



*all
ingredients
are
gluten free*

smoothies

+organic vanilla or chocolate plant protein or organic blue spirulina (\$1.50)
+organic peanut butter, almond butter or organic sunflower seed butter (\$1.50)
+organic hemp seeds, ground flaxseed, organic chia seeds or honey (\$1)

BLUE OCEAN **Gf** **Df** VEGAN

coconut water, wild blueberries, banana, pineapple, avocado, organic vanilla plant protein, organic blue spirulina..... **20oz**
14

CHOCOLATE PEANUT BUBBA **Gf** **Df** VEGAN

housemade almond milk, organic chocolate plant protein, banana, spinach, powdered peanut butter, cocoa powder..... **20oz**
12

DAILY GRIND **Gf** **Df** VEGAN

organic local coffee, housemade oat milk, banana, almond butter, cinnamon, chocolate chips..... **20oz**
12

FRESH START **Gf** **Df** VEGAN

organic coconut milk, banana, spinach, cucumber, organic celery, mint, lemon..... **20oz**
12

MATCHA MINT CHIP **Gf** **Df** VEGAN

organic coconut milk, organic matcha, organic vanilla plant protein, banana, mint extract, organic cacao nibs..... **20oz**
12

THE ISAAC **Gf** **Df** VEGAN

housemade almond milk, acai, banana, organic chocolate plant protein, organic peanut butter, cocoa powder..... **20oz** **+espresso**
12 14

VERY BERRY **Gf** **Df** VEGAN

housemade almond milk, mixed berries, banana, organic vanilla plant protein, almond butter..... **20oz**
12

juices

CELERY **Gf** **Df** VEGAN

organic celery..... **20oz**
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ENERGIZE **Gf** **Df** VEGAN

organic apple, organic celery, cucumber, organic kale, lemon..... **20oz**
12

HANGOVER HELPER **Gf** **Df** VEGAN

beet, orange, grapefruit, lemon, ginger..... **20oz**
12

PICK ME UP **Gf** **Df** VEGAN

carrot, orange, lemon, ginger..... **20oz**
12

REFRESH **Gf** **Df** VEGAN

pineapple, organic apple, cucumber, mint..... **20oz**
12

SPICY RECHARGE **Gf** **Df** VEGAN SPICY

beet, carrot, orange, organic apple, lemon, ginger, cayenne..... **20oz**
12

ACV SHOT **Gf** **Df** VEGAN

organic apple cider vinegar, lemon, ginger, honey..... **2oz**
3.50

JUICE CLEANSE (\$60 PER DAY) **Gf** **Df** VEGAN

debloat, give your digestive system a break and get back on track with the zest juice cleanse! 6 juices per day for your choice of 1-5 days. at least 1 day notice is needed.

drinks

drinks can be hot or iced! all milks are unsweetened. milk choices are housemade almond, housemade oat or organic coconut... more bottled drinks also available in our Meals To Go Refrigerator!

ORGANIC COFFEE **Gf** **Df** VEGAN LOCAL

organic, fair trade, locally roasted..... **3.50**

ORGANIC ESPRESSO **Gf** **Df** VEGAN LOCAL

organic, fair trade, locally roasted..... **single double**
2.50 4

LATTE **Gf** **Df** VEGAN LOCAL

organic espresso, choice of milk..... **5.50**

TEA **Gf** **Df** VEGAN

come check out our large selection of caffeinated or caffeine free teas!..... **3.50**

COCOA PEANUT BUTTER LATTE **Gf** **Df** VEGAN

organic espresso, cocoa powder, organic peanut butter, choice of milk..... **5.50**

FRENCH TOAST LATTE **Gf** **Df** VEGAN

organic espresso, organic maple syrup, vanilla extract, cinnamon, choice of milk..... **5.50**

GOLDEN LATTE **Gf** **Df** VEGAN

housemade turmeric pod (turmeric, organic coconut oil, cashews, honey, cinnamon & black pepper), choice of milk..... **5.50** **+espresso**
7.50

MATCHA LATTE **Gf** **Df** VEGAN

housemade matcha pod (organic matcha, organic coconut oil, cashews, honey & cinnamon), choice of milk..... **5.50** **+espresso**
7.50

NATURE'S GATORADE **Gf** **Df** VEGAN

coconut water, orange juice, organic blue spirulina, himalayan sea salt..... **7.50**

ORGANIC VANILLA COLD BREW **Gf** **Df** VEGAN

organic unsweetened cold brew with natural vanilla flavors, choice of milk..... **5.50**

SALTED CARAMEL PROTEIN LATTE **Gf** **Df** VEGAN

organic espresso, housemade salted caramel sauce, organic maple plant protein, choice of milk..... **5.50**

SPICY LEMONADE **Gf** **Df** VEGAN SPICY

water, lemon, ginger, cayenne, organic agave..... **6**

VANILLA CHAI LATTE **Gf** **Df** VEGAN

mushroom vanilla chai latte mix, choice of milk..... **5.50** **+espresso**
7.50



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bowls

+organic vanilla or chocolate plant protein or organic blue spirulina (\$1.50)
+organic peanut butter, almond butter or organic sunflower seed butter (\$1.50)
+organic hemp seeds, ground flaxseed, organic chia seeds or honey (\$1)

BEN'S BOWL **Gf** **Df** **VEGAN**

housemade almond milk, banana, spinach, organic vanilla plant protein and peanut butter powder blended & topped with housemade granola, organic blueberries, organic cacao nibs and organic peanut butter drizzle.....12

GREEN MACHINE **Gf** **Df** **VEGAN**

organic coconut milk, spinach, avocado and banana blended & topped with housemade granola, organic blueberries, hemp seeds, shredded coconut and almond butter drizzle.....12

PEANUT BUTTER POWERHOUSE **Gf** **Df** **VEGAN**

housemade almond milk, acai, banana, organic chocolate plant protein and cocoa powder blended & topped with housemade granola, banana, chocolate chips and organic peanut butter drizzle.....12

THE OG **Gf** **Df** **VEGAN**

housemade almond milk, acai and banana blended & topped with housemade granola, organic blueberries, organic strawberries and shredded coconut.....12

oatmeal

AVO CONTROL **Gf** **Df** **SPICY**

sliced avocado, organic over easy egg, housemade rice paper "bacon", everything seeds, kombucha hot sauce (+hot honey \$1.50).....12

BERRY SPECIAL **Gf** **Df** **VEGAN**

organic blueberries, organic strawberries, granola butter, shredded coconut.....12

CHOCO-PB **Gf** **Df** **VEGAN**

organic chocolate plant protein, cocoa powder, banana, chocolate chips, organic peanut butter drizzle.....12

MORNING MAPLE **Gf** **Df** **VEGAN**

organic maple plant protein, organic maple syrup, banana, pecans, cinnamon.....12

TJ'S BLUE MAJIK **Gf** **Df** **VEGAN**

organic vanilla plant protein, organic blue spirulina, organic blueberries, organic chia seeds, almond butter drizzle.....12

eats

+organic egg or avocado (\$2)
+kombucha or truffle hot sauce (\$1.50)
+hot honey (\$1)

BLACK BEAN QUESADILLAS **Gf** **Df** **VEGAN**

quesadilla stuffed with housemade black bean mixture & vegan cheddar "cheese".....12 **+chicken** 15

BUFFALO CHICKEN BURGER **Gf** **SPICY**

housemade buffalo chicken burger, lettuce & blue cheese on a bun.....12

ELVIS **Gf** **Df** **Add Text Here**

egg whites, cinnamon, organic peanut butter, banana & housemade rice paper "bacon" on a wild bun.....10

GOLDEN WAFFLE **Gf** **Df** **SPICY**

housemade sweet potato protein waffle topped with smashed avocado, organic over easy egg, housemade rice paper "bacon", kombucha hot sauce & everything seeds....13

HUMMUS KRUST **Gf** **Df** **VEGAN**

organic sourdough topped with housemade hummus, sliced avocado, tomato, everything seeds & extra virgin olive oil drizzle.....12

LUCIANA'S BREAKFAST BAGEL **Gf**

organic egg, aged white cheddar, housemade rice paper "bacon" & housemade onion jam on choice of bagel.....12

NATE'S CHICKEN & WAFFLES **Gf** **Df** **SPICY**

housemade sweet potato protein waffle topped with smashed avocado, baked chicken cutlet, housemade rice paper "bacon" & hot honey drizzle.....13

POWER OMELETTE **Gf**

3 organic eggs, spinach, onion, peppers, goat cheese, himalayan sea salt & black pepper, side of smashed potatoes.....12 **+chicken** 15

PROTEIN PANCAKES **Gf** **Df** **VEGAN**

3 housemade seasonal protein pancakes topped with cinnamon, side of organic maple syrup.....10

THE 973 **Gf** **SPICY**

baked chicken cutlet, housemade pesto, aged white cheddar, roasted peppers, organic arugula & truffle hot sauce on sourdough.....14

ULTIMATE AVOCADO KRUST **Gf**

organic sourdough topped with smashed avocado, tomato, goat cheese, balsamic drizzle & truffle salt.....12

VEGGIE BURGER **Gf** **Df** **VEGAN**

housemade veggie burger, housemade roasted red pepper jam, lettuce, cucumber & housemade rice paper "bacon" on housemade chickpea flatbread.....12

ZESTY BURGER **Gf**

5.3oz grass fed burger, aged white cheddar, housemade onion jam, lettuce & local pickles on a bun.....15



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salads

*+grilled chicken, organic tofu or housemade chickpea "tofu" (\$4)
+avocado or goat cheese (\$2)
+extra dressing (\$1)*

ASIAN CHOPPED VEGAN

organic romaine, organic edamame, peppers, cucumbers, shredded carrots, organic quinoa, housemade thai peanut dressing.....11

CLEAN QUINOA VEGAN

organic quinoa, shredded carrots, cucumbers, sliced avocado, housemade balsamic vinaigrette.....11

FARMHOUSE VEGAN

organic romaine, cucumbers, peppers, tomatoes, chickpeas, housemade balsamic vinaigrette.....11

KALE CAESAR VEGAN

organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, himalayan sea salt, black pepper), housemade croutons, roasted chickpeas, housemade cashew "parm", housemade caesar dressing.....11

sides

ALEXA'S PAPA A LA HUANCÁINA (PERUVIAN POTATOES) VEGAN

smashed potatoes, side of housemade peruvian pepper sauce.....7

CHIPS & GUAC VEGAN

housemade tortilla chips, side of housemade guac.....7

FRUIT BOWL VEGAN

organic strawberries, organic blueberries, banana, pineapple.....8

SERAFINA'S "CHEESEY" BROCCOLI VEGAN

roasted broccoli with almond flour, nutritional yeast, himalayan sea salt, paprika.....7

kids

BERRY SIMPLE VEGAN

housemade almond milk, mixed berries, banana.....7

OJ VEGAN

fresh orange juice.....7

BOWL NANA VEGAN

housemade almond milk, banana and housemade chocolate cookie crumble blended & topped with housemade chocolate cookie crumble and chocolate chips.....10

CARMELO'S NUTTY WAFFLE VEGAN

housemade sweet potato protein waffle topped with organic peanut butter, banana & chocolate chips.....8

GRILLED CHEESE

aged white cheddar on organic toast.....7

PB&J VEGAN

organic peanut butter and housemade berry chia jelly on organic toast.....7

SMASHED AVOCADO KRUST VEGAN

organic toast topped with smashed avocado (with lemon juice, himalayan sea salt & black pepper).....6

baked goods

*even more of a selection in store!
custom cakes & cupcakes available!*

ALMOND BANANA BAR VEGAN

oats, oat flour, almond butter, banana, housemade almond milk, organic chia seeds, ground flaxseed, organic agave, baking powder, cinnamon, vanilla extract, himalayan sea salt.....3

BACI TRUFFLE VEGAN

housemade chocolate hazelnut spread (hazelnuts, cocoa powder, organic coconut milk, organic maple syrup, vanilla extract, himalayan sea salt) and chopped hazelnuts covered in chocolate.....3

BANANA BREAD VEGAN

banana, oat flour, oats, ground flaxseed, housemade almond milk, organic maple syrup, organic coconut sugar, baking soda, baking powder, vanilla extract, himalayan sea salt **available in chocolate chip or walnut**.....4

BEET CACAO ENERGY BITE VEGAN

shredded beets, oat flour, organic peanut butter, dates, organic agave, organic chia seeds, cocoa powder, shredded coconut.....2.50

CACAO COOKIE MONSTER VEGAN

almond butter, organic coconut sugar, cocoa powder, applesauce, chocolate chips, baking soda, vanilla extract, himalayan sea salt.....3

CARROT CAKE GONE PROTEIN MINI MUFFIN VEGAN

almond butter, organic vanilla plant protein powder, shredded carrots, honey, ground flaxseed, raisins, cinnamon, baking powder, himalayan sea salt.....	individual	dozen
	150	12

CHICKPEA CACAO BAR VEGAN

chickpeas, organic peanut butter, organic agave, chocolate chips, vanilla extract, baking powder, baking soda, himalayan sea salt.....3

CHOCOLATE CHIP COOKIE VEGAN

oat flour, organic coconut sugar, organic coconut oil, chocolate chips, applesauce, vanilla extract, baking soda, himalayan sea salt.....3

CHOCOLATE PEANUT BUTTER PRETZEL COOKIE VEGAN

oats, organic peanut butter, pretzels, chocolate chips, organic agave, organic chia seeds.....3

NUTS & BOLTS PROTEIN BITE VEGAN

almond butter, organic sunflower seed butter, organic plant protein powder, cocoa powder, organic chia seeds, chocolate chips, vanilla extract.....2.50

NUTS OVER CHOCOLATE MINI MUFFIN VEGAN

oat flour, organic peanut butter, organic coconut sugar, housemade almond milk, applesauce, chocolate chips, baking soda, peanuts.....	individual	dozen
	150	12

OATMEAL RAISIN COOKIE VEGAN

oats, oat flour, organic coconut oil, organic coconut sugar, organic maple syrup, raisins, oat bran, ground flaxseed, vanilla extract, cinnamon, baking soda, baking powder.....3

PEANUT BUTTER COOKIE CRISP BITES VEGAN

oat flour, organic peanut butter, organic agave, chocolate chips, organic coconut oil, ground flaxseed, vanilla extract, baking powder.....6

PITAYA FROSTED SUGAR COOKIE VEGAN

oat flour, organic coconut sugar, organic coconut oil, housemade oat milk, baking soda, baking powder, vanilla extract & himalayan sea salt with housemade pitaya frosting (pitaya, vegan butter, organic powdered sugar, oat milk).....4

PROTEIN COOKIE DOUGH VEGAN

chickpeas, organic peanut butter, organic vanilla plant protein, organic agave, chocolate chips, vanilla extract, himalayan sea salt.....6

S'MORES COOKIE VEGAN

oat flour, organic coconut oil, applesauce, organic coconut sugar, marshmallows, chocolate chips, vanilla extract, baking soda, himalayan sea salt.....3

SCONE OF THE DAY VEGAN

oat flour, organic coconut flour, organic coconut sugar, housemade almond milk, organic coconut oil, baking powder, himalayan sea salt **flavor mix-ins will vary**.....4

SWEET POTATO BROWNIE VEGAN

sweet potato, almond butter, cocoa powder, organic maple syrup, chocolate chips.....3

WILD BLUEBERRY PROTEIN COOKIE VEGAN

oats, organic vanilla plant protein, ground flaxseed, housemade almond milk, wild blueberries, cinnamon, vanilla extract.....4



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fall specials

PUMPKIN PATCH PROTEIN SMOOTHIE   VEGAN 20oz
housemade almond milk, organic pumpkin plant protein, pumpkin spice, banana, almond butter, housemade granola..... 13

SWEETIE PIE PROTEIN SMOOTHIE   VEGAN 20oz
housemade oat milk, sweet potato, organic vanilla plant protein, granola butter, banana, organic dates, cinnamon..... 13

CHAI PUMPKIN SPICE LATTE   VEGAN
organic espresso, mushroom vanilla chai mix, pumpkin puree, pumpkin spice, choice of milk.....7.50

SQUASH GOALS SALAD   VEGAN
organic super greens mix, organic quinoa, roasted butternut squash, pecans, cranberries, housemade lemon poppy dressing **+protein**
(+goat cheese \$2)..... 11 15

PUMPKIN BREAD   VEGAN
pumpkin puree, oat flour, organic coconut oil, organic agave, organic coconut sugar, ground flaxseed, ginger, cinnamon, nutmeg, allspice, vanilla extract, himalayan sea salt, baking soda, baking powder.....4

soup *+ toasted organic sourdough or housemade croutons (\$2)*
more frozen soup always available!

MONDAY   VEGAN
sweet potato, ginger & turmeric.....8

TUESDAY   VEGAN
"cream" of broccoli.....8

WEDNESDAY   VEGAN
veggie & bean chili.....8

THURSDAY   VEGAN
split pea.....8

FRIDAY   VEGAN
moroccan red lentil.....8

