

# BREAKFAST

8am -11am

## QUINOA PORRIDGE

a protein rich 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

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

## HOLA GRANOLA

buckwheat and seed based granola topped with fruit and served with your choice of our 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 fruit and served with your choice of our milks – this dish is nut free 9.5

## LIVING BAGEL

savory bagel made with almonds, flax, zucchini and rosemary - topped with cashew sour cream, tomato, onion, micro cilantro, 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

## VANILLA CHIA PORRIDGE

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

## COCONUT PARFAIT

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

## BIBLICAL BREAKFAST

warm slices of local artisanal cranberry-walnut bread served with 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

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 falafels, served with cashew yogurt tatziki and tabouli 8.5

### TRICOLOR HUMMUS

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

### BREADS AND SPREADS

your choice of toasted local multi-grain, gluten-free sourdough or local cranberry-walnut bread 4 add fig spread or nut butter 2

## SALADS

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

### OYSTER MUSHROOM KALE SALAD

massaged kale, roasted oyster mushrooms, walnuts, green cabbage, carrots and sliced radishes with an orange ginger dressing 11

### SPROUT IT OUT

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

### RAWCO TACO

slices of avocado, pico de gallo, meaty walnut-almond crumbles, sprouts and cashew sour cream atop a bed of lettuce - served with hot sauce and sun-dried tomato sesame 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 cashew-basil cheese 13

### BROCCOLI WALDORF

broccoli, green apple, celery, walnuts, raisins, and red onions tossed with our cashew mayonnaise - served with avocado and sun-dried tomato sesame crackers 12

### CAESAR

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

## SANDWICHES

served on local multi-grain bread, 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 avocado, tomato, red onion, sprouts, basil, our 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 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 hot sauce 11.5

### CAULIFLOWER RICE

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 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 Methodical Coffee and Espresso*

### ESPRESSO

DOUBLE ESPRESSO 3.5

MACCHIATO 4  
espresso with a dash of steamed nut milk

CORTADO 4.5  
espresso 'cut' with 3 oz of steamed nut milk

CAPPUCCINO 5.5  
double espresso with 4 oz of steamed nut milk

LATTE 6.5  
double espresso with 10 oz of steamed nut milk

AMERICANO 3.5

### TEA

CEREMONIAL CUP 4  
premium ceremonial grade matcha

MATCHA LATTE 6.5  
matcha with your choice of steamed nut milk

CHAI LATTE 6.5  
spice blend, black tea and your choice of steamed milk

DIRTY CHAI LATTE 6.75  
espresso, cinnamon, ginger, black peppercorns, steamed milk

LOOSE LEAF TEAS 3.5

### MILKS: HEMP COCONUT ALMOND

*We prepare plant-based & 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

# DESSERT

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

### TIRAMISU

layers of almond-hazelnut crumble, cacao and vanilla coconut-cashew cream infused with espresso and dusted with chocolate powder 9

## DRINKS

### LEMONADE

made with fresh lemons and sweetened with maple syrup 5

### KALE LEMONADE

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

### GINGER ALE

fresh ginger juice, lemonade, sparkling water and maple syrup 6

### ICED CHAI

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”**



# 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.