

- ☾ 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*