

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, nut 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, arugula and sweet potato cashew rice wrapped in nori. served with a lightly spiced Thai chili sauce 9.5

PORTOBELLO FALAFEL

three Mediterranean style falafel served with cashew yogurt tzatziki 8

LETTUCE WRAPS *new*

cauliflower rice, carrots, walnuts, red cabbage and red bell peppers served with our homemade mango habanero sauce 9

TRICOLOR HUMMUS

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

BREAD WITH NUT BUTTER

your choice of local bread (multi-grain, gluten-free sourdough or fruit and nut bread) served with your choice of nut butter (coconut, almond or peanut) 4 additional nut butter 2
add fig preserves 2

SPECIALTIES

MUSHROOM & BROCCOLI PIZZA *new*

raw buckwheat, sunflour and flax seed crust with cashew ricotta cheese, Thai marinated broccoli and oyster mushrooms - sprinkled with Brazil nut parmesan cheese 11.5

TOMATICO TART

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

LIVING BURRITO

sunflower seed refried beans, cauliflower rice, sprouts, pico de gallo guacamole and cashew sour cream wrapped in a collard leaf – served with fire and brimstone hot sauce 10.50 with a side 13.5

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 spicy sambal 14

BBQ SLIDERS

locally sourced oyster mushrooms roasted in a smoky BBQ sauce -topped with a pear, green cabbage and jalapeño cole slaw & served on two classic slider buns 10

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 maple mustard dressing 13

SIDES

KALE CAESAR SALAD *new*

kale tossed in creamy caesar dressing and garnished with Brazil nut cheese and kale croutons 5

LOCAL GREEN SALAD

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

SALADS

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

KALE CAESAR SALAD *new*

kale tossed in creamy caesar dressing and garnished with Brazil nut cheese, cherry tomatoes and kale croutons 11

KITCHEN SINK CHOPPED SALAD *new*

romaine, kale, broccoli, tomatoes, cucumber, olives, radishes, brazil nut parmesan, and avocado. tossed with a lemon parmesan vinaigrette 11

RAWCO TACO

slices of avocado, pico de gallo, sprouts, walnut-almond meat and cashew sour cream atop a bed of romaine served with hot sauce and sun dried tomato sesame crackers 14.5

ARUGULA HARVEST

a tangy, savory arugula salad tossed in our 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 cashew mayonnaise - served with avocado, cherry tomatoes and sun dried tomato sesame crackers 12

SANDWICHES

all sandwiches served on local multi-grain bread, gluten-free sourdough (+1), or wrapped in a collard leaf

AVOCADO & BASIL

toasted multi-grain bread piled high with fresh slices of avocado, tomato, red onion, sprouts, basil, lemon-parsley sunflower seed hummus and cashew sour cream 8.5 with a side 11.5

MOCK TUNA SALAD

made with walnuts, sunflower seeds, pumpkin seeds, veggies, dulce and cashew mayonnaise – this classic sandwich is served with lettuce, tomato, and pickles on toasted multi-grain bread 8.5 with a side 11.5

BLT *new*

avocado, lettuce, tomato, trumpet mushroom "bacon", chipotle aioli served on toasted multi-grain bread 8.5 with a side 11.5

CLASSIC VEGGIE BURGER

gluten free quinoa-millet veggie burger dressed with lemon-parsley sunflower seed hummus, onion, tomato and guacamole 8.5 with a side 11.5

FIRE & BRIMSTONE BURGER

our gluten free quinoa-millet veggie burger spiced with chipotle sunflower seed hummus, onion, cucumber, guacamole and fire and brimstone hot sauce 8.5 with a side 11.5

CAULIFLOWER RICE

cauliflower, walnuts and garlic with a fluffy rice texture 5

BROCCOLI WALDORF

broccoli, green apple, celery, walnuts, raisins and red onions mixed with our cashew mayo 5

COLE SLAW *new*

green cabbage, pear and jalepeno mixed with our cashew mayo 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

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

KALE PEARADISE

kale, pear, pineapple, cucumber, fennel

MY DAILY SALAD

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

15 oz 8.95

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, 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, 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 9

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”

COCONUT-CACAO PUDDING

a rich chocolate dessert the natural way - young Thai coconut is blended with raw cacao, lightly sweetened with maple syrup and topped with berries 8

COOKIES & MILK

our classic chocolate chip cookies served warm with your choice of milk (coconut, almond, or hemp) 6.5



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.