

breakfast

All breakfast items are available until 10:45am Mon-Fri, 12n Sat-Sun

Toast to Health* VT available all day	8.5
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way	
Oh My Omelette VT available all day	12.5
Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast	
Morning Wrap Up	9.5
Organic scrambled eggs, smoked turkey, broccoli, white cheddar, red pepper + walnut spread, whole wheat tortilla, served with apple slices	
Ready, Set, Go GF • V	9
Steel-cut oats with Vega® vanilla protein, almond milk, topped with walnuts, cranberries, apples, hemp seeds, cinnamon	
Savory Breakfast Bowl GF	9.5
Two soft boiled eggs, quinoa, avocado, cilantro pesto, sun-dried tomato, topped with hemp seeds and toasted pine nuts	
Let's Go! V	5.5
with almond butter, coconut bacon, hemp seeds, honey drizzle	

beverages & caffè

Coffee	3.5
Bulletproof™ Coffee	6.5
Organic coffee, MCT oil, grass-fed butter	
Latte Cappuccino	5
Organic cow milk, almond milk, coconut milk, or oat milk	
Cool-Berry Matcha SEASONAL	8
Blueberry-infused almond milk, lavender, matcha, agave, served iced	
Hug In A Mug	6.5
Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices + add espresso	+2
Matcha Latte	6.5
Matcha, choice of agave, honey, or maple syrup, choice of milk	
Ashwagandha Latte	6.5
Ashwagandha, almond milk, coconut milk, maple syrup, cinnamon	
Charcoal Lavender Latte	6.5
Espresso, almond milk, maple syrup, vanilla, lavender, charcoal	
Collagen Chai	6.5
Chai, collagen, coconut butter, choice of milk	
Maca Mocha	6.5
Espresso, almond and coconut milk, cacao, maca, maple syrup, cinnamon, vanilla	
Iced and Hot Tea see counter for full tea menu	2.5
Homemade Lemonade see counter for flavors	3.5
Kombucha see counter for flavors	5 7

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness.

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M-F: 8AM-8PM | Sat: 9AM-8PM | Sun: 9AM-3PM

Please visit our website as our hours may change.
Prices and availability subject to change.



march 2024

cold-pressed juices

Cleanzing Detoxifying, Hydrating, Anti-Inflammatory, Fat-Burning
Green apple, lemon, zucchini, cucumber, kale, spinach, romaine, parsley, ginger, sea salt

Metabolizing Fat-Burning, Detoxifying, Alkalizing
Ruby Red grapefruit, green apple, fennel, lemon, sea salt

Oxygenizing Energizing, Post-Workout, Heart Health, Brain Focus
Orange, green apple, beet, cucumber, basil, sea salt

Rejuvenizing Immune-Boosting, Anti-Inflammatory, Anti-Oxidant
Carrot, pineapple, cucumber, fennel, ginger, sea salt

Greenzing No Sugar, Alkalizing, Anti-Inflammatory, Mineralizing
Cucumber, lemon, spinach, swiss chard, fennel, ginger, sea salt

Celery Juice 100% organic celery juice
Immune-Boosting, Anti-Inflammatory, Toxin Removal, Liver Health

Illuminizing SEASONAL
Warming, Anti-inflammatory, Digestion, Vitamin C, Glowing Skin
Pear, green apple, cucumber, lemon, ginger, turmeric, cloves, nutmeg, cinnamon, vanilla, sea salt

8oz glass - 5.5 | 16oz bottle - 10

smoothies

Tastes-Like-Ice-Cream Kale Energy, Protein, Digestion	9.5
Kale, banana, cashews, dates, vanilla, ginger	
Blueberry Brain Booster Energy, Brain Focus, Digestion, Detox	12
Blueberries, banana, almond milk, chia, flax, hemp, cinnamon, choice of maple syrup or dates	
Mighty Mojo Energy, Protein, Workout Endurance & Recovery	9.5
Raw coconut water, banana, almond butter, cacao, maca, chia, Vega® chocolate protein powder	
Sunrise Warrior 500% Daily Vitamin C, Immunity, Protein	9.5
Orange, strawberry, red bell pepper, camu powder, coconut milk, Vega® vanilla protein powder, cayenne	
Green Mojito IT'S BACK!	9.5
Anti-Inflammatory, Immunity, Detox, Hydration Pineapple, raw coconut water, spinach, mint, lime, stevia	

One Size | 16oz

smoothie bowls

Substitute Grain-Free Topping +1

Crushed almonds, walnuts, coconut flakes, hemp seeds, cinnamon

Clean Livin' GF • V • O	13
Açaí, banana, blueberries, Vega® vanilla protein, almond milk, topped with granola and flax seeds	
Gorgeous GF • V	12
Dragonfruit, pineapple, banana, dates, coconut milk, topped with granola and hemp seeds	
Green Beauty GF • V	12
Avocado, spinach, banana, oats, almond butter, almond milk, topped with granola and chia seeds	
Strawberry Rose Ice Cream GF • V	12
Strawberry, banana, rose water, dates, cashews, vanilla, almond milk, topped with granola	

small plates

Guacamole Goodness GF • V	9
Fresh guacamole served with organic tortilla chips	
Chickpea Hummus GF • V	8
House-made hummus served with GF crackers	
Yin, n' Yang GF • V	8
Roasted red pepper and walnut spread + original chickpea hummus, served with GF crackers	
Roasted Brussels Sprouts GF • V SEASONAL	8.5
with coconut bacon, walnuts, grilled onion, stone mustard dressing	
Homemade Soups GF	5 6.5
• Chicken and Vegetable, in a lemon ginger broth	
• Daily Vegan Soup	

handhelds

Gluten-Free Bread + 2.5 | Vegan Cheese + 1.5

Mexicali Cool Wrap	13.5
Chicken, Mexican coleslaw, guacamole, white cheddar, cilantro pesto, whole-wheat tortilla	
Tuscan Wrap	13.5
Chicken, goat cheese, bruschetta, spinach, balsamic glaze, cilantro pesto, whole-wheat tortilla	
Spicy Rooster Sandwich	13.5
Chicken, avocado, lettuce, tomato, jalapeño aioli*, toasted multi-grain bread	
Gobble It Up Sandwich	13
Turkey, white cheddar, coconut bacon, tomato, lettuce, Dijon-mayo*, multi-grain bread	
Trail Hike Sandwich*	13
Tuna, avocado, apples, cranberries, walnuts, onion, celery, Dijon-mayo, multi-grain bread	
Omega Burger	13
Salmon patty on whole-wheat bun with tomato, lettuce, sliced cucumber, hemp seeds, Dijon mayo	
Barefoot Burger V <i>this item may take 15+ minutes to prepare</i>	13.5
Veggie burger on whole-wheat bun with tomato, lettuce, house-made pickles, choice of vegan mayo or ketchup	
Vegelicious Wrap v	12
Mixed greens, avocado, quinoa, tomato, red onion, almonds, red pepper + walnut spread, balsamic vinaigrette, whole-wheat tortilla	

Handhelds Include Choice Of:

Green Salad | Tortilla Chips | Soup Cup + 3

all-day breakfast

Toast to Health* VT	8.5
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way	
Oh My Omelette VT	12.5
Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast	

desserts

Chocolate Caramel Mousse Torte GF • V	7.5
Seasonal Dessert GF • V SEASONAL	7.5

warm bowls

Take On The World GF • V • O	12
Red and white quinoa, avocado, kale, broccoli, beets, almonds, hemp seeds, ginger-miso dressing	
Pals Forever GF	13.5
Chicken, broccoli, mushrooms, carrots, peas, grilled onions, Mojo sauce	
Ahi Poke* GF	16.5
Sesame crusted seared ahi tuna, fresh mango, pickled ginger, avocado, cucumber, sweet potatoes, umami rice, soy glaze	
Great Catch GF • O	16.5
Alaskan wild-caught salmon, sautéed kale, caramelized sweet potatoes, onion, celery, citrus-ginger vinaigrette	
Countryside GF • O	14
Cauliflower rice, chicken, cilantro pesto, peas, topped with diced tomatoes, shredded carrots, microgreens	
Boho Bowl GF • V	13
Cauliflower rice, broccoli, purple cabbage, shredded carrots, mushrooms, celery, citrus-ponzu sauce, topped with miso-mayo and hemp seeds	
Terra Bella GF • V IT'S BACK!	13
Vegan lasagna with roasted zucchini, eggplant, marinara, house-made cashew cheese	
Kimchi Fried Rice GF • VT	12
Umami rice, kimchi, carrots, peas, onions, cilantro, sunny-side-up egg, sesame salt, soy glaze, nori strips	

large plates

Chicken Parmesan GF <i>this item may take 15+ minutes to prepare</i>	16.5
Lightly breaded chicken breast with parmesan, house-made marinara and pesto, served with mashed cauliflower and broccoli	
Salmon + Goat Cheese GF	17
Wild-caught salmon and goat cheese with balsamic reduction, served with mashed cauliflower and broccoli	

fresh salads

Farmer's Market GF • VT • O	13
Mixed greens, avocado, tomato, broccoli, carrots, beets, peas, cucumber, almonds, Manchego cheese, balsamic vinaigrette	
Bountiful GF • VT	13
Massaged curly kale, coconut bacon, goat cheese, roasted squash, granola, cranberries, pecans, smokey balsamic dressing	
Chicken Caesar GF	14
Romaine, chicken, cherry tomatoes, avocado, gluten-free croutons, vegan Caesar dressing	
Tuna Niçoise GF IT'S BACK!	14
Tuna, mixed greens, hard boiled egg, tomatoes, green beans, new potatoes, Kalamata olives, smokey balsamic dressing	
Emerald City GF • VT IT'S BACK!	12
Kale and cabbage ribbons, quinoa, toasted cashews, parmesan, golden raisins, honey sesame vinaigrette	

Classico GF	14
Butter lettuce, turkey, white cheddar, egg, avocado, tomato, red onion, Kalamata olives, hemp seeds, zesty Italian dressing	

ADDITIONAL PROTEIN

Wild Caught Salmon + 8	Free-Range Chicken + 5
Alaskan Wild Caught Sockeye	Antibiotic & Hormone Free
Albacore Tuna + 4	Hard Boiled Egg + 1
Certified Sustainable	Certified Organic

GF gluten-free • V vegan • VT vegetarian • O organic (85% or more)