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## Smoothies

*ANY SMOOTHIE CAN BE SERVED AS A BOWL TOPPED WITH GF GRANOLA AND GOJI BERRIES*

### Açaí Bowl

açaí, banana, strawberry, date, avocado, topped with GF granola and goji berries

### Tutti Frutti

strawberry, orange, mango, goji berry, date, carrot, avocado, acerola

### Banana Nut

banana, date, cashews, coconut, topped with GF granola

### Green Avocado

avocado, mango, date, coconut kefir, Vitamineral Green by Healthforce, lemon, topped with GF granola

### Banilla

banana, date, vanilla, coconut  
topped with GF granola

### The Nitrolizer

beet, banana, coconut, pineapple, date, Vitamin C  
add spirulina (protein)

### Chocolate or Vanilla Coconut Milkshake

coconut, date, cacao or vanilla, topped with coconut flake

### Tasty Turmeric

pineapple, carrot, orange, date, turmeric, coconut, black pepper

### Peanutbutter Protein

plant protein, coconut, date, peanut butter, oats

### Frozen Coffee

Plain/Vanilla/ or cacao  
Coffee, date, coconut

### Green Glow

kale/spinach/romaine, banana, celery, apple, cucumber, lemon

*ALL SFB PRODUCTS ARE 100% ORGANIC, Plant Based & GLUTEN FREE*

## Signature Bowls

*Served over rice & quinoa. Also available with half greens/half grains*

### **Black Bean Bowl**

quinoa & rice cooked with onions, topped with black beans, avocado, goji harrisa, mango relish (mango, pineapple, apple cider vinegar, spices, lime, onion, pablano pepper) sour cream, kale, micro greens & cilantro

### **Tuscan Bowl**

quinoa & rice cooked with onions, topped with Cannellini beans, sauteed sundried tomato, Tuscan kale and garlic, extra virgin olive oil, micro-greens, avocado or cashew-coconut "cheese" included

### **Falafel Bowl**

quinoa & rice cooked with onions, topped with pumpkin seed/lentil patty (red lentils, onion, carrot, quinoa, oats, pumpkin seeds, spices) tahini, cucumber, shredded carrot, raw onion, goji harrisa, micro greens, sesame seeds

## Soups

*(When Available)  
cup, pint or quart*

### **Sweet Potato & Peanut Butter Stew**

sweet potato, onion, peanut butter, tomato, coconut, vegetable stock, spices, ginger, served over white rice

### **Spicy cauliflower & Smoked Serrano Soup**

cauliflower, smoked Serrano pepper, onion, coconut, vegetable stock, coconut, spices, served over white rice

### **Red Lentil Soup**

Red lentils, onion, celery, carrot, vegetable broth, spices

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## Signature Salads

### Pumpkin Patty Salad

mixed greens, pumpkin seed/lentil patty (red lentils, onion, carrot, quinoa, oats, pumpkin seeds, spices) raw carrots, pumpkin seed crumble (brown rice, salt, spices) goji harrisa, pickles, micro greens, served with a sweet mustard-turmeric dressing

### Pecan Apple Salad

mixed greens, shredded Granny Smith Apple tossed in a date & Braggs apple cider vinaigrette served with candied pecans, red onion, cashew coconut cheese and micro-greens

### Side Salad

greens, carrot, goji harissa, pickles, micro-greens, date & Braggs apple cider vinaigrette

## Hot Wraps

*(made with a GF tortilla)*

*20 min preparation time*

*All wraps are available as a salad or bowl*

### Pesto Wrap

black bean patty, garlic-herb pesto (sunflower seed, lemon, herbs, garlic, salt) tomato, greens, served with a sunflower seed sour cream

### Cuban Wrap

black beans, white rice, cooked down onions, peppers and garlic, cashew-coconut "cheese", served with a sunflower seed sour cream

### Viet Wrap

black bean patty, carrots, daikon radish, cilantro, mango sauce (mango, carrot, apple cider vinegar, date, garlic, chili peppers), cashew-coconut "cheese", greens

### Bean Burrito Wrap

black beans, onion, cashew-coconut "cheese", served with a sunflower seed sour cream

### Falafel Wrap

pumpkin seed/lentil patty (red lentils, onion, carrot, oats, quinoa, pumpkin seeds) sunflower seed tahini (sunflower seeds, toasted sesame seeds, lemon, herbs, salt, spices) carrots, cucumber, harissa, onion, greens, spices

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## **Shots**

### **Ginger Shot**

*(ginger, filtered water)*

### **Super Immune Booster Shot**

*(ginger, lemon acerola, camu camu, amla, lacuma, cayenne)*

## **Drinks**

### **Mexican Coffee**

*(served hot or cold)*

Cold brew coffee, raw cacao, vanilla, cinnamon, cayenne, "earth broth" adaptogens, date

### **Hot Chocolate**

Raw cacao, coconut, date

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