

**TOASTS & BITES**

**ALMOND BUTTER** MAPLE, BANANA, CINNAMON, WHOLE GRAIN BREAD

11 sub g/f sourdough 4

**AVOCADO** CASHEW CREAM, RADISH, PARSLEY, SUMAC, WHOLE GRAIN BREAD

12.5 sub g/f sourdough 4

**CURED SALMON PLATE** ALMOND RICOTTA, TOMATO, CUCUMBER, PICKLED ONION, G/F NAAN

21

**CURRY EGG TOAST** EGG SALAD, CUCUMBER, NUT AIOLI, SUNFLOWER SEEDS, PALEO BREAD

16

**BOWLS & SALADS**

**SUNRISE BOWL** YOGURT, SEASONAL FRUIT, GRANOLA, CITRUS HONEY

12 sub paleo granola 1.5

**QUINOA BOWL** CASHEW CREAM, PESTO KALE, RADISH, FERMENTED VEGGIES, AVOCADO

16 + 6 minute egg 2

**POWER BOWL** TURMERIC CAULIFLOWER, CHILI CASHEW BROCCOLI, PURPLE POTATO, SEED PESTO, GREENS & DUKKAH *modifications unavailable*

17

**LENTIL BOWL** CHICKPEA, LENTILS, CUMIN, RED PEPPER CASHEW CREAM, AVOCADO, GREENS, SEEDS *modifications unavailable*

16

**HARVEST SALAD** KALE, WINTER SQUASH, PEAR, PUMPKIN SEEDS, CITRUS VINAIGRETTE

15

**CHICKEN SALAD** PESTO, CELERY, SCALLIONS, CURRANTS, TOASTED PECANS, GREENS

16

**SIDES & ADD ONS**

CHICKEN 5.75 TURKEY 5.75 EGG 2

TAHINI GINGER SAUCE, SPICY AIOLI, GARLIC AIOLI, OR FERMENTED HOT SAUCE 1

CASHEW CREAM, RED PEPPER CASHEW CREAM OR PESTO 2

**PANINIS & MORE**

served with mixed greens

**EGG WHITE FRITTATA** EGG WHITES, BUTTERNUT SQUASH, KALE, PARSNIP, ONION CONFIT

16

**PIER PANINI** EGG, FONTINA, AVOCADO, TOMATO, GARLIC AIOLI, WHOLE GRAIN BREAD

16 sub g/f sourdough 4

**PALEO CHICKEN PANINI** CHICKEN SALAD, PESTO AIOLI, ARUGULA SALAD, PALEO BREAD

18

**TURKEY PANINI** FONTINA, TOMATO, AVOCADO, SPINACH, VEGAN GARLIC AIOLI, WHOLE GRAIN BREAD

17 sub g/f sourdough 4

**TUNA PANINI** FONTINA, ONION CONFIT, DANDELION GREENS, BASIL AIOLI, WHOLE GRAIN BREAD

17 sub g/f sourdough 4

**VEGGIE PANINI** PESTO, RED PEPPER CASHEW, EGGPLANT, BUTTERNUT SQUASH, ONION, RED PEPPER, SPINACH, WHOLE GRAIN BREAD

16 sub g/f sourdough 4

**VEGGIE SANDWICH** AVOCADO, SPROUTS, TOMATO, BASIL, PICKLED RED ONION, CUCUMBER, PESTO, G/F SOURDOUGH

19

**TURKEY WRAP** CASHEW CREAM, DANDELION GREENS, ARUGULA, AVOCADO, SUNDRIED TOMATO, FETA

17

**KALE CHICKEN CAESAR WRAP** KALE, AVOCADO, PARMESAN, CAESAR DRESSING

17

**BONE BROTH & SOUP**

**BONE BROTH** GRASS FED BEEF, CHICKEN, TURMERIC, GINGER

8

**GREEN BONE BROTH** BONE BROTH BLENDED WITH SPINACH, DANDELION GREENS, PARSLEY, CILANTRO & COCONUT OIL

11 + matcha, lemon & ginger 3

**VEGAN SOUP**

12.5

## COFFEE / TEA

### HOT

DRIP	3
AU LAIT	4
ESPRESSO	3
AMERICANO	3
MACCHIATO	4
CORTADO	4.5
CAPPUCCINO	5.75
LATTE	6
MOCHA	6
PUMPKIN LATTE	6
HOT COCOA	5
CHAI LATTE	6
MATCHA LATTE	7
LOOSE LEAF TEA	4
RECHARGE TEA	4
CLEAN UP YOUR ACT TEA	4
BRAIN BUZZ TEA	4

### COLD

AMERICANO	5
ICED COFFEE	5
LATTE	6.5
CHAI LATTE	6.5
MOCHA	6.5
MATCHA LATTE	7.5
TEA	4
SPARKLING ICED MATCHA	6.5

### LAVENDER AU LAIT HERBAL

PEPPERMINT TEA, LAVENDER OIL, COCONUT MILK, MAPLE  
*Caffeine Free*

5.5

### TURMERIC LATTE ALMOND

MILK, COCONUT OIL, TURMERIC, HONEY, CINNAMON, BLACK PEPPER OIL *Caffeine Free*

8

### BLUE CASHEW LATTE CASHEW

MILK, BLUE MAJIK, COCONUT OIL, LUCUMA, MACA, MESQUITE, TOCOS MAPLE, CINNAMON

*Caffeine Free*

9

### ADAPTOGEN HOT CHOCOLATE

CACAO, LION'S MANE, LUCUMA, MACA, MESQUITE, TOCOS, PEA PROTEIN, CINNAMON *Caffeine Free*

12

### MATCHA BRAIN FUEL CASHEW

MILK, MATCHA, XCT OIL, LION'S MANE, LUCUMA, MACA, TOCOS, DATES, ROSEMARY OIL

9

**MIND OPENER** DRIP, GRASS-FED BUTTER, XCT OIL, CINNAMON

8.5

### SPICY COCONUT MIND

**OPENER** COFFEE, COCONUT MILK, COCONUT OIL, XCT OIL, COCONUT NECTAR, CAYENNE PEPPER

8

## ADD ON

ALTERNATIVE MYLK Almond, Coconut, Oat FLAVOR	1
Vanilla, Mocha, Lavender Oil	1
SHOT	1.5
XCT OIL	2.5
COLLAGEN	2.5
VITALITY BLEND Lucuma, Maca, Mesquite	2
IMMUNITY SHROOMS Chaga, Lion's Mane, Reishi	3

## SMOOTHIES

**BANANZA** COCONUT MILK, BANANA, ALMOND BUTTER, DATES, MACA, CHIA SEEDS, SEA SALT

13

### CACAO ALMOND

**BUTTERCUP** ALMOND MILK, ALMOND BUTTER, RAW CACAO, DATES, STEVIA, SEA SALT

13

**SUPER POWER** KALE, CUCUMBER, CELERY, AVOCADO, PARSLEY VERDE, CAYENNE, LEMON, LIME

13

**BERRY POWERFUL** ALMOND MILK, COCONUT H<sub>2</sub>O, PROTEIN, CHLORELLA, BANANA, BLUEBERRY, HEMP SEEDS

13

**MIGHTY MINT** COCONUT MILK, TOCOS, NIBS, AVOCADO, MESQUITE, MACA, LUCUMA, DATE, MINT, CHLORELLA

13

**MAGIC RECOVERY** COCONUT MILK, BLUE MAJIK, BANANA, COLLAGEN, DATES, TOCOS, HEMP SEEDS, MACA

13

**SUPERFOODIE** COCONUT MILK, COCONUT H<sub>2</sub>O, PROTEIN, BANANA, AVOCADO, HEMP SEEDS, MATCHA, CHLORELLA

13.5

**KETO SMOOTHIE** COCONUT MILK, COLLAGEN, PEA PROTEIN, AVOCADO, ALMOND BUTTER, MONKFRUIT, LION'S MANE, CINNAMON

15.5

## JUICES / ELIXIRS

**ORANGE** FRESH SQUEEZED  
5 | 9

**GLOW** ORANGE, CARROT, APPLE, SPINACH, GINGER  
13.5

**BEETING** CARROT, BEET, KALE, GINGER, CUCUMBER, LEMON, TURMERIC  
14

**GREEN PARTY** KALE, SPINACH, PARSLEY, CUCUMBER, CELERY, GINGER, GREEN APPLE, LEMON  
13

**GRASSHOPPER** KALE, SPINACH, CUCUMBER, CELERY, PARSLEY, MINT, LIME  
13

**HERBALIST** CILANTRO, BASIL, MINT, FENNEL, GREEN APPLE, CUCUMBER, GINGER  
14

**TURMERIC TONIC** TURMERIC, LEMON, GINGER, APPLE CIDER VINEGAR, CAYENNE, CINNAMON, STEVIA  
6 | 11 | 70

**SUNSHINE ON THE WATER** SPARKLING SPRING WATER WITH LEMON, ORANGE & GRAPEFRUIT ESSENTIAL OIL  
8

## SMOOTHIE BOWLS

**GREEN** CAULIFLOWER, BANANA, SPINACH, PEA PROTEIN, DATES, AVOCADO, COCONUT MILK, CHLORELLA, TOCOS BUCKWHEAT GROAT, HEMP SEED  
18

**PURPLE** PURPLE POTATO, CAULIFLOWER, PEA PROTEIN, BLUEBERRIES, COCONUT WATER, MACA, LUCUMA, PALEO GRANOLA  
18

**PEPPERMINT CACAO** COCONUT MILK, CAULIFLOWER, PURPLE POTATO, PEA PROTEIN, CACAO, CINNAMON, MESQUITE, TOCOS, MACA, LUCUMA, PEPPERMINT ESSENTIAL OIL, BLACK TAHINI CRUMBLE  
18

**MORE CHOICES  
IN GRAB 'N GO**