BEBIDAS

JUICE. COFFEE. BITES

SMOOTHIES $9

THE DUDE GF DF V
banana. cold brew. date. almond milk. almond butter. chocolate protein

THE NINO GF DF
blueberries. strawberries. banana. peanut butter. honey. flax. almond milk

MASTERMIX GF DF V
spinach. avocado. mint. spirulina. date. almond milk. lime. hint of agave.

POPEYE GF
spinach. mango. strawberry. whey protein. spirulina. almond milk. lime.

LA PLAYA GF DF NF V
pineapple. mango. coconut milk. date. lime. mint.

FREYA GF DF
almond milk. spinach. almond butter. flax seeds. vital proteins. avocado. blueberries. hint of agave.

add ins: whey protein. plant protein. spirulina. bee pollen. matcha. cacao. chia seeds. coconut oil. almond butter. turmeric. spinach. banana. strawberries. .75

JUICE $8.50

GREEN LIGHT GF DF NF V
green apple. spinach. kale. lemon. jalapeño.

JUST BEET IT GF DF NF V
beet. carrot. apple. kale. parsley.

HARD GREENS GF DF NF V
cucumber. spinach. kale. parsley. celery.

GINGER SPICE GF DF NF V
spinach. carrot. apple. celery. ginger. lemon.

KALELUJAH GF DF NF V
kale. spinach. celery. apple. pear. lemon. ginger

THINK PINK GF DF NF V
pineapple. strawberry. grapefruit. beet. ginger. lime

COFFEE & TEA

whole, 2%, skim, (+.75) soy, coconut, oat, almond

HOUSE COFFEE	2.95	CAFE au LAIT	3.75
LATTE	4.25	MACCHIATO	3.50
CAPPUCCINO	4	CHAI LATTE	4.25
ESPRESSO	3.25	DIRTY CHAI	5
AMERICANO	3.25	GOLDEN MILK	5
FLAT WHITE	4	GOLDEN LATTE	5.75
CORTADO	3.50	MATCHA LATTE	4.25
COLD BREW	4.25	HOT CHOCOLATE	4

HOUSE FAVORITES

HOT TEA	3.75	ORANGE JUICE	4.25
ICED TEA	2.75	CELERY JUICE	6.25
AGAVE LEMONADE	4		

DF DAIRY-FREE GF GLUTEN-FREE V VEGAN NF NUT-FREE

Though we try to accommodate allergy restrictions, we are unable to guarantee 100% free of any allergen

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BREAKFAST

HOUSE MADE GRANOLA PARFAIT (GF) 7.95
greek yogurt. coconut granola. chia seeds. fresh fruits

BREAKFAST SANDWICH* (NF) 8.50
bacon. egg. havarti. pretzel bun

breakfast tacos served until 2 pm
add potatoes to any taco | 0.75

BACON,EGG & CHEESE TACO* (NF) 3.50
flour tortilla

CHORIZO,EGG & CHEESE TACO* (NF) 3.50
flour tortilla

TEX-MEX VEGGIE TACO* (NF) (GF) 3.50
served on a blue corn tortilla with black bean puree. soffrito. eggs. avocado. jalapeño ranch sauce.

ALL DAY

BROWN RICE BOWL* (GF) (DF) (NF) (V) 10.50
avocado. radish. marinated chickpeas. kale. hardboiled egg. pumpkin seeds. ginger miso
*add chicken breast or curried tofu 2.50**

FAJITA BOWL* (GF) (NF) 12.50
chicken or beef fajita. black beans. cilantro. rice,romaine. corn pico. guacamole. sour cream
sub curried tofu

KALE SALAD (GF) (NF) 10
shredded kale. sweet potato. dried cranberries. avocado. queso fresco. seed mix. miso vinaigrette.
*add chicken breast or curried tofu 2.50**

ROASTED CORN & AVOCADO SALAD 10
oven roasted corn. red onions. tomato. avocado. cilantro. lime. EVOO (GF) (DF) (NF)
*add chicken breast or curried tofu 2.50**

ROASTED TURKEY SANDWICH* (NF) 10
turkey. seedful bread. havarti. avocado. sun dried tomato sambal. sprouts.
sub curried tofu | add cup of fruit or chips 2

CHICKEN SALAD SANDWICH* (NF) 8
pretzel bun. roasted chicken. pickled veggies. seed mix. mayo
add cup of fruit or chips 2

FAJITA WRAP* (NF) 12.50
chicken or beef fajita. black beans. cilantro.rice. romaine. corn pico. guacamole. sour cream.
sub curried tofu | add cup of fruit or chips 2

AVOCADO TOAST (DF) (NF) 6
avocado. seedful toast. radish. sprouts. sea salt. lemon
*add curried tofu 2.50 or hard boiled egg 2**

ACAI BOWL (GF) (DF) 8
frozen acai. coconut granola. chia. fresh fruits.
add a scoop of almond butter .75

CHICKEN TACO* (NF) 6
served on a blue corn tortilla with roasted chicken. corn pico. cilantro. queso fresco. chipotle sauce, served with homeade tortilla chips.

TEX-MEX VEGGIE TACO (NF) (GF) 6
served on a blue corn tortilla with black bean puree. soffrito. eggs. avocado. jalapeño ranch sauce, served with homeade tortilla chips.

SMALL BITES

GUACAMOLE AND CHIPS (GF) (NF) 7.50
with queso fresco

CUP OF CHICKEN SALAD* (GF) (NF) 6

KALE, SAUSAGE & WHITE BEAN SOUP
cup 3.95 | bowl 6.95* (DF) (NF)

KIDS

STRAWBERRY BANANA SMOOTHIE 5
strawberry, banana, yogurt, orange juice, honey (GF) (NF)
with spinach 5.50

GRILLED CHEESE (NF) 6

PB&J + FRUIT CUP (DF) 6

*gluten free bread available upon request

(DF) DAIRY-FREE (GF) GLUTEN-FREE (V) VEGAN (NF) NUT-FREE

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness .