

## breakfast

Breakfast items are available until **10:45am Mon-Fri**  
and **12n Saturday and Sunday**

**Toast to Health\* VT**

Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way **8<sup>75</sup>**

**Oh My Omelette VT**

Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast **12<sup>5</sup>**

**Sourdough Sammie**

Toasted sourdough sandwich with turkey, white cheddar, fried egg, fresh spinach, and strawberry preserves. No egg modifications. **12<sup>5</sup>**

**Morning Wrap Up**

Organic scrambled eggs, smoked turkey, broccoli, white cheddar, red pepper + walnut spread, whole wheat tortilla, served with apple slices **9<sup>5</sup>**

**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<sup>75</sup>**

## beverages &amp; caffè

**Coffee 3<sup>5</sup>****Bulletproof™ Coffee**

Organic coffee, MCT oil, grass-fed butter **6<sup>5</sup>**

**Latte | Cappuccino**

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

**Lavender Honey Latte (Iced) 🌱**

Iced espresso, lavender, honey, vanilla, choice of milk **7**

**Hug In A Mug**

Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices **7** 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 **7**

**Charcoal Lavender Latte**

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

**Collagen Chai**

Chai, collagen, coconut butter, choice of milk **8**

**Maca Mocha**

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

**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**

**LEAWOOD**

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

**LENEXA**

8729 Scarborough St,  
Lenexa, KS 66219  
**(913) 248-8100**



## 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*

**Seasonal Juice** 🌱 [enjoypurefood.com/cold-pressed-juices](http://enjoypurefood.com/cold-pressed-juices)

Visit our website or ask a cashier about our current seasonal juice

**6-pack - 59 | 8oz glass - 6 | 16oz bottle - 10<sup>5</sup>**

## smoothies

**Tastes-Like-Ice-Cream Kale** *Energy, Protein, Digestion*

Kale, banana, cashews, dates, vanilla, ginger **9<sup>5</sup>**

**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 **10**

**Sunrise Warrior** 🌱 *500% Daily Vitamin C, Immunity, Protein*

Orange, strawberry, red bell pepper, camu powder, coconut milk, Vega® vanilla protein powder, cayenne **10**

**Beaches & Mango** 🌱 *Seasonal Favorite!*

Mango, peaches, banana, cashews, raw coconut water, coconut milk, dates, vanilla, lime **12**

**One Size | 16oz**

**Smoothie Boosters:** Vega® Protein Powder (Vanilla/Chocolate), Creatine **NEW!** Almond Butter, Chia, Flax, Hemp, Collagen, MCT Oil, Ashwagandha, & more

## smoothie bowls

Substitute Grain-Free Topping **+ 1**

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

**Clean Livin'** **GF · V · O**

Açaí, banana, blueberries, Vega® 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 **13**

**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 8<sup>5</sup>

### Mac + Cheese GF · VT

Gluten-free noodles, white cheddar, seasoned breadcrumbs 8

### Homemade Soups GF

- Chicken and Vegetable, in a lemon ginger broth 5 | 6<sup>5</sup>
- Daily Vegan Soup 5 | 6<sup>5</sup>

## handhelds

**Choose Side:** Tortilla Chips, Green Salad +1, Soup Cup +3

Substitute: Gluten-Free Bread +2<sup>5</sup> | Vegan Cheese +1<sup>5</sup>

### Mexicali Cool Wrap

Chicken, Mexican coleslaw, guacamole, white cheddar, cilantro pesto, whole-wheat tortilla 14<sup>5</sup>

### Tuscan Wrap

Chicken, goat cheese, bruschetta, spinach, balsamic glaze, cilantro pesto, whole-wheat tortilla 14<sup>5</sup>

### Spicy Rooster Sandwich

Chicken, avocado, lettuce, tomato, jalapeño aioli\*, toasted multi-grain bread 14<sup>5</sup>

### Gobble It Up Sandwich

Turkey, white cheddar, coconut bacon, tomato, lettuce, Dijon-mayo\*, multi-grain bread 13<sup>5</sup>

### Trail Hike Sandwich\*

Tuna, avocado, apples, cranberries, walnuts, onion, celery, Dijon-mayo, multi-grain bread 13<sup>5</sup>

### 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 roasted potatoes and broccoli 19

### Salmon + Goat Cheese GF

Wild-caught salmon and goat cheese with balsamic reduction, served with roasted potatoes and broccoli 19<sup>5</sup>

### 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<sup>5</sup>

### Pals Forever GF

Chicken, broccoli, mushrooms, carrots, peas, grilled onions, Mojo sauce 15

### 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 16

### Pura Vida GF · V

Chipotle glazed tofu, brown rice, red cabbage, pickled onion, avocado-lime crema, avocado, cilantro, lime 14<sup>5</sup>

### Roma Noodles GF

Gluten-free noodles, chicken, marinara, spinach, mushrooms, Kalamata olives, parmesan, cilantro pesto drizzle 16

## pick a protein

**Wild Caught Salmon** + 9<sup>5</sup>  
Alaskan Wild Caught Sockeye

**Free-Range Chicken** + 5  
Antibiotic & Hormone Free

**Albacore Tuna** + 4  
Certified Sustainable

**Seared Ahi Tuna** + 8  
Sesame Crusted

**Hard Boiled Egg** + 1<sup>5</sup>  
Certified Organic

**Chipotle Tofu v** + 4  
Certified Organic

## fresh salads

### Farmer's Market GF · VT · O

Mixed greens, avocado, tomato, broccoli, carrots, beets, peas, cucumber, almonds, Manchego cheese, balsamic vinaigrette 14<sup>5</sup>

### Bountiful GF · VT

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

### Tuna Niçoise GF

Albacore tuna, mixed greens, hard-boiled egg, tomatoes, celery, roasted potatoes, Kalamata olives, smokey balsamic dressing 15

### Fit Caesar GF

Romaine, chicken, avocado, cherry tomatoes, parmesan, crispy capers, gluten-free croutons, black pepper, vegan Caesar dressing 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 7<sup>5</sup>

### Seasonal Dessert GF · V

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

 **seasonal item**

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