breakfast

Breakfast items are available until 10:45am Mon-Fri (Leawood location) and 12n Saturday and Sunday (Leawood and Lenexa locations)

Toast to Health* vT

Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way **8**⁵

Oh My Omelette VT

Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast 12⁵

Morning Wrap Up

Organic scrambled eggs, smoked turkey, broccoli, white cheddar, red pepper + walnut spread, whole wheat tortilla, served with apple slices 95

Ready, Set, Go GF · V

Steel-cut oats with Vega® vanilla protein, almond milk, topped with walnuts, cranberries, apples, hemp seeds, cinnamon **9**

Savory Breakfast Bowl GF

Two soft boiled eggs, quinoa, avocado, cilantro pesto, sun-dried tomato, topped with hemp seeds and toasted pine nuts 9^5

Let's Gol V

with almond butter, coconut bacon, hemp seeds, honey drizzle 6

beverages & caffè

Coffee 35

Bulletproof ™ Coffee

Organic coffee, MCT oil, grass-fed butter 65

Latte | Cappuccino

Organic cow milk, almond milk, coconut milk, or oat milk 5

Cool-Berry Matcha 4

Blueberry-infused almond milk, lavender, matcha, agave, served iced 85

Hug In A Mug

Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices 6⁵ add espresso +2

Matcha Latte

Matcha, choice of agave, honey, or maple syrup, choice of milk 7

Ashwagandha Latte

Ashwagandha, almond milk, coconut milk, maple syrup, cinnamon 65

Charcoal Lavender Latte

Espresso, almond milk, maple syrup, vanilla, lavender, charcoal 7

Collagen Chai

Chai, collagen, coconut butter, choice of milk 7

Maca Mocha

Espresso, almond and coconut milk, cacao, maca, maple syrup, cinnamon, vanilla **7**

Iced and Hot Tea see counter for full tea menu 25

Homemade Lemonade see counter for flavors 35

Kombucha see counter for flavors 5 | 7



LEAWOOD

10573 Mission Road, Leawood, KS 66206 (913) 544-1515

LENEXA NOW OPEN!

8729 Scarborough St, Lenexa, KS 66219

(913) 248-8100

Visit our website for our business hours Prices and availability subject to change.





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

Harmonizing *(a) Immunity, Liver Support, Hydration*Orange, pineapple, zucchini, carrots, beets, cucumber, lime, cayenne, sea salt

8oz glass - 5⁵ | 16oz bottle - 10

smoothies

Tastes-Like-Ice-Cream Kale *Energy, Protein, Digestion* Kale, banana, cashews, dates, vanilla, ginger **9**⁵

Blueberry Brain Booster *Energy, Brain Focus, Digestion, Detox* Blueberries, banana, almond milk, chia, flax, hemp, cinnamon, choice of maple syrup or dates 12

Mighty Mojo Energy, Protein, Workout Endurance & Recovery Raw coconut water, banana, almond butter, cacao, maca, chia, Vega® chocolate protein powder **9**⁵

Sunrise Warrior 500% Daily Vitamin C, Immunity, Protein Orange, strawberry, red bell pepper, camu powder, coconut milk, Vega® vanilla protein powder, cayenne 9⁵

Green Mojito *O Anti-Inflammatory, Immunity, Detox, Hydration* Pineapple, raw coconut water, spinach, mint, lime, stevia **9**⁵

One Size | 16oz

smoothie bowls

Substitute Grain-Free Topping +1

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

Clean Livin' GF · V · O

Açaí, banana, blueberries, $Vega^{\otimes}$ vanilla protein, almond milk, topped with granola and flax seeds 13

Gorgeous GF · V

Dragonfruit, pineapple, banana, dates, coconut milk, topped with granola and hemp seeds 12

Green Beauty GF · V

Avocado, spinach, banana, oats, almond butter, almond milk, topped with granola and chia seeds 12

Strawberry Rose Ice Cream GF · V

Strawberry, banana, rose water, dates, cashews, vanilla, almond milk, topped with granola 12

small plates

Guacamole Goodness GF · V

Fresh guacamole served with organic tortilla chips 9

Chickpea Hummus GF·V

House-made hummus served with GF crackers 8

Yin, n' Yang GF · V

Roasted red pepper and walnut spread + original chickpea hummus, served with GF crackers 8

Crispy Chicken Tenders GF

House-made chicken strips served with a lemon garlic dipping sauce 85

Bruschetta Crostini VT 🕖

Toasted baguette with bruschetta, goat cheese, and balsamic glaze 75

Homemade Soups GF

- Chicken and Vegetable, in a lemon ginger broth 5 | 65
- Daily Vegan Soup 5 | 65

handhelds

Includes Choice Of: Green Salad, Tortilla Chips, or Soup Cup +3

Substitue: Gluten-Free Bread +2⁵ | Vegan Cheese +1⁵

Mexicali Cool Wrap

Chicken, Mexican coles law, guacamole, white cheddar, cilantro pesto, whole-wheat tortilla 14

Tuscan Wrap

Chicken, goat cheese, bruschetta, spinach, balsamic glaze, cilantro pesto, whole-wheat tortilla 14

Spicy Rooster Sandwich

Chicken, avocado, lettuce, tomato, jalapeño aioli*, toasted multi-grain bread 14

Gobble It Up Sandwich

Turkey, white cheddar, coconut bacon, tomato, lettuce, Dijon-mayo*, multi-grain bread 135

Trail Hike Sandwich*

Tuna, avocado, apples, cranberries, walnuts, onion, celery, Dijon-mayo, multi-grain bread 13⁵

Vegelicious Wrap v

Mixed greens, avocado, quinoa, tomato, red onion, almonds, red pepper walnut spread, balsamic vinaigrette, whole-wheat tortilla 13

large plates

Chicken Parmesan GF this item may take 15+ minutes to prepare Lightly breaded chicken breast with parmesan, house-made marinara and pesto, served with mashed cauliflower and broccoli **18**

Salmon + Goat Cheese GF

Wild-caught salmon and goat cheese with balsamic reduction, served with mashed cauliflower and broccoli 19⁵

Fiesta! GF

Chicken, brown rice, black beans, Pico de Gallo, guacamole, Guajillo red sauce, lime 16 MAKE IT VEGAN: SUB CHIPOTLE TOFU

FAMILY-STYLE MEALS TO-GO

INCLUDES: Starter + Salad + Entrée

- Starter: Chickpea Hummus or Yin, n' Yang
- Salad: Farmer's Market, Bountiful, or Fit Caesar
- Entrée: Take On The World, Pals Forever, or Countryside

FEEDS 4-6 \$89

Family-Style Meals are available Monday-Saturday, 3pm-8pm

warm bowls

Take On The World GF · V · O

Red and white quinoa, avocado, kale, broccoli, beets, almonds, hemp seeds, ginger-miso dressing 13

Pals Forever GF

Chicken, broccoli, mushrooms, carrots, peas, grilled onions, Mojo sauce 14

Ahi Poke* GF

Sesame crusted seared ahi tuna, fresh mango, pickled ginger, avocado, cucumber, sweet potatoes, umami rice, soy glaze 18

Great Catch GF · O

Alaskan wild-caught salmon, sautéed kale, caramelized sweet potatoes, onion, celery, citrus-ginger vinaigrette 18

Countryside GF · O

Cauliflower rice, chicken, cilantro pesto, peas, topped with diced tomatoes, shredded carrots, microgreens **15**

Boho Bowl GF · V

Cauliflower rice, broccoli, purple cabbage, shredded carrots, mushrooms, celery, citrus-ponzu sauce, topped with miso-mayo and hemp seeds 13

Pura Vida GF · V

Chipotle glazed tofu, brown rice, red cabbage, pickled onion, avocado-lime crema, avocado, cilantro, lime 14⁵

Roma Noodles GF 🕢

Brown rice fusilli pasta, chicken, marinara, spinach, mushrooms, Kalamata olives, parmesan, cilantro pesto drizzle **15**

pick a protein

Vild Caught Salmon Alaskan Wild Caught Sockeye	+ 9 ⁵	Free-Range Chicken Antibiotic & Hormone Free	+ 5
Albacore Tuna Certified Sustainable	+ 4	Seared Ahi Tuna Sesame Crusted	+ 8
Hard Boiled Egg Certified Organic	+ 1	Chipotle Tofu V Certified Organic	+ 4

fresh salads

Farmer's Market GF · VT · O

Mixed greens, avocado, tomato, broccoli, carrots, beets, peas, cucumber, almonds, Manchego cheese, balsamic vinaigrette 14

Bountiful GF · VT

Massaged curly kale, coconut bacon, goat cheese, roasted squash, granola, cranberries, pecans, smokey balsamic dressing **14**

Fit Caesar GE

Romaine, chicken, avocado, cherry tomatoes, parmesan, crispy capers, gluten-free croutons, black pepper, vegan Caesar dressing 14⁵

Seaside Salad GF 0

Spinach and butter lettuce, albacore tuna, fresh mango, avocado, Manchego cheese, red onion, citrus-ginger vinaigrette **15**

Classico GF

Butter lettuce, turkey, white cheddar, egg, avocado, tomato, red onion, Kalamata olives, hemp seeds, zesty Italian dressing 15

desserts

Chocolate Caramel Mousse Torte GF · V 7⁵ Seasonal Dessert GF · V 7⁵

GF gluten-free \cdot **V** vegan \cdot **VT** vegetarian \cdot **Q** organic (85% or more)



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