

- ☾ CONTAINS DAIRY
- ◆ CONTAINS NUTS AND/OR PEANUTS
- ♣ CONTAINS GLUTEN
- ♥ SEASONAL



Handhelds

♥ SUNRISE BREAKFAST ☾ ♣ SANDWICH

\$7.25

roasted egg, Vermont white cheddar & alfalfa sprouts, on a sprouted grain & seed muffin

CHOICE OF SALSA VERDE OR HOUSE HOT SAUCE

GREENS, EGG ☾ ♣ & CHEESE

\$7.50

whole wheat wrap with steamed egg, broccoli, kale & cheddar

CRISPY BREAKFAST ☾ TACO

\$3.50

griddled egg & cheddar, fresh corn, cilantro & corn tortilla

GO FOR TWO!

Morning Favorites

AVOCADO TOAST ♣

\$7.25

lemon chili sea salt avocado on a sprouted grain & seed muffin

ADD FETA \$2

♥ BREAKFAST HASH ☾

\$6.95

sweet potato quinoa hash with peppers, onion, rainbow beets, cilantro lime vinaigrette, sunny egg & feta

BLUEBERRY SUPERFOOD WAFFLES

\$6.95

gluten free with superfoods chia, hemp, bee pollen, coconut & maple syrup

(CONTAINS EGGS)

Acai Bowls

♥ HONEY MANGO ACAI ◆

\$10.95

acai with mango, honey, raspberry sauce, pomegranate, dates, fresh mint & walnut crumble

SUPER BERRY ACAI ◆

\$10.95

acai with blueberry, strawberry, pomegranate, cacao nibs, coconut & almond granola

PB&J ACAI ◆

\$10.95

acai with strawberry, peanut butter, peanut crumble, hemp & almond granola

PEANUT BUTTER CUP ◆

\$10.95

acai with peanut butter, fresh banana, superfood fudge, coconut & almond granola

GREEN PLANET ◆

\$10.95

avocado, kale, mango & spirulina with peanut butter, peanut crumble, raspberry, fresh banana, coconut & almond granola

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY. OUR PRODUCTS MAY CONTAIN WHEAT, EGG, PEANUT, TREE NUT, DAIRY, SOY, OR FISH ALLERGENS.



DRINKS

Coffees

COLD BREW COFFEE

\$3.95

FRENCH ROAST DRIP COFFEE

\$2.75

ICED ESPRESSO LATTE

\$4.50

oat milk, espresso

FROZEN MOCHACCINO

\$7.95

*cold brew, coconut gelato,
vanilla, superfood fudge &
maca*

VANILLA HONEY OAT COLD BREW

\$4.95

*honey, vanilla & oat milk
shaken cold brew*

Cold Pressed Juices

MORNING MOXIE

\$8.50

*carrot, apple, ginger, lemon,
honey, cinnamon,
apple cider vinegar*

LIFE ALIVE

\$8.50

*green apple, carrot, beet,
celery, kale, wheatgrass*

GO GREEN

\$8.50

*cucumber, celery, lemon,
green apple, aloe*

Lattés

OCEAN BLUE

\$4.95

*blue-green algae, maca,
vanilla, maple, sea
salt, coconut creme*

(HOT OR ICED)

GOLDEN MILK

\$4.95

*turmeric, ginger,
cinnamon, cayenne,
black pepper, maple,
coconut creme*

(HOT OR ICED)

ICED SPEARMINT MATCHA

\$4.75

*oat milk, matcha,
spearmint essential oil,
agave*

Smoothies

GREEN DAY

\$8.50

*avocado, kale, lemon,
banana, chia, dates,
coconut milk*

♥ BLUE RASPBERRY ACAI

\$8.75

*acai, blueberry, raspberry,
dragon fruit, lemon,
coconut milk*

LOCAL
WHEATGRASS
SHOT
\$3.00



SEE OUR
MAIN MENU FOR...
*full selection of juices,
smoothies & lattes*