## Breakfast Wraps

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Greens, Egg &amp; Cheese</strong></td>
<td>$5.75</td>
<td>Whole wheat wrap with steamed egg, broccoli, kale &amp; cheddar</td>
</tr>
<tr>
<td><strong>Breakfast Burrito</strong></td>
<td>$7.50</td>
<td>Black beans &amp; rice, steamed egg, kale, pink onions, cheddar, greek yogurt &amp; hot sauce</td>
</tr>
<tr>
<td><strong>Blueberry Superfood Waffles</strong></td>
<td>$5.25</td>
<td>Gluten free with superfoods chia, hemp, bee pollen, coconut &amp; maple syrup</td>
</tr>
</tbody>
</table>

## Breakfast Bowls

<table>
<thead>
<tr>
<th>Item</th>
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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Hash</strong></td>
<td>$6.50</td>
<td>Sweet potato quinoa hash with peppers, onion, beets, cilantro-lime vinaigrette, sunny egg &amp; feta</td>
</tr>
<tr>
<td><strong>Golden Yogurt Bowl</strong></td>
<td>$5.25</td>
<td>Whole berries, granola, turmeric &amp; cinnamon</td>
</tr>
<tr>
<td><strong>Strawberry Steel-Cut Oats</strong></td>
<td>$5.25</td>
<td>Smashed strawberries, maple, cinnamon, spiced walnuts, greek yogurt</td>
</tr>
</tbody>
</table>

## Smoothie Bowls

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acai</strong></td>
<td>$8.25</td>
<td>Acai with blueberry, strawberry, pomegranate, cacao nibs &amp; coconut almond crunch</td>
</tr>
<tr>
<td><strong>Pitaya</strong></td>
<td>$8.25</td>
<td>Strawberry, pineapple, banana, pitaya with raspberry, pomegranate &amp; coconut almond crunch</td>
</tr>
<tr>
<td><strong>Green Planet</strong></td>
<td>$9.25</td>
<td>Spirulina, avocado, kale &amp; mango with peanut butter, crunchy seed &amp; almond granola, peanuts, raspberry &amp; banana</td>
</tr>
<tr>
<td><strong>PB&amp;J Acai</strong></td>
<td>$9.25</td>
<td>acai with blueberry, strawberry, peanut butter, hemp &amp; peanut almond granola crunch</td>
</tr>
</tbody>
</table>
DRINKS

Our Morning Favorites

COLD COFFEE $3.50
POUR OVER $3.50
DRIP COFFEE $2.50
CBD COFFEE $7.00
cbd, coconut oil & cacao butter, bulletproof style
CBD GREEN TEA $7.00
cbd, matcha, maple, coconut oil, cacao butter, bulletproof style
FROZEN MOCHACCINO $7.75
cold brew, espresso, coconut gelato, vanilla, chocolate & maca
ICED ESPRESSO LATTE $3.75
oat milk, espresso
Add CBD $2

Juices

MORNING MOXIE $7.25
carrot, apple, ginger, lemon, honey, cinnamon, apple cider vinegar
ORANGE BLOSSOM $7.25
lemon, ginger, turmeric, carrot, green apple, orange blossom water
GO GREEN $7.25
cucumber, kale, lemon, green apple, aloe

Lattes

OCEAN BLUE $4.75
blue-green algae, maca, vanilla, maple, sea salt
GOLDEN MILK $4.75
turmeric, ginger, cinnamon, cayenne, black pepper, maple
ICED SPEARMINT MATCHA $3.75
Oat milk, matcha, spearmint essential oil & agave

Smoothie

GREEN DAY $7.25
avocado, kale, lemon, banana, chia, dates, coconut milk

LOCAL WHEATGRASS SHOT $3.00

SEE OUR MAIN MENU FOR...
Full selection of juices, smoothies & lattes
Grains
$9.75 BOWL | + $1 WRAP
Warming, rejuvenating and mineral rich

CURRY CAULIFLOWER ✰
Fresh-grilled turmeric ginger rice & quinoa, cauliflower, celery, crispy chickpeas, grapes, raisins, pistachios & lemon-habanero
ADD PALATEL $2

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

THAT 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 NUTS & AVOCADO $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

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

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, sweet pickles, spicy cashew aioli & sesame ginger vinaigrette

FALAFEL POMER
Mediterranean salad with baked falafel, hummus, cucumber, radish, tomato, celery & olives, sumac vinaigrette & tahini
ADD FETA $2 ADD WRAP $1

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

WATERMELON FETA ✰
Refreshing summer salad with quinoa, mint, cucumber, avocado, micro greens & lime vinaigrette

Broths
$9.75 BOWL
Nourishing, substantial and healing

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

SESAME TOFU RAMEN
Seaweed roasted tofu, marinated shitake, mint, cilantro, scallions, purple & mizuna cabbage, pickled carrots & kimchi
ADD 5 SPICE VEGGIE EGG $2

Soups
$5.95
Seasonal soups, prepared daily from scratch

MUSHROOM FARRO
Roasted porcini & fennel, herbs & garlic

COCONUT CARROT GINGER
Curry turmeric & ginger veloute, sweet potatoes

VEGAN CHILI
All the beans & spices
ADD AVOCADO $2

WATERMELON GAZPACHO
Watermelon broth, cardamom, fresh berries

Snacks
$4.50

STREET CORN ✰
Cashew aioli & smoky harissa yeast

STEAMED EDAMAME
Sea salt & tajin

DEVILED EGGS ✰
Cashew aioli & pickled jalapeño

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

Add Sustenance
$2 each

AVOCADO
Give it some good fat

BAKED FALAFEL protein & fiber rich

BRAISED 5 SPICE TOFU protein & iron rich

RAW TAHINI HUMMUS ancient source of vitamins & minerals

WHIPPED SWEET POTATO sweet dose of fiber & vitamins

SOUS VIDE EGG the perfect protein

FETA probiotic rich

TAMARI ALMONDS ✰ crunchy brain food

CONTAINS NUTS AND/or PEANUTS
CONTAINS DAIRY

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 FOODPOISONING 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 NUTS, 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 salt

Lyno Boost
Heart Beet
rose water, red beets, maple

Stress Reducer
Matcha
ceremonial grade matcha, honey

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

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

Nerve Relaxer
CBD Coffee
- $7.00 -
chd, coconut oil & cacao butter, bulletproof style

CBD Green Tea
- $7.00 -
chd, matcha, maple, coconut oil, cacao butter, bulletproof style

Hand Shaken Drinks

Arnold Palmer
- $5.75 -
black tea, lemon, essential oil & agave

Raspberry Green Tea
- $5.75 -
green tea, raspberry-lime & agave

Lavender Lemonade
- $5.75 -
maple water, butterfly pea tea

Iced Spearmint Matcha Latte
- $5.75 -
oat milk, matcha, spearmint, essential oil & agave

Iced Espresso Latte
- $5.75 -
aot milk, espresso

JUICES

Fresh-pressed tonics & elixirs

Beta Carotene
- $6.50 -
carrot, ginger, green apple

Ginger Crush
- $5.00 -
ginger, lemon, maple, ice

Life Alive
- $7.25 -
green apple, carrots, beet, celery, kale, wheatgrass

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

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

Pineapple Tonic
- $7.25 -
pineapple, jalapeno, mint, cilantro, green apple

Watermelon Cooler
- $6.50 -
watermelon, cardamom, mint

Smoothies

Dairy-free & color rich

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

Bee Well
- $8.25 -
raspberry, lime, pitaya, honey, bee pollen, chia, coconut water

MacA Malt
- $7.75 -
maca, raw cacao, cashew, maple, gelato, coconut milk

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

Pineapple Smash
- $8.25 -
pineapple, ginger, turmeric, lemon, maple, kombucha

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

Elvis
- $7.00 -
pineapple, blueberry, banana, chia, dates, coconut milk

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

Love Child
- $7.00 -
strawberry, blueberry, banana, chia, dates, coconut milk

FROZEN MOCHACCINO
- $7.75 -
cold brew, espresso, coconut gelato, vanilla, chocolate & maca

Smoothie Bowls

Pitaya
- $6.25 -
pitaya, strawberry, pineapple, banana, coconut creme, raspberry, pomegranate & coconut almond crunch

PB&J ACAI
- $6.25 -
acai with blueberry, strawberry, peanut butter, hemp & peanut almond granola crunch

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

GREEN PLANET
- $9.25 -
spirulina, avocado, kale & mango with peanut butter, crunchy seed & almond granola, peanuts, raspberry & banana

Adaptogen Potions

Radiant Mind
Focus - Cognition
Maca, cordyceps, matcha

Antioxident Rich
Matcha, goji, hemp

FOOD FOR THOUGHT

Protein Builder
hemp, flax, bee pollen

CBD POTION

Mind & Body Relief
Chd full spectrum

CONTAINS NUTS AND DR PEANUTS

Local Wheatgrass
- $3.00 -

Fresh-Pressed Turmeric
- $1.50 -

Fresh-Pressed Ginger
- $1.50 -

Fire Tonic
- $2.50 -