

breakfast

costa rican breakfast

14.00

brown rice, black beans, salsa fresca, avocado, lime, over easy egg. sub chickpea scramble (+.50)



eggs & greens

11.25

2 eggs your way over greens, citrus vinaigrette. add potatoes, broccoli, avocado, ferments or sourdough toast (+1.50 ea.)



egg & cheese biscuit

8.50 egg and white cheddar cheese, housemade vegan buttermilk biscuit with greens. sub chickpea scramble (+.50)



loaded potato skillet

17.50

roasted potatoes, broccoli, brazil nut cheese, cashew sour cream, shiitake mushroom bacon, chives. add egg (+1.50)



veggie omelet

18.50

mushroom, pepper, onion, and cheese with potatoes or greens, add broccoli side (+1.50)



gluten free waffle

15.00

berries, strawberry butter, grade b maple syrup. add eggs (+1.50)



organic coffee

drip coffee 8 | 12 | 16oz 4 | 4.50 | 4.75 2.75 | 3.75 espresso 2 or 3 shots butter coffee 5.50 **latte** 12 | 160z 5.75 | 6.50 add flavored syrup (+1) americano 12 | 16oz 4.75 | 5.50 cappuccino 6 | 12oz 4.50 | 5.25 golden sunrise 160z 6.25

honey med + spices = anti inflammatory queen

housemade chai 160z add espresso to make it dirty (+1.25) add honey and vanilla (+1.00)

matcha latte 160z 6.50 add lavender to make it dreamy (+1.25)

london fog latte 160z 5.25 earl grey, vanilla, milk

adaptogenic latte 160z 7.75 shrooms, nootropics and adaptogen love

organic cold brew 160z 5.50

hot chocolate 8 | 12 | 1607 5 | 5.50 | 6

pink house botanical syrups

hazelnut, mexican chile, lavender, vanilla bean, toasted caramel, mint also, mocha and white mocha (not pink house)

organic tea

iced tea black or herbal. sweet or unsweet

rishi hot tea

english breakfast, earl grey, masala chai, jasmine, matcha super green, jade clod, peppermint, blueberry hibiscus, chamomile medley, turmeric ginger

organic smoothies

pink panther 10.75 strawberry, banana, apple juice antioxidant 11.50 strawberry, blueberry, maqui berry, goji berry, banana, oat milk almond love 11 banana, almond butter, hemp protein.

green king 11.20 pineapple, spinach, banana, mango, coconut meat, coconut water, spirulina,

oat milk (add cold brew/matcha +1.50)

apple juice

green smoothie 11.25 celery, kale, herbs, apple, banana, lemon

kids smoothie 6 8oz of any smoothie above

smoothie bowls

passion fruit matcha bowl

passion fruit, banana, spirulina, matcha, mango, coconut milk, granola, berries, honey



acai bowl 15.75

acai, strawberries, banana, coconut, granola, fruit, bee pollen, hemp, honey



buzz buzz coffee cacao bowl

cacao nibs, maca, cold brew, banana, almond butter, chocolate granola, coconut, strawberries



organic juices

check our cold cases for a daily selection of fresh shots and juices

toasts

avocado toast

14.75

pesto cashew aioli, parsley, pickled onions, olive oil and black seed, on sourdough. add egg (+1.50)



the freshy

11.75

almond butter, apples, berries, pecans and local honey on sourdough



sourdough french toast

12.75

strawberry butter, berries and grade B maple syrup



15.50

15.25

Jen's Favorites

Try some of our founders favorite menu items from over the years.















savory bowls

costa rican

12.75

brown rice, black beans, salsa fresca, avocado, lime. add egg or chickpea scramble (+1.50)



buddha bowl

13.25

brown rice, black beans, ferments, greens, whipped tahini. add egg or chickpea scramble (+1.50)



loaded potato skillet

17.50

roasted potatoes, broccoli, brazil nut cheese, cashew sour cream, shiitake mushroom bacon, chives. add egg (+1.50)



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VG vegetarian



NF nut-free

wraps & sandwiches

veggie sandwich

14.00

raw sunflower sesame bread, mustard aioli, brazil nut cheese, veggies, avocado, served with with side avocado kale salad. sourdough available.



grilled cheese + tomato soup

14.75

sourdough and white cheddar or vegan cheddar with creamy tomato soup



walnut lentil beet burger

17.50

burger topped with pesto aioli, shiitake bacon, pickled onions, on vegan/keto/ paleo bun with kale side salad



raw & juicy burrito

13.25

whole wheat wrap, greens, brown rice, black beans, ferments, avocado, veggies, brazil nut cheese, add egg or chickpea scramble (+1.50)



sweet kale ceasar

salads

kale, in-house caesar paste, roasted

garlic chickpeas, shiitake mushroom bacon, shaved cashew parmesan, cranberries, add lentil beet burger patty (+3.75 ea.)



14.25

yoga grain bowl

14.75

brown rice, black beans, ferments, veggies, avocados, brazil nut cheese over greens, add egg or chickpea scramble (+1.50)





clean, fresh, sustainable.

in-house nut milks. coconut oil and olive oil only. whole food smoothies, no ice.