

ORGANIC COLD PRESSED JUICE

KICK STARTER \$9

Apple, Lemon Ginger

ALOHA LEMONADE \$9

Apple, Pineapple, Lemon,
Lime, Spirulina

DAILY RITUAL \$9.50

Pear, Cucumber, Romaine,
Orange, Kale, Spinach, Lemon

DOCTOR'S ORDERS \$9.50

Cucumber, Celery, Romaine,
Pear, Green Apple, Spinach,
Lemon, Ginger, Mint

FEEL THE BEET \$9

Apple, Carrot, Orange, Beet,
Lemon

I'VE GOT SUNSHINE \$9

Carrot, Orange, Pineapple,
Apple, Lemon, Turmeric

WHATS UP DOC? \$9

Carrot, Apple, Lemon,
Ginger

GOOD KARMA \$9.50

Apple, Cucumber, Kale,
Spinach, Pineapple, Lemon

JUICE FLIGHT

\$10

Try any 4 Juices Served in a Traditional Drink Flight

TOASTS - \$8.50

SIGNATURE AVOCADO

Ancient grain bread, ricotta
cheese, avocado, house
seasoning, cracked salt and
pepper, red pepper flakes, olive
oil and lemon

FIESTA AVOCADO

Ancient grain bread, smashed
avocado, house made chipotle
Mexican street corn, cracked
salt and pepper, cotija cheese

CAPRESE AVOCADO

Ancient grain bread, housemade
sundried tomato spread, mixed
greens, avocado, cracked salt and
pepper, balsamic glaze, olive oil
and lemon

BERRY NUTTY CRUNCHY

Ancient grain bread, peanut
butter or almond butter,
raspberry chia seed jam, granola,
hemp seeds

BANANA NUTTY HONEY

Ancient grain bread, peanut
butter or almond butter, sliced
banana, hemp seeds and honey

LEMON TAHINI HUMMUS

Ancient grain bread, hummus,
cucumbers, mixed greens, cracked
salt and pepper, olive oil, lemon
and tahini drizzle

SUPERFOOD SMOOTHIES

- DRAGON BERRY** **\$10**
 Pitaya (Dragon Fruit), Strawberry, Orange, Banana, Oat Milk
- BERRY TROPICAL** **\$10**
 Strawberry, Mango, Pineapple, Orange
- AVO MINT** **\$10**
 Avocado, Banana, Spinach, Mexican Vanilla, Fresh Mint, Oat Milk
- THE PBJ or THE ABJ** **\$10.50**
 Acai, Strawberry, Blueberry, Banana, Dates, Peanut Butter
 or Almond Butter, Oat Milk
- KALEIN' IT** **\$10**
 Kale, Spinach, Apple, Banana, Lemon (Pro Tip: Add Peanut Butter)
- VANILLA SKY** **\$10**
 Banana, Pineapple, Vanilla Plant-Based Protein, Spirulina,
 Coconut Milk
- THE PBC or THE ABC** **\$10**
 Peanut Butter or Almond Butter, Chocolate Plant-Based Protein,
 Banana, Oat Milk
- MOCHA JAVA** **\$10.50**
 Cold Brew, Oat Milk, Banana, Almond Butter or Peanut Butter,
 Chocolate Plant Protein, Mexican Vanilla
- JUMPIN' JAVA** **\$10.50**
 Cold Brew, Oat Milk, Banana, Dates, Cinnamon, Mexican Vanilla,
 Almond Butter or Peanut Butter, Vanilla Plant-Based Protein
- CHAI ME** **\$10**
 Oat Milk, Banana, Dates, Cinnamon, Nutmeg, Cardamon
 (Pro Tip: Make it Dirty and add Cold Brew)
- SINLESS CINNAMON BUN** **\$10**
 Oat Milk, Dates, Mexican Vanilla, Cinnamon, Vanilla Plant-
 Based Protein, Banana
- CHOCOLATE PROTEIN** **\$10.50**
 Chocolate Plant-Based Protein, Almond Butter, Banana, Dates,
 Cocoa, Mexican Vanilla, Oat Milk (Pro Tip: Add Cacao Nibs)
- VANILLA PROTEIN** **\$10.50**
 Vanilla Plant-Based Protein, Almond Butter, Banana, Dates,
 Mexican Vanilla, Oat Milk



STRAWBERRY BANANA**\$10**

Strawberry, Banana, Agave, Mexican Vanilla, Oat Milk

MATCHA**\$10**

Avocado, Spinach, Banana, Matcha, Agave, Coconut Milk

SMOOTHIE AND BOWL ADD-ONS

- (.25) Cacao, Cinnamon, Nutmeg, Cardamon
- (.60) Hemp Hearts, Cacao Nibs, Chia Seeds, Goji Berries, Coconut
- (.75) Almond / Peanut Butter, Agave, Honey
- (1.00) Chocolate/ Vanilla Plant-Based Protein, Fresh Berries, Spinach, Kale, Avocado, Spirulina, Cold Brew

SUPERFOOD SMOOTHIES BOWLS**SIGNATURE ACAI BOWL****\$12**

- Base: Açaí, Blueberry, Strawberry, Banana, Dates, Oat Milk
- Toppings: Blueberries, Strawberries, Coconut, Granola, Honey, Mint

PNW SUNSET BOWL**\$12**

- Base: Pitaya, Strawberry, Mango, Banana, Agave, Coconut Milk
- Toppings: Granola, Strawberry, Blueberry, Hemp Seed, Coconut, Honey

BUTTER BERRY BOWL**\$12**

- Base: Nut Butter, Blueberry, Strawberry, Banana, Oat Milk
- Toppings: Blueberries, Strawberries, Granola, Hemp Seeds, Nut Butter, Honey

EVERGREEN BOWL**\$12**

- Base: Spinach, Kale, Bananas, Dates, Lemon, Vanilla Protein, Oat Milk
- Toppings: Granola, Hemp, Blueberry, Cacao Nibs, Honey, Mint

WAFFLES**SIGNATURE WAFFLE****\$8.50**

Signature GF Waffle Batter with maple syrup, powdered sugar and vanilla whipped cream

LEMON BERRY WAFFLE**\$8.50**

Signature GF Waffle Batter with berry compote, sweet lemon drizzle, powdered sugar and vanilla whipped cream with side of maple syrup

BERRY CHOCOLATE WAFFLE**\$8.50**

Signature GF Waffle Batter with berry compote, cacao nibs, chocolate drizzle, berry drizzle, powdered sugar, vanilla whip, side of maple syrup