



**EVERYTHING**

**is 100% organic**

**100% gluten-free**

**100% soy-free**

**100% canola oil-free**

## Organic Cold-Pressed Juice

<b>Apple Lemon Ginger</b> \$13.50	<b>Pineapple Apple Ginger</b> \$13.50	<b>Organic Wellness Shots</b>
<b>Celery</b> \$13	<b>Heart Beet</b> \$14.25 green apple, beet, lime, ginger	
<b>Go Green</b> \$14.50 celery, cucumber, kale, spinach, lemon	<b>Sweet Greens</b> \$14.50 apple, cucumber, spinach, kale, lime	<b>Ginger</b> \$6
<b>Pineapple Mint</b> \$14.50 pineapple, cucumber, green apple, mint, blue majik	<b>Cucumber Hydrate</b> \$14.50 cucumber, green apple, kale, lemon	<b>Immunity</b> \$6.50 lemon, ginger, turmeric
<b>Orange Love</b> \$14.50 orange, carrot, green apple, ginger, turmeric	<b>Vitality</b> \$14.50 apple, lemon, ginger, turmeric, E3Live + BrainOn	<b>Anti-Inflammatory</b> \$6.50 ginger, lemon, carrot, turmeric
		<b>Happy Gut</b> \$6.50 pineapple, lemon, ginger, green apple

## Organic Sides

<b>Tuna Salad</b> \$8.25 tuna, basil, celery, scallions, lemon, olive oil, capers	<b>Healthy Slaw</b> \$7.75 cabbage, carrots, cilantro, scallions, olive oil, apple cider vinegar, maple syrup, garlic, cayenne, salt + pepper	<b>Broccoli Quinoa Salad</b> \$7.75 quinoa, broccoli, carrots, garlic, chickpeas, kale, olive oil, lemon, apple cider vinegar, salt + pepper
<b>Chicken Salad</b> \$10.75 chicken, avocado mayo, celery, dried cranberries, scallion, parsley, cilantro, walnuts	<b>Greek Salad</b> \$7.75 chickpeas, red onion, tomatoes, olives, cucumbers, feta, greek dressing	<b>Parsley Salsa Verde Penne</b> \$7.50 lentil penne, parsley, red onion, lemon, anchovies, extra virgin olive oil, salt
<b>Pesto Chicken Salad</b> \$11.25 chicken, parsley, scallions, pumpkin-hemp pesto, salt + pepper	<b>Hearts of Palm Ceviche</b> \$8.75 hearts of palm, cucumbers, avocado, red onion, cilantro, lime	<b>Pad Thai Kelp Noodles</b> \$7.75 kelp noodles, carrots, scallions, cilantro, zucchini, sesame seeds, pad thai sauce
<b>Curry Chicken Salad</b> \$11.50 chicken, avocado mayo, cilantro, red onion, celery, cashews, dried cranberries, lime, curry spice mix, salt + pepper	<b>Garlic Beet Hummus</b> \$6.75 chickpeas, tahini, lemon, beets, spinach, scallions, garlic, cumin, olive oil, salt + pepper	<b>Garlic Basil Hummus</b> \$6.75 chickpeas, tahini, lemon, basil, spinach, scallions, garlic, oregano, cumin, olive oil, salt + pepper

## Organic Treats

Baked Goods		
<b>Breakfast Cookie</b> \$4.50	<b>PB+C Protein Bar</b> \$6.25	<b>Superfood Brownie</b> \$8.25
<b>Blueberry Magic Scone</b> \$7.75	<b>PB Protein Energy Balls</b> \$8.25	<b>Super Seed Balls</b> \$8.25
<b>Carrot Zucchini Muffin</b> \$6	<b>Lemon Zest Balls</b> \$8.25	<b>Clean Cookie Dough</b> \$8.25
	<b>No-Bake Granola Bar</b> \$8.25	<b>Clean Balls</b> \$8.25
		<b>Chia Pudding</b> \$5.50

Our kitchen only works with 100% organic ingredients, which may limit our supply



Please see our display case for today's rotating selections

THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS



# EVERYTHING

is 100% organic  
100% gluten-free  
100% soy-free  
100% canola oil-free



MADE TO  
ORDER

## Organic Smoothies + Smoothie Bowls

### Nutter Butter Love \$13.50

banana, zucchini, cashew milk, vanilla plant protein, cinnamon, date paste, peanut butter, **ashwagandha**  
*make it a bowl \$16.75*

### Coffee Love \$13.00

banana, zucchini, **cold brew**, cashew milk, almond butter, date paste, cacao nibs  
*make it a bowl \$16.75*

### Turmeric Love \$13.50

banana, zucchini, cashew milk, **turmeric**, cinnamon, maple syrup, cashews, almond butter  
*make it a bowl \$16.75*

### Chocolate Love \$13.50

banana, zucchini, avocado, cashew milk, peanut butter, vanilla plant protein, cacao powder, **cacao nibs**, maple syrup  
*make it a bowl \$16.75*

### Green Love \$13.50

banana, zucchini, spinach, kale, **spirulina**, cashew milk, almond butter, maple syrup  
*make it a bowl \$16.75*

### Berry Love \$14

banana, strawberry, blueberry, chia seeds, coconut butter, honey, **hibiscus+elderberry tea**, coconut milk  
*make it a bowl \$17.75*

### Keto Mint Love \$16.75

coconut meat, zucchini, avocado, coconut milk, EO peppermint, **MCT oil**, whey protein, monkfruit, cacao nibs

### Keto Chocolate Love \$16.75

coconut meat, zucchini, avocado, coconut milk, peanut butter, **MCT oil**, whey protein, monkfruit, coconut butter, cacao powder, cacao nibs

## Organic Specialty Bowls

***Make any smoothie a bowl!***  
***bowls have toppings! granola, banana, seasonal fruit, nut butter/honey***

### Acai Smoothie Bowl \$17.25

acai, banana, strawberry, blueberry, date paste, cashew milk, vanilla extract  
Topped with: house made granola, banana, seasonal fruit, almond butter

### Dragonfruit Smoothie Bowl \$17.25

dragonfruit, banana, strawberry, date paste, cashew milk, vanilla extract  
Topped with: house made granola, banana, seasonal fruit, almond butter

### Coconut Yogurt Bowl \$13.50

coconut yogurt, maple syrup, granola, almond butter, banana, seasonal fruit, hemp hearts

### Keto Yogurt Bowl \$14.25

coconut yogurt, almond butter, walnuts, hemp hearts, optional monkfruit, pumpkin seeds, blueberries

### Granola Bowl \$12.50

granola, cashew milk, peanut butter, seasonal fruit, banana, hemp hearts

## Organic Salads

***Add on pesto, curry or classic chicken salad for \$4.75,  
or tuna salad for \$3.25***

***Dressings: cilantro lime, lemon vinaigrette***

### Superfood Salad \$17.50

arugula, spinach, purple cabbage, carrots, cucumbers, dried cranberries, pickled onions, pumpkin seeds, avocado, blueberries, chickpeas, tomatoes, sunflower seeds, walnuts

### Prema Salad \$15.75

arugula, spinach, purple cabbage, carrots, cucumbers, dried cranberries, pickled onions, pumpkin seeds, feta cheese, hemp seeds, scallions, sauerkraut

## Organic Toasts

### Almond Butter Toast \$14.75

gluten free sourdough, almond butter, roasted almonds, hemp seeds, pink salt, blueberries, banana

### Avocado Toast \$15.50

gluten free sourdough, pesto, avocado, sauerkraut, hemp seeds, side of dressed greens  
***add two over easy eggs \$4***

### Egg Sandwich \$13

gluten free sourdough, butter, raw cheddar, pesto, roasted tomato, over easy egg, arugula  
***add a second egg \$2***

### Tuna Salad Toast \$18

gluten free sourdough, coconut yogurt tzatziki, greens, tuna salad, side of dressed greens

### Chicken Salad Toast \$18

gluten free sourdough, healthy slaw, chicken salad, side of dressed greens

♥ We make everything fresh, in house, daily! ♥

THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS



FROM THE BARISTA



## ORGANIC LATTES

All lattes made with house-made **organic cashew milk**

*\*Caffeine-free? Sub mushroom elixir for espresso\**

### **Cashew Milk Latte**

12oz \$6.75

16oz \$7.25 *hot or iced*

### **Vanilla Cashew Milk Latte**

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Salted Caramel Cashew Milk Latte**

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Repair Latte**

*Collagen + Lucuma + Honey*

12oz \$7.75

16oz \$8.25 *hot or iced*

### **Balance Latte**

*Ashwagandha + Honey + Lion's Mane + Cinnamon*

12oz \$7.75

16oz \$8.25 *hot or iced*

### **Power Protein Latte**

*Vanilla Lucuma Plant Protein*

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Mocha**

*Raw Cacao + Maple Syrup*

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Chai Latte**

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Matcha Latte**

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Golden Milk Latte**

*\*caffeine-free, made with coconut milk\**

12oz \$7.25

16oz \$7.75 *hot or iced*

### **Hot Chocolate**

*Raw Cacao + Maple Syrup*

12oz \$6.75

16oz \$7.25 *hot or iced*

**FROM THE BARISTA**



## **ORGANIC COFFEE**

### **Drip**

12oz \$3.50

16oz \$4.50

### **Drip with Grassfed Butter**

12oz \$4.75

16oz \$5.75

### **Drip with Grassfed Butter, MCT Oil and Collagen**

12oz \$6.50

16oz \$7.50

### **Cold Brew**

16oz \$6.50

## **ORGANIC ESPRESSO**

### **Espresso**

Single Shot \$2.50

Double Shot \$4.50

### **Cappuccino**

8oz \$6.75

### **Americano**

12oz \$4.75

16oz \$6.50

### **ADD-INS**

Collagen \$1.25

Grass-fed Butter \$1.25

MCT Oil \$1.25

Vanilla Syrup \$1.25

Caramel Syrup \$1.25