cheese, marinated olives and raw kale croutons 10

SANDWICHES

served on Great Harvest multi-grain bread, Simple Kneads gluten-free sourdough (+1), or wrapped in a collard leaf with your choice of side

AVOCADO & BASIL SANDWICH

toasted multi-grain bread piled high with fresh slices of organic avocado, tomato, red onion, sprouts, basil, our homemade lemon-parsley hummus and cashew sour cream - served with your choice of side 11.5

MOCK TUNA SALAD SANDWICH

a tasty nut and seed based salad made with walnuts, sunflower and pumpkin seeds, veggies, dulse and homemade cashew mayonnaise – this classic sandwich is served with lettuce, tomato, and pickles on toasted multi-grain bread and served with your choice of side 11.5

CLASSIC VEGGIE BURGER

our gluten free quinoa-millet veggie burger dressed with lemon-parsley sunflower hummus, onion, tomato and guacamole 11.5

FIRE & BRIMSTONE BURGER

our gluten free quinoa-millet veggie burger spiced with chipotle sunflower hummus, onion, cucumber, guacamole and our homemade hot sauce 11.5

ENTREES

LIVING BURRITO

sunflower seed refried beans, cauliflower rice, sprouts, pico de gallo, guacamole and cashew sour cream wrapped in a collard leaf – served with a side of our house hot sauce and a local green salad 12

LUNASAGNA

layers of tender, crisp zucchini noodles, sun-dried tomato sauce, mushrooms, and velvety, vegan cashew-basil cheese and is served with a local green salad 12

TOMATICO TART

a savory tart made of sprouted almonds filled with a cashew mascarpone crema, cherry tomatoes ("tomaticos"), shiitake mushrooms, and fresh arugula all tossed in a basil-cilantro dressing 11

PAD THAI

crisp zucchini and sweet potato noodles, bean sprouts, purple cabbage and bell peppers served with our house almond-butter pad Thai sauce – garnished with fresh cilantro, cashews and a dash of our spicy sambal 14

MANICOTTI

thin slices of zucchini pasta stuffed with ricotta cashew cheese and topped with a tomato basil marinara – served with an arugula and cherry tomato salad tossed in a light olive oil and lemon dressing 13

SIDES

MARINATED KALE

fresh curly kale, red cabbage, carrots, and sprouted sunflower seeds dressed with a homemade Asian vinaigrette 5

LOCAL GREEN SALAD

greens topped with spirals of sweet root vegetables, sprouts, cucumbers, micro greens, cherry tomatoes, Brazil nut "parmesan" and a drizzle of homemade hemp dressing 5

CAESAR SALAD

romaine hearts tossed with our creamy Caesar dressing - garnished with Brazil nut "parmesan" cheese and raw kale croutons 5

CAULIFLOWER RICE

raw cauliflower, walnuts and garlic with a fluffy rice texture - garnished with black sesame seeds 5

BEET SALAD

shredded beets, onions, and carrots marinated with lemon juice and brown rice vinegar - garnished with sesame seeds 5

BROCCOLI WALDORF

broccoli, green apple, celery, walnuts, raisins and red onions tossed with our homemade cashew mayonnaise - garnished with sprouts 5

BAR

JUICES

GATEWAY TO GREEN

kale, apple, orange, lemon, ginger

TREE OF LIFE

kale, spinach, parsley, celery, cucumber, lemon, ginger

EL GREENGO

kale, collards, romaine, cucumber, celery, dandelion greens, cilantro, lime, jalapeno

POWER CLEANSER

carrot, cucumber, beet, celery

ZINGER

beet, apple, orange, lemon, ginger

PURA VIDA

carrot, apple, orange, lemon

VOLCANO

orange, lemon, grapefruit, maple syrup, cayenne

PURPLE RAIN

red cabbage, pear, lemon, mint

ALMOND MILK

raw sprouted almonds, coconut palm nectar, filtered water, vanilla, Himalayan pink salt

KALE PEARADISE

kale, pear, pineapple, cucumber, fennel

MY DAILY SALAD

carrot, zucchini, tomato, cucumber, kale, celery, garlic, lemon, cayenne, Himalayan pink salt

16 oz 9.5

COFFEE & TEA

We serve Larry's Beans organic coffee and espresso

COFFEE

3.5

with your choice of homemade milk - add .5

ICED COFFEE

cold brewed coffee, coffee ice cubes and your choice of milk 4

AMERICANO

double espresso and hot water 3.5

HOT TEA

ask your server for available organic loose-leaf teas 3.5

HOT CHOCOLATE

homemade chocolate sauce and your choice of steamed milk 7.5

LATTE

a double shot topped with your choice of steamed milk 7

CORTADO

espresso "cut" with a small amount of warm milk 4.5

MOCHA LATTE

our standard latte with homemade chocolate sauce and your choice of steamed milk 8

CARAMEL LATTE

our standard latte with homemade caramel sauce and your choice of steamed milk 7.5

MATCHA LATTE

green matcha tea with your choice of steamed milk 7.5

CHAI LATTE

homemade chai blend with your choice of steamed milk 7

DIRTY CHAI

our chai latte with a double shot of espresso 8

ESPRESSO

double shot 3.5

MILKS: HEMP COCONUT ALMOND

We prepare raw, vegan & organic milks each day using simple ingredients you'll love. All of our coffee & teas are available with your choice of milk.

SMOOTHIES

POPEYE PUNCH

spinach, pineapple, banana, hemp protein, apple juice

THE FLYING LUCY

spinach, pineapple, banana, ginger, spirulina, lemonade

CHARLIE BROWN

banana, berries, peanut butter, peanuts, apple juice

AVOCOLADA

avocado, pineapple, coconut, vanilla, apple juice

PINA COLADA

pineapple, banana, coconut milk

INCAN WARRIOR

maca, cinnamon, cacao, banana, hemp milk

PURPLE PORPOISE MAGIC

berries, banana, hemp milk

MANGO TANGO

mango, orange, banana, cayenne, maple syrup, coconut milk

EL LUCHADOR

banana, peanuts, raw cacao, agave, hemp milk

MINT TO BE

banana, fresh mint, cacao nibs, almond milk

CACAO CACAO

banana, cacao nibs, cacao powder, almond milk

THE OGRE

the cacao cacao smoothie with a kick of coffee

PINKO DRINKO

orange, berries, banana, acai, bee pollen, ginger, lemonade

GREY HULK

berries, banana, spirulina, maca, hemp protein, hemp milk

YO LA MANGO

mango, banana, matcha green tea powder, spinach, hemp milk

YOU'RE KALEIN' ME

kale, spinach, cucumber, pineapple, cilantro, kale lemonade

16 oz 8.5

TURTLE CAKE

a caramel and chocolate layered cake made with fresh coconut and cashews in a moist chocolate pecan crust - topped with berries and shaved dark chocolate 9.5

LEMON-BERRY CHEESECAKE

our raw, vegan cheesecake made from cashews, coconut, lemon and organic berries in a pecan crust - this sweet and lightly tart dish is a delightful finish to any meal 9

PASSION FRUIT CHEESECAKE

a Living Kitchen specialty - raw, vegan cheesecake made from cashews, coconut and passion fruit in an almond crust 9



LIVING KITCHEN

We specialize in the art of living foods, serving organic, plant-based cuisine, smoothies and cold-pressed juices. Living Kitchen supports local, organic farmers, buying seasonal produce multiple times a week from farmers markets and individual, family-owned farms. By putting living food on your plate, we hope to give life to your day and energy to your body. Welcome to our family that grows, cooks and eats together.

DRINKS

LEMONADE

made with fresh lemons and sweetened with agave 5

KALE LEMONADE

lemonade, apple juice, freshly juiced kale, spinach, parsley, celery and ginger 6

GINGER ALE

fresh ginger juice, lemonade, sparkling water and agave 6

ICED CHAI

homemade spice blend, black tea, maple syrup, ginger and almond milk 6

KOMBUCHA

naturally fermented Health-Aid kombucha- please ask your server for current varieties 5.5

ICED THAI TEA

organic loose-leaf 2.5

BEER & WINE

Please ask your server for our current beer and wine selection

“WE BELIEVE THAT PREPARING FOOD IS A LABOR OF LOVE AND THAT HEALTH, BEAUTY & ART CAN BE SERVED ON A PLATE”