

# breakfast

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

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

## beverages & caffè

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



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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.

spring 2024



## cold-pressed juices

**Cleansing** *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
- Spring Rolls** GF · V **SEASONAL** 8.5  
Carrot, red pepper, cucumber, cabbage, green onion, mint, basil, cilantro, served with an almond Thai dipping sauce
- 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
- Jack B-Que** VT **NEW!** 13.5  
BBQ jackfruit, coleslaw, coconut bacon, white cheddar, multi-grain bun
- 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

## large plates

- Chicken Parmesan** GF *this item may take 15+ minutes to prepare* 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
- Fiesta!** GF **NEW!** 16  
Chicken, brown rice, black beans, Pico de Gallo, guacamole, Guajillo red sauce, lime **MAKE IT VEGAN: SUB CHIPOTLE TOFU**

## 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
- Roma Noodles** GF **IT'S BACK!** 14  
Brown rice fusilli pasta, chicken, marinara, spinach, mushrooms, Kalamata olives, parmesan, cilantro pesto drizzle
- Pura Vida** GF · V **NEW!** 14  
Chipotle glazed tofu, brown rice, red cabbage, pickled onion, avocado-lime crema, avocado, cilantro, lime

### ADDITIONAL PROTEIN

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

## 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
- Fit Caesar** GF **NEW!** 14.5  
Romaine, chicken, avocado, cherry tomatoes, parmesan, crispy capers, gluten-free croutons, black pepper, vegan Caesar dressing
- Seaside Salad** GF **SEASONAL** 15  
Spinach and butter lettuce, albacore tuna, fresh mango, avocado, Manchego cheese, red onion, citrus-ginger vinaigrette
- Classico** GF 14  
Butter lettuce, turkey, white cheddar, egg, avocado, tomato, red onion, Kalamata olives, hemp seeds, zesty Italian dressing

## desserts

- Chocolate Caramel Mousse Torte** GF · V 7.5
- Seasonal Dessert** GF · V **SEASONAL** 7.5

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

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