

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

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

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

Ⓥ VEGAN

Ⓞ GLUTEN CONSCIOUS

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

BREAKFAST

served all day

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

AVOCADO TOAST

served all day

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

RAINBOW FALAFEL [Ⓥ] [Ⓞ]	9.99
romaine, rainbow bell pepper, grape tomato, cucumber, red onion, tossed in balsamic vinaigrette, topped with falafel and side of tzatziki	
SUMMER QUEEN [Ⓞ]	9.99
arugula and spinach, strawberries, radish, walnuts, shaved parmesan, tossed in red wine vinaigrette	
HOT AVOCADO [Ⓞ]	9.99
mixed greens, romaine, grilled avocado, pea shoots, red onion, blue cheese, pepitas, tossed in green goddess dressing	
CASHEW KALE CAESAR [Ⓥ]	8.99
tuscan kale, romaine, shredded carrots, chickpea croutons, vegan parmesan, tossed in creamy cashew dressing	

SALAD ADD-ONS

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

PB + J	5.99
TURKEY + CHEESE	5.99
ALMOND BUTTER + BANANA	5.99

SANDWICHES

with kimchi or pickle side

THE FAB FALAFEL [Ⓥ]	8.99
falafel, romaine, tomato, red onion, vegan tzatziki, grilled on wheat wrap	
T.L.T. [Ⓥ]	9.99
marinated tempeh, avocado, vegan cheese, lettuce, tomato, pesto spread, grilled on local 7 grain bread	
SUNSHINE BURGER [Ⓥ]	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	
CAPRESE	9.99
local tomatoes, local basil, fresh regional mozzarella or vegan mozzarella, balsamic glaze, grilled on local white french 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

COCONUT  's TURMERIC [Ⓥ] [Ⓞ]	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 [Ⓥ]	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 [Ⓥ]	8.99
southwest style with three beans and veggies, topped with avocado and sharp cheddar or vegan cheese	