

Grains

+ \$1 WRAP ♣

Warming, rejuvenating and mineral rich

♥ **BUDDHA BOWL** ♦ \$11.75

In collaboration with Down Under School of Yoga & Boston Ayurveda School
Lemon garlic cilantro curry rice & quinoa, with rainbow beets, kale, shiitake, purple cabbage, & avocado restoratively finished with tamari ginger sauce, fiery jalapeño, almonds & hemp

♥ **SPRING FALAFEL** \$11.50

Crispy baked falafel with lemon flax black & brown rice, asparagus, broccoli, peas, watercress & dill, onion, roasted chickpeas & lemon tahini

SPICY PEANUT NOODLES ♦ ♣ \$11.25

Ramen noodles, shaved vegetables, cilantro & mint, roasted tofu, sesame, peanut crumble, spicy peanut sauce & lime

RAINBOW HARVEST \$10.75

Lemon flax brown rice, whipped sweet potato, beets, carrots, broccoli, kale, tofu & ginger tamari sauce

ADD SUPERFOOD ENCRUSTED AVOCADO \$4

SWAMI ♦ \$10.75

Sweet red miso & curry brown rice, kale, broccoli, onions, carrots, raisins & tamari almonds

ADD STEAMED EGG \$2

GREEN GODDESS \$10.75

Lemon garlic brown rice, broccoli, kale, tofu, avocado & ginger tamari sauce

ADD FALAFEL \$2 ADD ASPARAGUS \$2

ADVENTURER ♦ ☾ \$10.75

Quinoa & cheddar rice, tofu, beets, broccoli, kale, fresh corn, almonds, tamari & sesame ginger sauces

ADD AVOCADO \$2

AVOCADO SOL ♦ \$10.75

Rice & beans, fresh corn & purple cabbage, jalapeño, tomato, avocado, almonds & cilantro lime vinaigrette

ADD FETA \$2 ☾

THAI PEANUT SUTRA ♦ \$10.75

Brown rice, carrots, shiitake, gold beets, cilantro & pineapple, crunchy peanut crumble, sesame ginger, pickled plum & spicy peanut sauces

ADD ROASTED TOFU \$2

♥ SEASONAL

☾ CONTAINS DAIRY

♦ CONTAINS NUTS AND/OR PEANUTS

♣ CONTAINS GLUTEN

Greens

+ \$1 WRAP ♣

Energizing, complex and satisfying

♥ **WATERMELON POKE** ♦ \$11.50

Refreshing chili lime watermelon, mango, avocado & cucumber salad with sesame brown rice, cilantro & mint, peanut crumble & ginger miso vinaigrette

♥ **AVOCADO GREENS** ☾ \$11.50

Superfood encrusted avocado, romaine and baby greens with kalamata olives, cucumber, fresh corn, pink onion, crispy chickpeas, feta & summer tomato vinaigrette

♥ **FALAFEL POWER** \$11.50

Crispy baked falafel, romaine & watercress, tomato, cucumber, celery, radish, crispy chickpeas, kalamata vinaigrette & tahini

ADD HUMMUS \$2 ADD FETA \$2 ☾

LIVING CAESAR ♦ \$10.25

Bright & blissful lemon cashew caesar with baby kale & romaine, microgreens, hempseed parmesan & chickpea croutons

ADD STEAMED EGG \$2 ADD FALAFEL \$2

FORBIDDEN KALE ☾ \$10.75

Warm forbidden rice salad, roasted turmeric cauliflower & crispy chickpeas, baby kale, feta, greek yogurt, avocado, pomegranate & spicy harissa

SESAME SHIITAKE TOFU ♦ \$10.50

Sesame miso roasted tofu with green papaya, bok choy, romaine & baby watercress, crispy shiitake, peanut crumble, fresh mint, cilantro & sesame ginger vinaigrette

Broths

\$10.95 BOWL

Nourishing, substantial and healing

SHIITAKE UDON ♣

Blonde miso chickpea broth, shiitake mushrooms, bok choy, sweet potato, enoki mushroom & steamed egg

MISO TOFU RAMEN ♣

Miso roasted tofu & ramen noodles in blonde chickpea miso broth, marinated shiitake mushrooms, shaved cabbages, mint, cilantro, scallions, pickled carrots & kimchi

ADD PROTEIN

\$2 each

BAKED FALAFEL
protein & fiber dense

AVOCADO
give it some good fat

♥ **SEARED SESAME TOFU**
plant protein, iron & calcium

STEAMED EGG
essential aminos

WHIPPED SWEET POTATO
sweet dose of fiber & vitamins

TAHINI HUMMUS
protein & fiber dense

♥ **ASPARAGUS**
fiber, vitamins A, C & K

TAMARI ALMONDS ♦
crunchy brain food

FETA ☾
calcium & probiotic rich

\$4

SUPERFOOD ENCRUSTED AVOCADO
hemp, sesame & nutritional yeast

SNACKS

♥ **AVOCADO TOAST** ♣ \$7.25
Lemon chili sea salt avocado, sprouted seed & grain muffin
ADD FETA \$2

HUMMUS BOWL ♣ \$5.75
Cold-pressed olive oil, radish, crispy chickpeas & warm tortilla
ADD BAKED FALAFEL \$2

STEAMED EDAMAME \$5.75
Sea salt & togarashi

SOUPS

\$5.95

♥ **CASHW CAULIFLOWER** ♦
Rich cauliflower puree, lemon & fresh thyme

♥ **CHICKPEA MISO**
Tofu, scallion & shiitake

VEGAN BROCCOLI CHEDDAR ♦
Rich "cheesy" cauliflower and butternut puree with steamed broccoli florets (made with almond milk)

VEGAN CHILI
White beans, tomatillo, fresh corn & cilantro
ADD AVOCADO \$2

We celebrate the power of healing through organic food, thoughtfully sourcing from mindful providers to encourage personal and planetary wellness.

COFFEE BY



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.

Lattés

\$4.95

Be your highest self.
Created with housemade
coconut creme, enjoyed
hot or iced.

STRESS RELIEF MATCHA

ceremonial grade
matcha, honey

INFLAMMATION REDUCTION

GOLDEN MILK

turmeric, ginger, cinnamon,
cayenne, black pepper, maple

MOOD & ENERGY ELEVATION

OCEAN BLUE

blue-green algae, maca,
vanilla, maple, sea salt

HEART OPENING

MEXICAN CHOCOLATE

cacao, cinnamon, cayenne,
activated charcoal, maple

LOCAL KOMBUCHA ON TAP

- \$4.50 -

BLISSBERRY OR GINGER

SHOTS

LOCAL
WHEATGRASS.....\$3.00

FRESH-PRESSED
TURMERIC.....\$2.00

FRESH-PRESSED
GINGER.....\$2.00

♥ SEASONAL
FEATURE

☾ CONTAINS
DAIRY

◆ CONTAINS NUTS
AND/OR PEANUTS

♣ CONTAINS
GLUTEN

Sparklers

Effervescent & sparkling
\$3.75

CELERY LEMON
celery, mint, lemon
& bubbles

♥ RASPBERRY LIME
raspberry, lime
& bubbles

PINEAPPLE SUNRISE
pineapple, ginger, turmeric
& bubbles

Hand Crafted

Shaken, crushed & blended

ICED SPEARMINT MATCHA
- \$4.75 -
oat milk, matcha, spearmint
essential oil, agave

♥ WATERMELON COOLER
- \$6.50 -
watermelon,
cardamom, mint

LAVENDER LEMONADE
- \$3.75 -
maple water,
butterfly pea tea

GINGER CRUSH
- \$5.00 -
ginger, lemon, maple, ice

Cold-Pressed Juices

Pressed tonics & elixirs
\$8.50

GO GREEN
cucumber, celery, lemon,
green apple, aloe

LIFE ALIVE
green apple, carrot, beet,
celery, kale, wheatgrass

♥ SPICY GREEN TONIC
pineapple, jalapeño, mint,
cilantro, green apple

MORNING MOXIE
carrot, apple, ginger,
lemon, honey, cinnamon,
apple cider vinegar

ORANGE BLOSSOM
carrot, apple, lemon,
turmeric, ginger, orange
blossom water

Smoothies

Add Life Force Protein Powder \$2
adaptogens & prebiotics

GREEN DAY
- \$8.50 -
avocado, kale, lemon,
banana, chia, dates,
coconut milk

ELVIS ◆
- \$8.25 -
peanut butter,
banana, raw cacao,
gelato, coconut milk

BLUE MAGIC
- \$7.95 -
blue-green algae, vanilla,
chia, coconut oil, coconut
gelato, cinnamon & cayenne,
coconut milk

PINEAPPLE SMASH
- \$8.25 -
pineapple, ginger,
turmeric, lemon, maple,
kombucha

♥ BLUE RASPBERRY ACAI
- \$8.75 -
acai, blueberry, raspberry,
dragonfruit, lemon,
coconut milk

MANGO SLUSH
- \$7.75 -
mango, pineapple,
watermelon juice, lime

LOVE CHILD
- \$7.95 -
strawberry, blueberry,
banana, chia, dates,
coconut milk

FROZEN MOCHACCINO
- \$7.95 -
cold brew, coconut
gelato, vanilla, chocolate
& maca

Acai Bowls

Antioxidant-rich, dairy free & complete

♥ HONEY MANGO ACAI ◆
- \$10.95 -
acai with mango, honey,
dates, raspberry puree,
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

PB CUP ACAI ◆
- \$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

Coffee & Tea

♥ HONEY VANILLA
OAT COLD BREW
- \$4.95 -
honey, vanilla & oat milk

ICED ESPRESSO LATTE
- \$4.50 -
oat milk, espresso

COLD BREW COFFEE
- \$3.95 -
smooth & strong

DRIP FRENCH ROAST
- \$2.75 -

FRESH LEMON HONEY
GINGER TEA
- \$3.75 -
hot

FRESH MINT TEA
- \$3 -
hot with ginger & lemon

♥ POUR OVER COFFEE
- \$3.50 -
seasonal, single origin

COFFEE BY

*
INTELLIGENTSIA

