

# breakfast *served all day!*

MAKE IT A GLUTEN-FREE<sup>†</sup> WRAP, OR WHEAT-FREE BAGEL, TOAST + 1.00

## BREAKFAST WRAP 8.50 **V**

Scrambled eggs, avocado, tomato salsa, mixed greens in a whole wheat wrap  
Make it vegan with tempeh! **VG**

## THE PALEO PLATE 8.50 **V UG**

Sautéed kale, mixed vegetables and pesto, topped with two eggs, scrambled

## THE SIMPLE START 5.95 **V**

Two scrambled eggs with whole grain toast

## OATMEAL POWER BOWL 6.25 **VG**

Slow-cooked oats, with hemp seeds, goji berries, cinnamon, and coconut milk

## ACAI BOWL 11.95 **VG**

Frozen acai, blueberries, banana, and goji berries, blended with house-made coconut milk, and topped with crunchy granola, coconut flakes, goji berries, and cacao nibs

## BREAKFAST BAGEL 8.50 **V**

Egg, tomato, vegan mayo, onion, avocado, and sprouts, on a plain whole wheat bagel  
Make it vegan with tempeh! **VG**

## RISE & SHINE BAGEL 6.25 **VG**

Cashew cream cheese, tomato, and avocado, on a plain whole wheat bagel

## AVOCADO TOAST 5.95 **VG**

Smashed avocado, sea salt, cilantro, and lime, on toasted whole grain bread

## PB&J BAGEL 5.25 **VG**

Peanut butter and jelly on a plain whole wheat bagel

## SUNRISE GRANOLA BOWL 7.95 **VG**

Homemade granola with fresh fruit and house-made coconut milk

# lunch

MAKE IT A GLUTEN-FREE<sup>†</sup> WRAP + 1.00

add  
**CHICKEN  
OR TEMPEH  
+5.95**

## ULTIMATE SALAD 13.50 **VG UG**

Mixed greens, sprouts, broccoli, avocado, tomato, dulse, hemp seeds, spicy pumpkin seeds, lemon tahini dressing

## INDIAN SUMMER SALAD 13.50 **VG UG**

Creamy mix of chickpeas, quinoa, carrots, raisins, onion and curried cashews with Indian spices, over mixed greens, house vinaigrette

## KALE CAESAR SALAD 11.50 **VG**

Kale in a creamy vegan dressing, with hemp seed 'parmesan', wheat-free croutons, and spicy pumpkin seeds

## GARDEN SALAD 7.95 **VG UG**

Mixed greens, carrots, sunflower seeds, tomato, house vinaigrette

## HUMMUS WRAP

FULL 10.25 / HALF 5.50 **VG**

Chickpea hummus, quinoa tabouli, cucumber, red onion, sprouts, mixed greens. Make it a salad, add 2.00

## PESTO GARDEN WRAP

FULL 10.25 / HALF 5.50 **VG**

Carrots, cucumber, tomato, avocado, broccoli, onion, and sprouts, tossed in pesto, with vegan mayo, spicy pumpkin seeds, and mixed greens

## BOWLS

## THAI CURRY BOWL 13.50 **VG UG**

Fragrant, creamy, and mildly spiced coconut curry with mixed vegetables over rice or quinoa

## BUDDHA BOWL 13.50 **VG UG**

Rice or quinoa, with greens, sautéed vegetables and chickpeas, sauerkraut, lemon tahini dressing

## KIDS

## PB & J SANDWICH 5.95 **VG**

Peanut butter and jelly on whole grain bread

## SPICY TEMPEH WRAP

FULL 13.50 / HALF 7.25 **VG**

Marinated tempeh (energy-building cultured soybean), lettuce, tomato, avocado, house-made chipotle vegan mayo, mixed greens

## CHICKEN SALAD WRAP

FULL 14.65 / HALF 7.75

Chicken\*, celery, herbs, apple, vegan mayo, mixed greens.  
Make it a salad, add 2.00

## TUNA WRAP

FULL 13.50 / HALF 7.25

Sustainably caught yellow fin tuna, spicy sriracha vegan mayo, scallions, cilantro, celery, sesame seeds, cucumbers, avocado, sprouts, mixed greens.  
Make it a salad, add 2.00

## BLACK BEAN BURGER 12.95 **VG**

House-made black bean burger, served on a sprouted whole grain bun, with chips and slaw

## ISLAND BURRITO 11.95 **VG**

House-made black bean patty, with brown rice, salsa, avocado, cilantro, jalapeño, and greens, with spicy vegan mayo, in a whole wheat wrap, served with chips

we use 95%+  
**ORGANIC  
INGREDIENTS**

## BAJA BOWL 9.95 **VG UG**

Spicy black beans, brown rice, fresh salsa, avocado, greens, topped with vegan sour cream dressing

## SOUP OF THE DAY 6.50

Seasonally inspired.  
Over rice or quinoa, add 2.50

## GRILLED CHEESE 5.95 **V**

Grilled whole grain bread with organic melted cheese. Add tomato +1.00

**VG** Vegan **V** Vegetarian **UG** UNCERTIFIED<sup>†</sup> Gluten-Free

\* certified humanely raised and handled, free range, antibiotic and hormone free

<sup>†</sup> GLUTEN ALLERGY WARNING: Our kitchen contains items with **gluten**. We attempt to avoid cross-contamination whenever possible, but we cannot guarantee that any menu item will be 100% gluten-free.

CONSUMER ADVISORY: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# organic smoothies 16 oz

ALL SMOOTHIES ARE **UG** ALL SMOOTHIES ARE **VG** UNLESS NOTED OTHERWISE

## TROPICAL GREEN 9.95

Banana, mango, pineapple, spinach, cilantro, lemon, water

## BERRY BLISS 9.95

Strawberry, raspberry, blueberry, banana, apple juice

## PURPLE JUNGLE 9.95

Acai, blueberry, goji berry, banana, coconut milk

## GREEN WARRIOR 12.95 **V**

Kale, pineapple, mango, banana, coconut oil, chia seeds, whey vanilla protein, coconut milk

## FROZEN MOCHA 8.95

Banana, espresso, chocolate protein, ice, coconut milk

## BULLETPROOF SMOOTHIE 11.95 **V**

Cold-brewed coffee, Bulletproof™ Brain Octane Oil, ghee, whey protein, cacao powder, banana

## HAPPY MONKEY 7.95

Banana, peanut butter, coconut milk

## CITRUS C 9.95

Banana, mango, pineapple, ginger, orange juice

## CHOCOLATE BUZZ 9.95

Banana, cacao powder, cacao nibs, maca, coconut milk

## GOLDEN DRAGON 11.95 **V**

Banana, turmeric, bee pollen, cardamom, honey, lemon, coconut milk

## PIÑA COLADA 9.95

Banana, pineapple, mango, coconut milk

## MANGO TANGO 10.95

Mango, strawberry, raspberry, orange juice

## COCO-BERRY 10.95

Strawberry, coconut butter, dates, vanilla, coconut milk

## VERY VEGGIE 9.95

Cucumber, apple, celery, spinach, avocado, lemon, chia, ice

## KIDS! PEANUT BUTTER CUP 6.95

(12 oz.) Banana, peanut butter, cacao powder, coconut milk

## KIDS! BANANA BERRY 6.95

(12 oz.) Banana, strawberry, apple juice

## KIDS! KID-POWER SMOOTHIE 6.95

(12 oz.) Banana, strawberry, spinach, coconut milk



### BOOST YOUR SMOOTHIE:

+2.00: vegan protein (natural, vanilla, chocolate) / whey protein / collagen protein

+1.00: bee pollen / chia seeds / hemp seeds / kale / maca / spinach / spirulina / turmeric

made  
**FRESH  
TO ORDER**

# organic juices 12 oz

ALL JUICES ARE **UG** ALL JUICES ARE **VG** UNLESS NOTED OTHERWISE

## LIVING GARDEN 8

Cucumber, celery, kale, parsley, lemon

## PINK LADY 8

Apple, cucumber, beet

## PURE CARROT 6

## GREEN IMMUNITY 8

Cucumber, celery, kale, green apple, broccoli, garlic

## JALAPEÑO HEAT 8

Sweet potato, green apple, lime, jalapeño, cilantro

## FRESH SQUEEZED ORANGE JUICE 6

## WHEATGRASS SHOT 4

## SWEET GREEN 8

Cucumber, apple, kale

## DAILY DETOX 7

Beet, carrot, celery, lemon

## HOT SHOT 4 **V**

Ginger, cayenne, lemon, honey

## FRESH START 8

Celery, carrot, apple

## CARROT ZING 7

Carrot, green apple, ginger

## IMMUNITY SHOT 4

Turmeric, ginger, lemon

# organic coffee bar

HOT 12 oz  
ICED 16 oz

## FLORIDA-ROASTED, ORGANIC, FAIR-TRADE, SHADE-GROWN COFFEE

Serving coffee & tea classics, plus:

## LATTE 4.25

COLD-BREW

## ICED COFFEE 3.50

## BULLETPROOF 7.95

upgraded coffee, ghee, brain octane™ oil, collagen protein

## AZTECA LATTE 5.25

espresso, steamed milk, pure chocolate, chili, coconut sugar

## YOGI LATTE 5.25

espresso, steamed milk, honey, chai tea

## MATCHA LATTE 4.95

finely ground green tea & steamed milk

## MOCHA LATTE 4.95

espresso, pure chocolate, steamed milk, coconut sugar

## GOLDEN MILK 4.95

coconut milk, turmeric, ginger, cinnamon, honey, vanilla

## DANDELION LATTE 5.25

steamed milk, Dandy Blend™

## REISHI HOT

## CHOCOLATE 6.25

steamed milk, cacao, reishi, coconut sugar