

## JUICE

12oz | 20oz

### GREEN LOVE

6.99 | 9.99

kale, spinach, cucumber, green apple, lemon, ginger

### BEAUTY GREEN

6.99 | 9.99

kale, cucumber, cilantro, red apple, pineapple, lime

### IMMUNITY

6.99 | 9.99

carrot, celery, beet, red apple, lemon, ginger, garlic

### GOLD GODDESS

6.99 | 9.99

grapefruit, pineapple, lemon, ginger, turmeric

### CELERY

6.99 | 9.99

celery, lemon, ginger

## ELIXIRS

20oz over ice

### LEMON LUSTER

7.99

lemon, ginger, coconut or filtered water, agave, cayenne

### READY TO RESET

7.99

lemon, lime, filtered water, activated charcoal, stevia

### MAGIC MATCHA

7.99

matcha, vanilla, milk choice, stevia

### GOLDEN MILK

7.99

turmeric, ginger, cinnamon, black pepper, milk choice, stevia

## WELLNESS SHOTS

1oz | 2oz

### WHEATGRASS

2.99 | 4.99

### TURMERIC

3.99 | 6.99

### GINGER

1.99 | 2.99

### SHOT FLIGHT

7.99

1oz each of wheatgrass, turmeric, and ginger

## COFFEE + TEA

12oz | 20oz

### HOT COFFEE

1.99 | 2.99

### NITRO COLD BREW

3.99 | 5.99

### HOT TEA

1.49 | 1.99

### ICED TEA

2.49 | 3.49

seasonal flavors

### LEMONADE

2.99 | 3.99

### HALF + HALF

2.99 | 3.99

iced tea + lemonade

# SMOOTHIES

12oz | 20oz

## DAILY DETOX

7.99 | 11.99

wild blueberries, banana, dulse,  
spirulina, coconut water, apple juice

## JUST CHILL

7.99 | 11.99

pineapple, banana, spinach,  
shredded coconut, cbd\*, milk choice  
without cbd: 5.99 | 8.99

## PALEO POWER

7.99 | 11.99

banana, avocado, almond butter,  
cacao, maca, milk choice

## CACAO BOOSTER

5.99 | 8.99

banana, cacao, maca, milk choice

## BERRY BASICS

5.99 | 8.99

strawberry, wild blueberries,  
raspberries, banana, milk choice

## MANGO TANGO

5.99 | 8.99

mango, banana, celery, spinach,  
coconut water, apple juice

## OMG "OH MY GREENS"

5.99 | 8.99

kale, spinach, pineapple, lime, coconut water

# KIDS SMOOTHIES

12oz

## MONSTER C

5.99

strawberry, banana, orange juice

## FUNKY MONKEY

5.99

banana, peanut butter, cacao, milk choice

## SUPER HERO SLAM

5.99

strawberry, banana, kale, apple juice

# BOOSTERS

1.50 ea

AVOCADO

CHIA SEEDS

HEMP SEEDS

ALMOND BUTTER

PEANUT BUTTER

2.00 ea

CACAO

MACA

COLD BREW

SPIRULINA

ACTIVE CHARCOAL

3.00 ea

BONE BROTH PROTEIN

WHEY PROTEIN

PLANT PROTEIN

MCT OIL

CBD\*

# SUPERFOOD BOWLS

## AÇAÍ or DRAGONFRUIT

9.99

açaí or dragonfruit base blended with milk choice, topped  
with berries, banana, shredded coconut, chia, gf granola

MILK CHOICES: COCONUT, ALMOND, SOY, HEMP, DAIRY

\*CBD SHOULD BE CONSUMED BY  
PEOPLE OVER THE AGE OF 18

ALL OF OUR RECIPES USE ONLY  
ORGANIC OR NON-GMO INGREDIENTS

BEFORE ORDERING PLEASE INFORM US IF  
ANYONE IN YOUR PARTY HAS A FOOD ALLERGY

Ⓥ VEGAN

Ⓞ GLUTEN CONSCIOUS

## BREAKFAST

served all day

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<b>BACON, EGG, CHEESE</b>	6.99
bacon, egg, sharp cheddar, on local brioche bun	
<b>EGG + GREENS</b>	6.99
egg, sautéed spinach, feta, on local 7 grain bun	
<b>PALEO BREAKFAST BOWL</b> <sup>Ⓞ</sup>	7.99
egg, bacon, avocado, over sautéed spinach	
AVOCADO	1.50
GF BREAD	1.50
EXTRA EGG	2.00

## AVOCADO TOAST

served all day

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starts with salt + pepper on local 7 grain bread	4.99
BACON	3.00
FETA	1.50
FRIED EGG	2.00
SLIVERED ALMONDS + CRUSHED CHILI FLAKES	1.00

## SALADS

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<b>CHOPPED</b> <sup>Ⓞ</sup>	11.99
chopped romaine, avocado, bacon, blue cheese, roasted corn, tomato, red onion, tossed in green goddess dressing	
<b>VEGAN CHOPPED</b> <sup>Ⓥ</sup> <sup>Ⓞ</sup>	11.99
chopped romaine, avocado, tempeh, vegan mozzarella, roasted corn, tomato, red onion, tossed in green goddess dressing	
<b>RAINBOW FALAFEL</b> <sup>Ⓥ</sup> <sup>Ⓞ</sup>	9.99
romaine, rainbow bell pepper, grape tomato, cucumber, red onion, tossed in balsamic vinaigrette, topped with falafel and side of tzatziki	
<b>HOT AVOCADO</b> <sup>Ⓞ</sup>	9.99
mixed greens, romaine, grilled avocado, pea shoots, red onion, blue cheese, pepitas, tossed in green goddess dressing	
<b>CASHEW KALE CAESAR</b> <sup>Ⓥ</sup>	8.99
tuscan kale, romaine, shredded carrots, chickpea croutons, vegan parmesan, tossed in creamy cashew dressing	
GRILLED CHICKEN	4.00
CRISPY TOFU	3.00
CHICKEN SALAD	5.00
TUNA SALAD	4.00
BACON	3.00
FRIED EGG	2.00
AVOCADO	1.50

## KIDS SANDWICHES

on honey wheat

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<b>PB + J</b>	5.99
<b>TURKEY + CHEESE</b>	5.99
<b>ALMOND BUTTER + BANANA</b>	5.99

# SANDWICHES

served with kimchi or pickle side

**THE FAB FALAFEL** <sup>Ⓥ</sup> 8.99

falafel, romaine, tomato, red onion,  
vegan tzatziki, grilled on wheat wrap

**T.L.T.** <sup>Ⓥ</sup> 9.99

marinated tempeh, avocado, vegan cheese, lettuce,  
tomato, pesto spread, grilled on local 7 grain bread

**SUNSHINE BURGER** <sup>Ⓥ</sup> 8.99

southwest sunshine burger, avocado, tomato, red onion, vegan  
cheese or sharp cheddar, chipotle spread, on local 7 grain bun

**SPICY CHICK** 9.99

warm grilled chicken, avocado, tomato,  
romaine, chipotle spread, on local brioche bun

**B.L.A.T.** 8.99

bacon, lettuce, avocado, tomato, classic mayo,  
grilled on local white french bread

**TURKEY PESTO** 9.99

turkey breast, sharp cheddar, spinach, red onion,  
pesto spread, grilled on local 7 grain bread

**TURKEY CLUB** 10.99

turkey breast, sharp cheddar, bacon, lettuce, tomato,  
pickles, classic mayo, grilled on local 7 grain bread

**GRILLED CHEESE** 5.99

sharp cheddar or vegan cheese,  
on local white french or 7 grain bread

GF BREAD 1.50

AVOCADO 1.50

BACON 3.00

# HOT BOWLS

served after 10:30am

**MAPLE ♥'s MISO** <sup>Ⓥ</sup> <sup>ⓐ</sup> 10.99

roasted root vegetables, delicata squash, broccoli,  
sautéed kale, in a maple miso sauce, over wild rice

**COCONUT ♥'s TURMERIC** <sup>Ⓥ</sup> <sup>ⓐ</sup> 10.99

roasted cauliflower, broccoli, sweet potatoes,  
rainbow bell peppers, sautéed spinach, in a  
coconut turmeric curry sauce, over wild rice

**MAC + CHEESE** 9.99

fusilli pasta tossed in creamy cheese  
sauce, topped with breadcrumbs

**MAC + CHEEZE** <sup>Ⓥ</sup> 9.99

fusilli pasta tossed in creamy cashew  
sauce, topped with breadcrumbs

**TURKEY CHILI** 8.99

medium-heat ground turkey and veggies,  
topped with avocado and sharp cheddar

**VEGGIE CHILI** <sup>Ⓥ</sup> 8.99

southwest style with three beans and veggies, topped  
with avocado and sharp cheddar or vegan cheese

**SOUP OF THE DAY** 8.99

served with a roll