

SANDWICHES - \$15

All Sandwiches are served with house-made Kale Chips

BREAKFAST SANDWICH

Toasted GF Bread, Eggs, Cheddar, Red Onion, Tomato, Chicken Sausage, Garlic Aioli, Arugula Mix

CHIPOTLE CHICKEN

Toasted GF Bread, House Chipotle Chicken, Mama Lil's Peppers, Pepper Jack, Red Onion, Tomato, Arugula Mix

PESTO CHICKEN

Toasted GF Bread, Lemon Pesto Chicken, Provolone, Sundried Tomato, Red Onion, Arugula Mix

THE VALLEY VEGGIE

Toasted GF Bread, Hummus, Red Bell Pepper, Cucumbers, Arugula Mix, Lemon, Tahini Drizzle

TOASTS - \$10

SIGNATURE AVOCADO

GF Bread, Avocado, Ricotta, House Seasoning, Cracked Salt and Pepper, Red Pepper Flakes, Olive Oil & Lemon

FIESTA AVOCADO

GF Bread, Smashed Avocado, Chipotle Mexican Street Corn, Cracked Salt and Pepper, Cotija Cheese

MAMA'S PESTO AVOCADO

GF Bread, Pesto, Avocado, Mama Lil's Peppers, Microgreens, Cracked Salt & Pepper

CAPRESE AVOCADO

GF Bread, Sundried Tomato Spread, Avocado, Microgreens, Cracked Salt & Pepper, Balsamic, Olive Oil & Lemon

WAFFLES - \$10

SIGNATURE CLASSIC

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

LEMON BERRY WAFFLE

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

BERRY CHOCOLATE WAFFLE

Signature GF Waffle Batter, chocolate drizzle, cacao nibs, berry compote, whipped cream, side of maple syrup

ALMOND JOY WAFFLE

Signature GF Waffle Batter, Chocolate Drizzle, Almond Butter, Coconut Shreds, whipped cream, side of maple syrup

BAGELS - \$7.50

PLAIN BAGEL

Toasted GF and Vegan Bagel

EVERYTHING BAGEL

Toasted GF/Vegan Bagel with Everything Seasoning

CHEDDAR JALAPENO BAGEL

Toasted GF/Vegan Bagel with Jalapeño and Cheddar (V)

CHOICE OF SPREAD:

- Cream Cheese (vegan available .50)
- Butter (vegan available .50)
- Pesto
- Sundried Tomato Spread
- Hummus
- Peanut Butter or Almond Butter

ORGANIC COLD PRESSED JUICE

Rotation of fresh Organic Cold Pressed Juice available in self-serve refrigerator

- Kickstarter
- Good Karma
- I've Got Sunshine
- Doctor's Orders
- Feel The Beet
- Detox Elixir
- Aloha Lemonade
- Pineapple Ginger Shot
- Lemon Turmeric Shot

SUPERFOOD SMOOTHIES

STRAWBERRY BANANA \$10

Strawberry, Banana, Mexican Vanilla, Agave, Oat Milk

BERRY TROPICAL \$10

Strawberry, Mango, Pineapple, Orange (Pro Tip: Add Vanilla Plant-Protein)

VANILLA SKY \$10

Pineapple, Banana, Vanilla Plant-Based Protein, Spirulina, Coconut Milk

KALEIN' IT \$10

Kale, Spinach, Apple, Banana, Lemon (Pro Tip: Add Peanut Butter)

MANGO TANGO \$10

Mango, Pineapple, Strawberry, Lemon (Pro Tip: Add Vanilla Protein)

BERRY MINT BLISS \$10

Strawberry, Blueberry, Pineapple, Lemon, Apple, Vanilla, Mint

DRAGON BERRY \$10

Pitaya (Dragon Fruit), Strawberry, Orange, Banana, Oat Milk

HEALTH KICK \$11

Spinach, Kale, Ginger, Hemp Seeds, Mango, Apple, Banana, Agave

PURPLE PARADISE \$11

Pitaya (Dragon Fruit), Mango, Pineapple, Apple, Strawberry, Spirulina

THE PBC or ABC \$10

Chocolate Plant-Based Protein, Peanut Butter OR Almond Butter, Banana, Oat Milk

MOCHA JAVA \$10.5

Cold Brew, Chocolate Protein, Mexican Vanilla, Nut Butter, Banana, Oat Milk

JUMPIN' JAVA \$10.5

Cold Brew, Vanilla Plant-Protein, Cinnamon, Nut Butter, Dates, Banana, Mexican Vanilla, Oat Milk

CHOCOLATE PROTEIN \$10.5

Chocolate Plant-Protein, Nut Butter, Banana, Dates, Cacao, Mexican Vanilla, Oat Milk (Pro Tip: Add Cacao Nibs)

VANILLA PROTEIN \$10.5

Vanilla Plant-Protein, Nut Butter, Dates, Banana, Mexican Vanilla, Oat Milk

CHAI ME \$10

Cinnamon, Nutmeg, Cardamon, Dates, Vanilla, Banana, Oat Milk

MATCHA \$10

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

SINLESS CINNAMON BUN

Mexican Vanilla, Cinnamon, Banana, Dates, Vanilla Protein, Oat Milk

CHOCOLATE STRAWBERRY

Strawberry, Chocolate Plant-Based Protein, Cacao, Mexican Vanilla, Banana, Dates, Oat Milk

MINT CHOCOLATE CHIP \$10.5

Chocolate Plant-Based Protein, Mint, Cacao Nibs, Mexican Vanilla, Banana, Cacao, Agave, Oat Milk

SUPERFOOD SMOOTHIE BOWLS - \$14

SIGNATURE ACAI

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

PNW SUNSET

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

BUTTER BERRY BOWL

- Base: Almond OR Peanut Butter, Blueberry, Strawberry, Banana, Oat Milk
- Toppings: Blueberries, Strawberries, Goji, Granola, Hemp, Nut Butter, Honey

CHERRY PIE BOWL

- Base: Cherries, Mexican Vanilla, Banana, Agave
- Toppings: Granola, Strawberries, Hemp, Coconut Shreds, dried cherries, Honey

GREEN GLACIER

- Base: Kale, Pineapple, Bananas, Vanilla Plant-Protein, Coconut Milk
- Toppings: Granola, Coconut Shreds, Blueberries, Strawberries, Cacao Nibs, Hemp, Honey

SMOOTHIE & BOWL ADD INS

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

HOT DRINKS + SUPERFOOD LATTES

CAFFEINATED

COFFEE - CAFE VITA

12 oz. - \$3 | 16oz -\$3.50 | 20oz - \$4

COGNITIVE COFFEE

Coffee, Lion's Main, Chaga, Rieshi

12 oz. - \$4 | 16oz -\$4.50 | 20oz - \$5

FRENCH PRESSED COFFEE

LATTE | 20oz - \$4

12 oz. - \$6 | 16oz -\$6.75 | 20oz - \$7.75

MOCHA

Cacao, Vanilla, Agave, Espresso, Steamed Milk

12 oz. - \$6 | 16oz - \$7 | 20oz - \$8

NON-CAFFEINATED

HOT CHOCOLATE

Cacao, Vanilla, Agave, Steamed Milk

12 oz. - \$5.50 | 16oz -\$6.25 | 20oz - \$7.25

GOLDEN MILK LATTE

Turmeric, Cinnamon, Ginger, Cardamom, Coconut Milk, MCT Oil, Coconut Water, Himalayan Salt, Vanilla, Coconut Sugar, Black Pepper, Choice of Steamed Milk

12 oz. - \$7.50 | 16oz -\$8.75 | 20oz - \$10.50

RED VELVET MOCHA

Beet, Cacao, Coconut Milk, Reish, Lion's Mane, Chaga, MCT Oil, Vanilla, Coconut Sugar, Agave, Choice of Steamed Milk

12 oz. - \$7 | 16oz -\$7.75 | 20oz - \$8.50

SPECIALTY TEA LATTES

VANILLA MATCHA LATTE

Matcha, Vanilla, Agave, Steamed Milk

12 oz. - \$5.75 | 16oz -\$6.75 | 20oz - \$7.75

ALPINE CHAI TEA LATTE

Alpine Chai Tea with Steamed Milk

12 oz. - \$6.50 | 16oz -\$7.50 | 20oz - \$8.50

MT. SI MIST LATTE

Earl Gray Tea, Vanilla, Agave, Steamed Milk

12 oz. - \$5.50 | 16oz -\$6.25 | 20oz - \$7.25

BLUEBERRY HIBISCUS

Blueberry Hibiscus Tea, Vanilla, Agave,

Steamed Milk 12 oz. - \$5.5 | 16oz -\$6.25 | 20oz - \$7.25

LAVENDER MINT LATTE

Lavender Mint Tea, Honey, Steamed Milk

12 oz. - \$5.50 | 16oz -\$6.25 | 20oz - \$7.25

CHAMOMILE LEMON LATTE

Camomile Tea Medlley, Honey, Steamed Milk

12 oz. - \$5.50 | 16oz -\$6.25 | 20oz - \$7.25