

Grains

\$9.75 BOWL | + \$1 WRAP

Warming, rejuvenating and mineral rich

CURRY CAULIFLOWER ♦

Fresh-pressed turmeric ginger rice & quinoa, cauliflower, celery, crispy chickpeas, grapes, raisins, pistachios & lemon tahini

AVOCADO SOL

Rice & beans, raw corn & purple cabbage, jalapeño, tomato, avocado, almonds & cilantro lime vinaigrette

ADD FETA \$2

THAI PEANUT SUTRA ♦

Brown rice, carrots, shiitake, gold beets & pineapple, crunchy peanut crumble, sesame ginger & spicy peanut sauce

ADD 5 SPICE TOFU \$2

SWAMI ♦

Sweet red miso & curry brown rice, kale, broccoli, onions, carrots, raisins & tamari almonds

ADD SOUS VIDE EGG \$2

GREEN GODDESS

Lemon garlic brown rice, broccoli, kale, tofu, sprouted legumes, avocado & ginger tamari sauce

RAINBOW HARVEST

Lemon flax brown rice, whipped sweet potato, beets, carrots, broccoli, kale, tofu, sprouted legumes & ginger tamari sauce

ADD ALMONDS \$2

ADVENTURER ♦

Quinoa & cheddar rice, sprouted legumes, tofu, beets, broccoli, kale, raw corn & almonds with tamari & sesame ginger sauces

ADD AVOCADO \$2

Snacks

\$4.50

STREET CORN ♦

Cashew aioli & smoky harissa yeast

STEAMED EDAMAME

Sea salt & togarashi

DEVEILED EGGS ♦

Cashew aioli & pickled jalapeño

HUMMUS BOWL

Cold-pressed olive oil, edamame beans & warm tortilla

Greens

\$9.75 BOWL | + \$1 WRAP

Energizing, complex and satisfying

LIVING CAESAR ♦

Bright & blissful lemon cashew caesar with kale, micro greens, hempseed parmesan & chickpea croutons

BANH MI ♦

Vietnamese salad with cabbage, mint, cilantro, rice noodles, marinated tofu, crispy forbidden rice, sweet pickles, spicy cashew aioli & sesame ginger vinaigrette

BEETS AND BERRIES ♦

Color rich arugula salad with roasted beets, whole berries, fennel, spiced walnuts, feta & balsamic

FORBIDDEN KALE

Warm forbidden rice salad, roasted turmeric cauliflower & chickpeas, wilted kale, feta, avocado, pomegranate & spicy harissa

SUMMER SOLSTICE

Ultra fresh arugula salad with edamame, raw corn, avocado, grape tomatoes, sunflower seeds & apple cider vinaigrette

ADD SUSTENANCE

\$2 each

AVOCADO

give it some good fat

RAW TAHINI HUMMUS

ancient source of vitamins & minerals

WHIPPED SWEET POTATO

sweet dose of fiber & vitamins

TAMARI ALMONDS

crunchy brain food

SOUS VIDE EGG

the perfect protein

BRAISED 5 SPICE TOFU

protein & iron rich

FETA

probiotic rich

Broths

\$9.75 BOWL

Nourishing, substantial and healing

MUSHROOM UDON

Kombu magic mineral broth, shiitake, porcini, bok choy, purple cabbage, sweet potato, raw enoki & soft egg

BLONDE MISO RAMEN

Miso broth, ramen noodles, shiitake, chickpeas, pickled jalapeños, kale, tomato, soft egg & chili oil

SPICY GREEN CURRY ♦

Aromatic lemongrass & coconut broth, forbidden rice, broccoli, pineapple, sweet potato, braised tofu, legumes & peanuts

Soups

\$5.95

Vegan & gluten free seasonal soups, prepared daily

TURMERIC BROCCOLI DETOX

Upcycled broccoli stems, fresh pressed ginger & turmeric, coconut & jalapeños

GREEN LENTIL

Classic garden lentil with carrots, purple-top turnips, celery, cumin & fennel seeds

BLACK LENTIL CURRY

Berberbe black lentils, caramelized cauliflower, pineapple, cilantro & scallions

Desserts

\$5.50

WATERMELON GAZPACHO

Watermelon broth, cardamom, whole berries

STRAWBERRY ICE-CREAM CONE

Locally made vegan ice-cream with super food dusting & lucuma caramel

NITRO FLOAT

Vegan coconut gelato, nitro coffee, coconut flakes & cacao nibs

ON TAP

COLD COFFEE \$3.50

NITRO COFFEE \$5.00

KOMBUCHA \$4.25

Hopped, Pineapple, Blissberry, Ginger

HOT DRINKS

COFFEE \$2.50

POUR OVER \$3.50

FRESH MINT TEA \$3.00

CHAGA CHAI \$5.25

Medicinal mushroom tea with tiger-nut milk (hot or iced)

COFFEE BY



INTELLIGENTSIA



Lattes

\$4.75

Be your highest self.
Created with housemade tiger-nut milk, enjoyed hot or iced.

MOOD & ENERGY ELEVATING OCEAN BLUE

blue-green algae, maca, vanilla, maple, sea salt

STRESS REDUCER MATCHA

ceremonial grade matcha, honey

INFLAMMATION DECREASING GOLDEN MILK

turmeric, ginger, cinnamon, cayenne, black pepper, honey

LUXURIOUS DETOXER MEXICAN CHOCOLATE

activated charcoal, cacao, cinnamon, cayenne, maple

LIBIDO BOOSTER BEETROOT

red beet, goji powder, maple

NERVE RELAXER

CBD COFFEE

- \$7.00 -
cbd, coconut oil & cacao butter bulletproof style

WELLNESS SHOTS

LOCAL WHEATGRASS.....\$3.00

FRESH-PRESSED TURMERIC.....\$1.50

FRESH-PRESSED GINGER.....\$1.50

FIRE TONIC.....\$2.50

◆ CONTAINS NUTS AND/OR PEANUTS

Smoothies

Dairy free & color rich

BLUE MAGIC

- \$7.75 -
blue-green algae, vanilla, chia, coconut oil, coconut gelato, coconut milk

LOVE CHILD

- \$7.00 -
strawberry, blueberry, banana, chia, dates, coconut milk

GREEN DAY

- \$7.25 -
avocado, kale, lemon, banana, chia, dates, coconut milk

ELVIS ◆

- \$7.00 -
peanut butter, bananas, raw cacao, gelato, coconut milk

TRILOGY

- \$7.00 -
strawberries, bananas, golden berries, coconut water

PINEAPPLE SMASH

- \$8.25 -
pineapple, ginger, turmeric, lemon, maple, kombucha

COCONUT

- \$7.00 -
coconut gelato, coconut oil, banana, coconut milk
ADD MATCHA \$2

BEE WELL

- \$8.25 -
raspberries & lime, pitaya, honey, bee pollen, chia, coconut water

STRAWBERRY BLONDE

- \$7.75 -
strawberry, raspberry, ginger, lemon, dates, maple water

MACA MALT ◆

- \$7.75 -
maca, raw cacao, cashew, maple, gelato, coconut milk
ADD COLD COFFEE \$3

Juices

Fresh-pressed tonics & elixirs

MORNING MOXIE

- \$7.25 -
carrot, apple, ginger, lemon, honey, cinnamon, apple cider vinegar

LIFE ALIVE

- \$7.25 -
green apple, carrot, beet, celery, kale, wheatgrass

GO GREEN

- \$7.25 -
cucumber, kale, lemon, green apple, aloe

GINGER CRUSH

- \$5.00 -
ginger, lemon, maple, ice

SPICY GREEN TONIC

- \$7.25 -
pineapple, jalapeño, mint, cilantro, green apple

IMMUNITY CUP

- \$8.25 -
carrot, green apple, ginger, spirulina, cayenne, garlic, vinegar, honey

WATERMELON COOLER

- \$6.50 -
watermelon, cardamom, mint

BETA CAROTENE

- \$6.50 -
carrot, ginger, green apple

ORANGE BLOSSOM

- \$7.25 -
lemon, ginger, turmeric, carrot, green apple, orange blossom water

ADD AN ADAPTOGEN POTION

Enhance the vibration of any smoothie or smoothie bowl to treat specific energetic needs

Smoothie Bowls

\$8.25 BOWL

PITAYA BOWL ◆

Pitaya, strawberry, pineapple, banana, coconut water, blueberry, pomegranate & coconut almond crunch

ACAI BOWL ◆

Blueberry, banana, coconut water, cacao, strawberry, pomegranate, acai, cacao nibs & coconut almond crunch

ADAPTOGEN POTIONS

+ \$2

RADIANT MIND



FOCUS - COGNITION
maca, cordyceps, matcha

INNER BEAUTY



ANTIOXIDANT RICH, ELEVATES ENERGY
matcha, goji, hemp

INHALE EXHALE



ANXIETY RELIEF, ANTI-INFLAMMATORY
cbd full spectrum

PURE CURE



FLUSHES HEAVY METAL BUILDUP
spirulina, flax, turmeric

FRIENDLY FLORA



GUT HEALTH, DETOXIFYING
flax, chia, moringa

LIFE FORCE



RICH IN PROTEIN, VITAMINS & MINERALS
hemp, flax, bee pollen

CALMER GROUND



ANTI STRESS, RESTORES ADRENALS
reishi, ashwaganda, holy basil