Breakfast

Wraps

Greens, Egg & Cheese
$5.75
Whole wheat wrap with steamed egg, broccoli, kale & cheddar

Breakfast Burrito
$7.50
Black beans & rice, steamed egg, kale, pink onions, cheddar, greek yogurt & hot sauce

Blueberry Superfood Waffles
$5.25
Gluten free with superfoods chia, hemp, bee pollen, coconut & maple syrup

Bowls

Breakfast Hash
$6.50
Sweet potato quinoa hash with peppers, onion, beets, cilantro-lime vinaigrette, sunny egg & feta

Golden Yogurt Bowl
$5.25
Whole berries, granola, turmeric & cinnamon Greek or Coconut Yogurt

Strawberry Steel-Cut Oats
$5.25
Smashed strawberries, maple, cinnamon, spiced walnuts, greek yogurt

Smoothie Bowls

Acai
$8.25
Acai with blueberry, strawberry, pomegranate, cacao nibs & coconut almond crunch

Pitaya
$8.25
Strawberry, pineapple, banana, pitaya with raspberry, pomegranate & coconut almond crunch

PB&J Acai
$9.25
Acai with blueberry, strawberry, peanut butter, hemp & peanut almond granola crunch

Blue Island
$9.25
Blue-green algae, coconut meat, mango with crunchy seed & almond granola, blueberry, raspberry & banana

Green Planet
$9.25
Spirulina, avocado, kale & mango with peanut butter, crunchy seed & almond granola, peanuts, blueberry, raspberry & banana

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform us if a person in your party has a food allergy. Our products may contain wheat, egg, peanut, tree nut, dairy, soy, or fish allergens.
## Drinks

### Our Morning Favorites

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cold Coffee</strong></td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td><strong>Pour Over</strong></td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td><strong>Drip Coffee</strong></td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td><strong>Bullet Coffee</strong></td>
<td>$7.00</td>
<td>coconut oil &amp; cacao butter, bulletproof style</td>
</tr>
<tr>
<td><strong>Bullet Green Tea</strong></td>
<td>$7.00</td>
<td>matcha, maple, coconut oil, cacao butter, bulletproof style</td>
</tr>
<tr>
<td><strong>Frozen Mochaccino</strong></td>
<td>$7.75</td>
<td>cold brew, espresso, coconut gelato, vanilla, chocolate &amp; maca</td>
</tr>
<tr>
<td><strong>Iced Espresso Latte</strong></td>
<td>$3.75</td>
<td>oat milk, espresso</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Add CBD $2</td>
</tr>
</tbody>
</table>

### Juices

<table>
<thead>
<tr>
<th>Juice</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning Moxie</strong></td>
<td>$7.25</td>
<td>carrot, apple, ginger, lemon, honey, cinnamon, apple cider vinegar</td>
</tr>
<tr>
<td><strong>Orange Blossom</strong></td>
<td>$7.25</td>
<td>lemon, ginger, turmeric, carrot, green apple, orange blossom water</td>
</tr>
<tr>
<td><strong>Go Green</strong></td>
<td>$7.25</td>
<td>cucumber, kale, lemon, green apple, aloe</td>
</tr>
</tbody>
</table>

### Lattes

<table>
<thead>
<tr>
<th>Latte</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ocean Blue</strong></td>
<td>$4.75</td>
<td>blue-green algae, maca, vanilla, maple, sea salt</td>
</tr>
<tr>
<td><strong>Golden Milk</strong></td>
<td>$4.75</td>
<td>turmeric, ginger, cinnamon, cayenne, black pepper, maple</td>
</tr>
<tr>
<td><strong>Iced Spearmint Matcha</strong></td>
<td>$3.75</td>
<td>Oat milk, matcha, spearmint essential oil &amp; agave</td>
</tr>
</tbody>
</table>

### Smoothie

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Green Day</strong></td>
<td>$7.25</td>
<td>avocado, kale, lemon, banana, chia, dates, coconut milk</td>
</tr>
</tbody>
</table>

### Local Wheatgrass Shot

- **Price**: $3.00

### Tasting Notes

- **Green Day** is a refreshing blend of green ingredients.
- **Golden Milk** adds a warm and spicy twist.
- **Iced Spearmint Matcha** is perfect for a refreshing and light experience.

### Additional Options

- **See our main menu for...**
  - Full selection of juices, smoothies & lattes
Grains
$9.75 BOWL | + $1 WRAP
Warming, rejuvenating and mineral rich

RAINBOW HARVEST
Lemon basil brown rice, whipped sweet potato, beets, carrots, broccoli, kale, tofu, sprouted legumes & ginger tahini sauce
ADD ALMONDS $2

CURRY CAULIFLOWER *
Freshly pressed turmeric ginger rice with spinach, cauliflower, celery, crispy chickpeas, grapes, raisins, pistachios & lemon tahini
ADD FALAFEL $2

AVOCADO SOL *
Rice & beans, raw corn & purple cabbage, jalapeño, tomato, avocado, almonds & cilantro lime vinaigrette
ADD FETA $2

THAI PEANUT SUTRA *
Brown rice, carrots, shitake, 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 VOUS VEG EGG $2

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

SPICY PEANUT NOODLES *
Ramen noodles, shaved vegetables, braised 5 spice tofu, sesame, spicy peanut sauce & lime

ADVENTURER *
Quinoa & edamame rice, sprouted legumes, tofu, beets, broccoli, kale, raw corn & almonds with tamari & sesame ginger sauce
ADD AVOCADO $2

JACKFRUIT TACO
Rice, beans & greens with lime, spicy braised jackfruit & mango salsa, local corn tortillas

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, peanuts, pickled carrots, spicy cashew aoili & sesame ginger vinaigrette

FALAFEL POMER
Mediterranean salad with baked falafel, hummus, cucumber, radish, tomato, celery & olives, sumac vinaigrette & tahini
ADD FETA $2 ADD WRAP $2

FORBIDDEN KALE *
Warm forbidden rice salad, roasted turmeric cauliflower & chickpeas, wilted kale, feta, greek yogurt, avocado, pomegranate & spicy harissa

MELON VOLTAIRE *
Refreshing summer salad with watermelon, mint, cucumber, avocado, micro greens & lime vinaigrette

Add Sustenance $2 each

BAKED FALAFEL protein & fiber dense

AVOCADO
give it some good fat

SOUS VIDE EGG essential aminos

BRAISED 5 SPICE TOFU protein & iron rich

RAW TAHINI HUMMUS protein & fiber dense

BRAISED JACKFRUIT energy & immune boosting

WHIPPED SWEET POTATO sweet dose of fiber & vitamins

FETA probiotic rich

TAMARIS ALMONDS crunchy brain food

Broths
$9.75 BOWL
Nourishing, substantial and healing

SESAME TOFU RAMEN
Sesame toasted tofu, marinated shiitake, mint, cilantro, scallions, purple & maitake cabbage, pickled carrots & kimchi
ADD SOUS VIDE EGG $2

MUSHROOM UDON
Rumbo magic mushroom broth, shiitake, paresini, kab obyo, purple cabbage, sweet potato, raw enoki & soft egg

Soups
$5.95
Seasonal soups, prepared daily from scratch

VEGAN CHILI
All the beans & spices
ADD AVOCADO $2

COCONUT CARROT GINGER
Curry turmeric & ginger veloute, sweet potatoes
ADD JACKFRUIT $2

MUSHROOM FARRO
Roasted portobello & crimini, leeks & garlic
ADD JACKFRUIT $2

MELON VOLTAIRE
Grilled watermelon broth, edamame, fresh berries

Snacks
$4.50

HUMMUS BOWL
Cold-pressed olive oil, radish & warm tortilla
ADD BAKED FALAFEL $2

STREET CORN *
Cashew aoili & smoky harissa yeast

STEAMED EDAMAME
Sea salt & tgarashi

DEVILED EGGS *
Cashew aoili & pickled jalapeno

See our menu boards for tea & coffee offerings, featured dishes & beverages

We celebrate the power of healing through organic food, thoughtfully sourcing from mindful providers to encourage personal and planetary wellness.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODPOISON, ILLNESS. BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. OUR PRODUCTS MAY CONTAIN WHEAT, EGG, PEANUTS, TREE NUT, DAIRY, SOY, OR FISH ALLERGENS.
Lattes
$5.75
Be your highest self. Created with housemade coconut creme, enjoyed hot or iced.

Mood & Energy Elevating
Ocean Blue
blue-green algae, maca, vanilla, maple, sea salts

Lucido Booster
Heart Beet
rose water, red beets, maple

Stress Reducer
Matcha
ceremonial grade matcha, honey

Inflammation Decreasing
Golden Milk
turmeric, ginger, cinnamon, cayenne, black pepper, maple

Luxurious Detox
Mexican Chocolate
activated charcoal, cacao, cinnamon, cayenne, maple

Hand Shaken
Crafted iced teas & coffees

Lavender Lemonade
$3.75
Butterfly pea tea, lemon, agave

Arnold Palmer
$3.75
Black tea, lemon, essential oil & agave

Spearmint Matcha
$3.75
Oat milk, matcha, spearmint essential oil & agave

Raspberry Green Tea
$3.75
Green tea, raspberry-lime & agave

Mango Lassi
$3.75
Honey & lime, mango, coconut yogurt

Juices
Fresh-pressed tonics & elixirs

Morning Moxie
$7.25
carrot, apple, ginger, lemon, honey, cinnamon, apple cider vinegar

Go Green
$7.25
cucumber, kale, lemon, green apple, aloe

Ginger Crush
$7.00
ginger, lemon, maple, ice

Watermelon Cooler
$6.50
watermelon, cardamom, mint

Life Alive
$7.25
Green apple, carrot, beet, celery, kale, wheatgrass

Orange Blossom
$7.25
lemon, ginger, turmeric, carrot, green apple, orange blossom water

Smoothies
Dairy-free & color rich

Blue Magic
$7.75
Blue-green algae, vanilla, chia, coconut oil, coconut gelato, coconut milk

Bee Well
$7.75
Raspberries & lime, pitaya, honey, bee pollen, chia, coconut water

Green Day
$7.75
Avocado, kale, lemon, banana, chia, dates, coconut milk

Mango Slush
$7.00
Mango, pineapple, watermelon juice, lime

Love Child
$7.00
Strawberry, blueberry, banana, chia, dates, coconut milk

Strawberry Blonde
$7.75
Strawberry, raspberry, ginger, lemon, dates, maple water

Frozn Mochaccino
$7.75
Cold brew, espresso, coconut gelato, vanilla, chocolate & maca

Smoothie Bowls

Pitaya
$8.25
Strawberry, pineapple, banana, pitaya with raspberry, pomegranate & coconut almond crunch

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Adaptogen Potions
+$2

Radiant Mind
Focus + cognition
Maca, cordyceps, matcha

Inner Beauty
Antioxidant rich
Matcha, goji, hemp

Pure Cure
Heavy metal detox
Spirulina, flax, turmeric

Life Force
Protein builder
Hemp, flax, bee pollen

Friendly Flora
Gut health detox
Flax, chia, moringa

Restore + de-stress
Reshi, ashwaganda, holy basil