

ORGANIC • PLANT-BASED • LOCAL • HOMEMADE

K KIDS WILL LOVE IT

G CONTAINS GLUTEN N C

N CONTAINS NUTS

WE'RE ON A MISSION TO REDUCE WASTE PLEASE BYO TAKEOUT CONTAINER OR USE OURS FOR 500¢

ADD-ONS FALAFEL (3) 3500 BLISS BEAN PATTY © 3500 AVOCADO 700

SERVED FROM 11-3 * Burgers + sandwiches served w/ garden roasted veggies + house salad.

PROPER WHOPPER* 8000 🔇 📀

Vegan whopper patty by our friends at Purple Elephant served on a triple seed bun. Topped w/ lettuce, tomato, onion, coconut bacon, special sauce.

PLATE OF THE DAY 6000

Mixed green house salad, garden roasted veggies + chef's daily plant-based sides.

BLISS BEAN BURGER* 7200 🔇 📀

Our house veggie burger made w/ beans, carrots, oats + coconut served on a wild fermented bun. Topped w/ sundried tomatoes, cured eggplant, coconut bacon, massaged kale, plant-based mayo, pesto sauce.

FALAFEL 7500

Bed of mixed greens topped with gluten-free falafels, drizzled with tahini, served w/ homemade bean hummus + chef's daily plant-based sides.

Down for a burrito? Wrap it in a gluten-free raw tortilla.

FILET NO FISH* 8000 G can be ordered gluten-free

Local plancha grilled guanabana breaded w/ coconut + turmeric served on a wild fermented bun. Topped w/ tomato + tartare sauce.

MASSAGED KALE CAESAR 6500

Kale massaged in sea salt, turmeric, apple cider vinegar + olive oil. Topped w/ kalamata olives, sundried tomatoes, hemp caesar dressing.

MACRO BOWL 8000

Massaged kale, garden roasted veggies, sauerkraut, avocado, homemade bean hummus, sesame seeds w/ falafels OR bliss bean patty + choice of dressing.

Dressings: Hemp Caesar, House Vinaigrette, Herb Pesto, Tahini

CHALUPA 6500

Handpressed corn tortilla, homemade black beans, avocado, herb pesto mayo, mixed greens, massaged kale, sauerkraut, pico de gallo, plant-based cheese, hemp caesar dressing.

may all meals be happy + healthy



PLEASE PLACE YOUR ORDER + PAY AT THE COUNTER 13% TAX INCLUDED IN PRICE. TIPS ARE APPRECIATED!

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COLD-PRESSED | ALWAYS ORGANIC

PURA VERDE 4750 Cucumber, celery, kale, parsley, lemon, ginger, turmeric, coconut water

RISA VERDE 4750 Cucumber, pineapple, kale, parsley, lemon, ginger, turmeric, coconut water

SWEET BEET 4750 Beet, pineapple, parsley, lemon, ginger, turmeric, coconut water

SUNNY SANDIA 4750 Watermelon, pineapple, coconut water, lime, turmeric

CITRUS FRESH 4750 🕜 Orange, pineapple, lemon, ginger, turmeric

PIÑA COLADA 4750 Pineapple + coconut water

PTPA 3000 Fresh coconut water

SERVED FROM 7-11 | COFFEE INCLUDED COMPLIMENTARY BREAKFAST OR SMOOTHIE FOR ILLUMINAR GUESTS

DESAYUNO TIPICO 4800

Egg OR avocado, rice, beans, sweet plantain, corn tortilla, mixed greens, pico de gallo w/ a side of fresh tropical fruits.

SUPERFOOD PARFAIT 4000 🔃

Strawberry-raspberry cashew cream layered w/ coconut, dates, cranberry, goji berry.

TROPICAL FRUIT PLATE 3700

Local, seasonal, and organic fresh + dehydrated fruits.

SMOOTHIDS

16 OZ - 4500

GREEN MACHINE Coconut water, pineapple, kale, spirulina, moringa, turmeric, coconut meat

VERY BERRY 🚺

Coconut water, blackberry, banana, dragonfruit, goji berry, turmeric, date, coconut meat

HANSEN 🔣 🚺 Coconut water, banana, coconut meat, cacao bean, peanut butter, date

SUNSHINE 🖪 🔃 Pineapple, orange, papaya, goji berry, ojoche, maca, turmeric, ginger

PINK HAZE 🕼 Coconut water, dragonfruit, banana, goji berry, maca

ALEGRA Watermelon juice, pineapple, turmeric, ginger

BUILD YOUR OWN 3500 Coconut water + 3 fruits of your choice

ADD-ONS 500

SPIRULINA MORINGA GOJI BERRY MACA OJOCHE N

ADD PROTEIN 1000 HEMP PROTEIN HOMEMADE ALMOND/PEANUT BUTTER

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LOCAL •



nau treats

ALWAYS RAW + PLANT-BASED | MADE FRESH DAILY

RAW PIE 3000 N Rotates daily between chocolate + coconut cream

BLISS BALL 2000 🔇 🚺

Cacao powder, soaked almonds, cashew, date, coconut oil, raisin, vanilla, honey, salt

PB MACAROON 2000 🕔

Coconut, peanut butter, cashew, honey, vanilla, salt

GRANOLA ENERGY BAR 2500 🕔

Sesame seed, sunflower seed, cranberry, raisin, banana, date, pumpkin seed, maca, flax, chia, cinnamon, moringa, ojoche, honey, salt

DOUBLE CHOCOLATE COOKIE 2500 6 🔃

Cashew, oat, vanilla, cacao powder, coconut, maple syrup

DEHYDRATED SUPERFOOD CRISP 2500 🕔

Soaked almond, cashew, sesame seed, hemp seed, sunflower seed, goji berry, cacao nib, orange essential oil, chia, flax, orange zest, honey, salt

PB CHOCO BLISS (JAR OF 5) 6000 🕔

Cashew, almond, date, peanut butter, cacao butter, raisin, cacao powder, vanilla, salt

COCONUT JOY (JAR OF 5) 6000 🕔

Coconut, cacao butter, cacao, maple syrup, tahini, coconut oil, vanilla, salt

RAW BROWNIE BITES (JAR OF 5) 6000 🔇 🔃

Pecan, cacao, date, coconut oil, salt

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CHECK OUT OUR COLD-PRESSED JUICES ON THE 2ND PAGE

COLD BREW COFFEE 2500 GINGER BEER 2500 KOMBUCHA 3500 COCONUT KEFIR 2500 CHICHITA 4% ALCOHOL 2500 RED OR WHITE WINE 2500 BEER 2500

TAKE HOME SOME OF OUR HOUSEGRINDED NUT BUTTERS 902 JAR

PEANUT	BUTTER	3500	N
ALMOND	BUTTER	6200	N
CASHEW	BUTTER	8000	N
COCO-CACAO FUDGE 5500 K			

Cacao powder, coconut butter, vanilla, brown sugar

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