

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
SEASONAL SOUP OF THE DAY please ask your server for current selection cup 5 bowl 6.50
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
“LOX” AND CAPERS <i>new</i> German rye bread layered with cashew creme fraiche, red pepper “lox”, red onion and capers. served with lemon 8
TRICOLOR HUMMUS three scoops of sunflower seed 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

SALADS add a veggie burger patty or trumpet mushroom “bacon” for an additional 5
KALE CAESAR SALAD kale tossed in creamy caesar dressing and garnished with Brazil nut cheese, cherry tomatoes and kale croutons 11
KITCHEN SINK CHOPPED SALAD romaine, kale, broccoli, tomatoes, cucumber, olives, radishes, brazil nut “parmesan” and avocado - tossed with our basil cilantro dressing 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, sprouts and sun dried tomato sesame crackers 12

SPECIALTIES

MUSHROOM & BROCCOLI PIZZA raw buckwheat, sunflower and flax seed crust with cashew ricotta cheese, Thai marinated broccoli and oyster mushrooms, sliced red radishes - sprinkled with Brazil nut parmesan cheese 11.5
MANICOTTI thin slices of zucchini pasta stuffed with ricotta cashew cheese and topped with a tomato basil marinara - served with an arugula salad tossed in a maple mustard dressing 13
MEDITERRANEAN MACRO <i>new</i> dolma rice mixture of pine nuts and fresh herbs served over a bed of marinated kale, red cabbage and cheesy roasted cauliflower 11
TOMATICO TART a savory crust made of sprouted almond meal filled 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 10.5 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 on two classic slider buns spread with cashew mayo, served with bib lettuce and topped with pear, green cabbage and jalapeño cole slaw 10

SANDWICHES

<i>all sandwiches served on local multi-grain bread, gluten-free sourdough (+1), or wrapped in a collard leaf and sprouts</i>
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, dulse and cashew mayonnaise – this classic sandwich is served with lettuce, tomato, sprouts and pickles on toasted multi-grain bread 8.5 with a side 11.5
BLT avocado, lettuce, tomato, trumpet mushroom “bacon”, chipotle cashew 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

SIDES

KALE CAESAR SALAD kale tossed in creamy caesar dressing and garnished with Brazil nut cheese and kale croutons 5
LOCAL GREEN SALAD greens topped with sweet potato spirals, sprouts, cucumbers, microgreens, cherry tomatoes, Brazil nut “parmesan” and a drizzle of hemp dressing 5

BROCCOLI WALDORF broccoli, green apple, celery, walnuts, raisins and red onions mixed with our cashew mayo 5
SEASONAL SOUP OF THE DAY please ask your server for current selection cup 5 bowl 6.5
COLE SLAW green cabbage, pear and jalapeno 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 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
15 oz 8.95

COFFEE & TEA

<i>we serve Methodical Coffee and Espresso</i>	
ESPRESSO	SPECIALTY DRINKS
DOUBLE ESPRESSO 3.5	MATCHA MACA 4.5 matcha, maca, caramel, and your choice of nut milk
MACCHIATO 4 espresso with a dash of steamed nut milk	GOLDEN MILK 7 turmeric, maple syrup and spices with steamed almond and coconut milk
CORTADO 4.5 espresso ‘cut’ with 3 oz of steamed nut milk	LAVENDER CAPPUCINO 6.75 lavender syrup, espresso, and steamed almond milk
CAPPUCINO 5.5 double espresso with 4 oz of steamed nut milk	MOCHA LATTE 6.75 espresso, chocolate sauce and steamed nut milk
LATTE 6.5 double espresso with 10 oz of steamed nut milk	CARAMEL LATTE 6.75 espresso, caramel and steamed nut milk
AMERICANO 3.5	HOT CHOCOLATE 6.50 chocolate sauce with steamed nut milk
TEA	CHAI LATTE 6.5 spice blend, black tea and your choice of steamed milk
CEREMONIAL CUP 4 premium ceremonial grade matcha	DIRTY CHAI LATTE 6.75 espresso, cinnamon, ginger, black peppercorns, steamed milk
MATCHA LATTE 6.5 matcha with your choice of steamed nut 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.

NUT MILKS

8 oz bottle 6.5

MATCHA MACA <i>new</i> maca, almond milk, filtered water, dates, matcha (ceremonial grade) maca, Himalayan Salt, ground vanilla
CHOCOLATE CHAGA <i>new</i> almond milk, filtered water, dates, raw chocolate, chaga mushroom, Himalayan salt, ground vanilla
GOLDEN MILK <i>new</i> almond milk, filtered water, dates, turmeric, coconut oil, black pepper
MOCHA LATTE <i>new</i> homemade almond milk, cacao powder, vanilla, Himalayan salt, coconut oil, maple syrup, cold brew coffee

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

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”

DESSERT

DULCE DE AMOR a vanilla and chocolate layer made with cashews and coconut on a pecan crust. served with raspberry coulis 9.5
LEMON-BERRY CHEESECAKE cheesecake made with cashews, coconut, lemon and berries on a pecan crust - this sweet and lightly tart dish is a delightful finish to any meal 9
PUMPKIN PIE a delicate cream of carrot juice, cashew, thai coconut and pumpkin spices on a pecan crust. topped with spiced pumpkin seed brittle and caramel sauce 9.5
COCONUT-CACAO PUDDING rich chocolate dessert the natural way - young Thai coconut is blended with cacao, lightly sweetened with maple syrup and topped with berries 9
COOKIES & MILK our classic chocolate chip cookies served warm with your choice of homemade nut 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.