

SALADS + BOWLS

Spring Seasonal (VG) (GF) – guajillo lentils with “cheesy” cashew dressing, mixed greens, avocado, cherry tomatoes, cilantro, tortilla crunch, orange cilantro dressing. **\$8.95**

Incredibull (VG) (GF) – quinoa, dino kale, butternut squash, black beans, roasted beets, pumpkin seeds, avocado, mint, lemon tahini dressing, lime squeeze **\$8.95**

Quinoa Bowl (V) (GF) – quinoa, black beans, diced tomatoes, roasted sweet potatoes, feta cheese, cilantro, avocado, tortilla crunch, red pepper vinaigrette **\$8.45**

Ensa-Lot-A (V) (GF) – romaine, black beans, roasted red peppers, corn, diced onions, cilantro, radishes, cherry tomatoes, goat cheese, tortilla crunch, avocado cilantro dressing **\$8.95**

Happy Herbs (V) (GF) – arugula, cashews, mint, dill, cilantro, cherry tomatoes, radishes, diced onions, parmesan cheese, citrus grapeseed dressing **\$8.95**

Big Salad (GF) – mixed greens, spinach, sweet potatoes, caramelized onions, blue cheese, bacon, avocado, balsamic vinaigrette **\$8.95**

Walter’s Harvest (V) (GF) – arugula, butternut squash, walnuts, cranberries, goat cheese, orange honey dressing **\$8.95**

Popeye + Olive Oil (V) (GF) – spinach, quinoa, roasted red peppers, diced onions, diced tomatoes, feta cheese, parsley, lemon tahini dressing **\$7.95**

Protein Bowl (GF) – chicken, bacon, black beans, corn, roasted red peppers, goat cheese, mixed greens, honey Sriracha dressing **\$9.45**

CREATE YOUR OWN \$6.95

1. Choose your base

2. Choose 4 veggies, fruits or nuts

3. Choose your dressing

4. Toss, chop or wrap it

5. Add ons:

NC shrimp \$4	avocado \$1.50
chicken \$3	egg \$1
tofu \$2	cheese \$1
bacon \$1	extra veggie \$0.50

SMOOTHIES, BOWLS + ELIXIRS

All Smoothies are gluten free and vegan

\$5.95 16oz **\$7.50** 24oz

Almond Brothers – chocolate almond milk, banana, almond butter, cocoa nibs, ground coffee

City of Oats – almond milk, banana, strawberries, peanut butter, date, cinnamon, steel cut oats

Hale Mary – almond milk, banana, spinach, curly kale, pineapple, avocado

Green No Envy – coconut water, spinach, mango, avocado, ginger, lemon

Aloe-Ha – coconut water, mint, blueberries, orange, mango

Bright Eye – orange, mango, banana, lemon, coconut water, turmeric, black pepper

Smoothie Boosters – whey protein, hemp protein, flax seeds, chia seeds, spirulina, bee pollen **\$1 each**

Acai Bowl (V) – acai berry blend topped with granola, banana, blueberries, coconut flakes, cocoa nibs, chia seeds, honey **\$9.95**

Green Bowl (V) – banana, kale, spinach, mint, almond milk and spirulina topped with granola, bee pollen, blueberries, coconut flakes, mint **\$9.95**

Wheatgrass shot \$3

Ginger shot \$3

Ginger, Lemon, Cayenne shot \$3

Local Kombucha on tap – ask a team member for options

Local Beer on tap – ask a team member for options

BREAKFAST

The Scramble - three cage-free eggs scrambled with choice of two veggies, golden quinoa, cheese, bacon **\$6.95**

The Sunnyside - cage-free sunnyside egg laid over choice of greens, two veggies, cheese, bacon, golden quinoa **\$6.95**

Breakfast Wrap - two cage-free eggs scrambled with choice of two veggies, golden quinoa, cheese, bacon, wrapped in a spinach tortilla **\$7.35**

Avocado Toast – avocado mash, red pepper flakes, olive oil, capers, multigrain toast (add sunnyside egg +\$1) **\$7.95**

Banana Flax Pancakes (GF) – banana pancakes topped with sliced banana, coconut flakes, grade B maple syrup **\$7.95**