

# breakfast

fall 2024



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

- Toast to Health\* VT** 8<sup>5</sup>  
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way
- Oh My Omelette VT** 12<sup>5</sup>  
Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast
- Morning Wrap Up** 9<sup>5</sup>  
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<sup>5</sup>  
Two poached eggs, quinoa, avocado, cilantro pesto, sun-dried tomato, topped with hemp seeds and toasted pine nuts
- Let's Go! v** 5<sup>5</sup>  
with almond butter, coconut bacon, hemp seeds, honey drizzle

## beverages & caffè

- Coffee** 3<sup>5</sup>
- Bulletproof™ Coffee** 6<sup>5</sup>  
Organic coffee, MCT oil, grass-fed butter
- Latte | Cappuccino** 5  
Organic cow milk, almond milk, coconut milk, or oat milk
- Pumpkin Patch SEASONAL** 8  
Espresso, pumpkin pie spice, ginger, maple syrup, vanilla, coconut milk, oat milk
- Hug In A Mug** 6<sup>5</sup>  
Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices add espresso +2
- Matcha Latte** 6<sup>5</sup>  
Matcha, choice of agave, honey, or maple syrup, choice of milk
- Ashwagandha Latte** 6<sup>5</sup>  
Ashwagandha, almond milk, coconut milk, maple syrup, cinnamon
- Charcoal Lavender Latte** 6<sup>5</sup>  
Espresso, almond milk, maple syrup, vanilla, lavender, charcoal
- Collagen Chai** 6<sup>5</sup>  
Chai, collagen, coconut butter, choice of milk
- Maca Mocha** 6<sup>5</sup>  
Espresso, almond and coconut milk, cacao, maca, maple syrup, cinnamon, vanilla
- Iced and Hot Tea** see counter for full tea menu 2<sup>5</sup>
- Homemade Lemonade** see counter for flavors 3<sup>5</sup>
- Kombucha** see counter for flavors 5|7



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M-F: 8A-8:30P | Sat: 9A-8:30P | Sun: 9A-3P

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

## 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
- Rejuvenating 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*
- Vitamazing SEASONAL Immunity, Vitamins A, B, C**  
Cranberry, beet, zucchini, cucumber, orange, apple, lemon, ginger, cinnamon, clove, sea salt

8oz glass - 5<sup>5</sup> | 16oz bottle - 10

## smoothies

- Tastes-Like-Ice-Cream Kale Energy, Protein, Digestion** 9<sup>5</sup>  
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<sup>5</sup>  
Raw coconut water, banana, almond butter, cacao, maca, chia, Vega® chocolate protein powder
- Sunrise Warrior SEASONAL 500% Daily Vitamin C, Immunity, Protein** 9<sup>5</sup>  
Orange, strawberry, red bell pepper, camu powder, coconut milk, Vega® vanilla protein powder, cayenne
- Pumpkin Latte Smoothie SEASONAL Energy, Protein-Rich** 10  
Espresso, pumpkin, cashews, banana, maple syrup, vanilla, ginger, pumpkin pie spice

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 9  
with coconut bacon, walnuts, grilled onion, stone mustard dressing
- Homemade Soups** GF 5 | 6<sup>5</sup>
  - 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<sup>5</sup>  
Chicken, Mexican coleslaw, guacamole, white cheddar, cilantro pesto, whole-wheat tortilla
- Tuscan Wrap** 13<sup>5</sup>  
Chicken, goat cheese, bruschetta, spinach, balsamic glaze, cilantro pesto, whole-wheat tortilla
- Spicy Rooster Sandwich** 13<sup>5</sup>  
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
- Vegeticious 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<sup>5</sup>  
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 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<sup>5</sup>  
Chicken, broccoli, mushrooms, carrots, peas, grilled onions, Mojo sauce
- Ahi Poke\*** GF 17  
Sesame crusted seared ahi tuna, fresh mango, pickled ginger, avocado, cucumber, sweet potatoes, umami rice, soy glaze
- Great Catch** GF · O 17  
Alaskan wild-caught salmon, sautéed kale, caramelized sweet potatoes, onion, celery, citrus-ginger vinaigrette
- Countryside** GF · O 14<sup>5</sup>  
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
- Pura Vida** GF · V 14<sup>5</sup>  
Chipotle glazed tofu, brown rice, red cabbage, pickled onion, avocado-lime crema, avocado, cilantro, lime
- Terra Bella** GF · V SEASONAL 14  
Vegan lasagna with roasted zucchini, eggplant, marinara, house-made cashew cheese

### ADDITIONAL PROTEIN

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

## 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 14<sup>5</sup>  
Romaine, chicken, avocado, cherry tomatoes, parmesan, crispy capers, gluten-free croutons, black pepper, vegan Caesar dressing
- Emerald City** GF · VT SEASONAL 13  
Kale and cabbage ribbons, quinoa, toasted cashews, parmesan, golden raisins, honey sesame vinaigrette
- Classico** GF 14<sup>5</sup>  
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<sup>5</sup>
- Seasonal Dessert** GF · V SEASONAL 7<sup>5</sup>

\* 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)