



*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 <small>Gf Df VEGAN</small>	
coconut water, wild blueberries, banana, pineapple, avocado, organic vanilla plant protein, organic blue spirulina.....	20oz 14
CHOCOLATE PEANUT BUBBA <small>Gf Df VEGAN</small>	
housemade almond milk, organic chocolate plant protein, banana, spinach, powdered peanut butter, cocoa powder.....	20oz 12
DAILY GRIND <small>Gf Df VEGAN</small>	
organic local coffee, housemade oat milk, banana, almond butter, cinnamon, chocolate chips.....	20oz 12
FRESH START <small>Gf Df VEGAN</small>	
organic coconut milk, banana, spinach, cucumber, organic celery, mint, lemon.....	20oz 12
MATCHA MINT CHIP <small>Gf Df VEGAN</small>	
organic coconut milk, organic matcha, organic vanilla plant protein, banana, mint extract, organic cacao nibs.....	20oz 12
THE ISAAC <small>Gf Df VEGAN</small>	
housemade almond milk, acai, banana, organic chocolate plant protein, organic peanut butter, cocoa powder.....	20oz +espresso 12 14
VERY BERRY <small>Gf Df VEGAN</small>	
housemade almond milk, mixed berries, banana, organic vanilla plant protein, almond butter.....	20oz 12

juices

CELERY <small>VEGAN Df Gf</small>		20oz
organic celery.....	mkt	pr
ENERGIZE <small>VEGAN Df Gf</small>		20oz
organic apple, organic celery, cucumber, organic kale, lemon.....	12	
HANGOVER HELPER <small>VEGAN Df Gf</small>		20oz
beet, orange, grapefruit, lemon, ginger.....	12	
PICK ME UP <small>VEGAN Df Gf</small>		20oz
carrot, orange, lemon, ginger.....	12	
REFRESH <small>VEGAN Df Gf</small>		20oz
pineapple, organic apple, cucumber, mint.....	12	
SPICY RECHARGE <small>SPICY VEGAN Df Gf</small>		20oz
beet, carrot, orange, organic apple, lemon, ginger, cayenne.....	12	
ACV SHOT <small>VEGAN Df Gf</small>		2oz
organic apple cider vinegar, lemon, ginger, honey.....	3.50	
JUICE CLEANSE (\$60 PER DAY) <small>Gf Df VEGAN</small>		
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! milk choices are housemade unsweetened almond or oat or unsweetened coconut ... more bottled drinks also available in our Meals To Go Refrigerator!

ORGANIC COFFEE <small>Gf Df VEGAN LOCAL</small>			
organic, fair trade, locally roasted.....			3.50
ORGANIC ESPRESSO <small>Gf Df VEGAN LOCAL</small>	single	double	
organic, fair trade, locally roasted.....	2.5	4	
LATTE <small>Gf Df LOCAL</small>			
organic espresso, choice of milk.....			5.50
TEA <small>Gf Df VEGAN</small>			
come check out our large selection of caffeinated or caffeine free teas!.....			3.50
COCOA PEANUT BUTTER LATTE <small>Gf Df VEGAN</small>			
organic espresso, cocoa powder, organic peanut butter, choice of milk.....			5.50
FRENCH TOAST LATTE <small>Gf Df VEGAN</small>			
organic espresso, organic maple syrup, vanilla extract, cinnamon, choice of milk.....			5.50
GOLDEN LATTE <small>Gf Df VEGAN</small>			
housemade turmeric pod (turmeric, organic coconut oil, cashews, honey, cinnamon & black pepper), choice of milk.....	5.50	7.50	+espresso
MATCHA LATTE <small>Gf Df VEGAN</small>			
housemade matcha pod (organic matcha, organic coconut oil, cashews, honey & cinnamon), choice of milk.....	5.50	7.50	+espresso
NATURE'S GATORADE <small>Gf Df VEGAN</small>			
coconut water, orange juice, organic blue spirulina, pink himalayan sea salt.....			7.50
ORGANIC VANILLA COLD BREW <small>Gf Df VEGAN</small>			
organic unsweetened cold brew with natural vanilla flavors, choice of milk.....			5.50
SALTED CARAMEL PROTEIN LATTE <small>Gf Df VEGAN</small>			
organic espresso, housemade salted caramel sauce, organic maple plant protein, choice of milk.....			7.50
SPICY LEMONADE <small>Gf Df VEGAN SPICY</small>			
water, lemon, ginger, cayenne, organic agave.....			6
VANILLA CHAI LATTE <small>Gf Df VEGAN</small>			
mushroom vanilla chai latte mix, choice of milk.....	5.50	7.50	+espresso



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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, 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 overeasy 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**

EL VIS **Gf** **Df**
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** **Df** **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** **Gf** **Df** **VEGAN**
organic romaine, organic edamame, peppers, cucumbers, shredded carrots, organic quinoa, housemade thai peanut dressing..... **11**
- CLEAN QUINOA** **Gf** **Df** **VEGAN**
organic quinoa, shredded carrots, cucumbers, sliced avocado, housemade balsamic vinaigrette..... **11**
- FARMHOUSE** **Gf** **Df** **VEGAN**
organic romaine, cucumbers, peppers, tomatoes, chickpeas, housemade balsamic vinaigrette..... **11**
- KALE CAESAR** **Gf** **Df** **VEGAN**
organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, pink 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)** **Gf** **Df** **VEGAN**
smashed potatoes, side of housemade peruvian pepper sauce..... **7**
- CHIPS & GUAC** **Gf** **Df** **VEGAN**
housemade tortilla chips, side of housemade guac..... **7**
- FRUIT BOWL** **Gf** **Df** **VEGAN**
organic strawberries, organic blueberries, banana, pineapple..... **8**
- SERAFINA'S "CHEESEY" BROCCOLI** **Gf** **Df** **VEGAN**
roasted broccoli with almond flour, nutritional yeast, himalayan sea salt, paprika..... **7**

kids menu

- BERRY SIMPLE** **Gf** **Df** **VEGAN** **9oz**
housemade almond milk, mixed berries, banana..... **7**
- OJ** **Gf** **Df** **VEGAN** **9oz**
fresh orange juice..... **7**
- BOWL NANA** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
housemade sweet potato protein waffle topped with organic peanut butter, banana & chocolate chips..... **8**
- GRILLED CHEESE** **Gf**
aged white cheddar on organic toast..... **7**
- PB&J** **Gf** **Df** **VEGAN**
organic peanut butter and housemade berry chia jelly on organic toast..... **7**
- SMASHED AVOCADO KRUST** **Gf** **Df** **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** **Gf** **Df** **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** **Gf** **Df** **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** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
shredded beets, oat flour, organic peanut butter, dates, organic agave, organic chia seeds, cocoa powder, shredded coconut..... **2.50**
- CACAO COOKIE MONSTER** **Gf** **Df** **VEGAN**
almond butter, organic coconut sugar, cocoa powder, applesauce, chocolate chips, baking soda, vanilla extract, pink himalayan sea salt..... **3**
- CARROT CAKE GONE PROTEIN MINI MUFFIN** **Gf** **Df** **VEGAN**
almond butter, organic vanilla plant protein powder, shredded carrots, honey, ground flaxseed, raisins, cinnamon, baking powder, himalayan sea salt..... **individual 1.50 dozen 12**
- CHICKPEA CACAO BAR** **Gf** **Df** **VEGAN**
chickpeas, organic peanut butter, organic agave, chocolate chips, vanilla extract, baking powder, baking soda, himalayan sea salt..... **3**
- CHOCOLATE CHIP COOKIE** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
oats, organic peanut butter, pretzels, chocolate chips, organic agave, organic chia seeds..... **3**
- NUTS & BOLTS PROTEIN BITE** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
oat flour, organic peanut butter, organic coconut sugar, housemade almond milk, applesauce, chocolate chips, baking soda, peanuts..... **individual 1.50 dozen 12**
- OATMEAL RAISIN COOKIE** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
oat flour, organic peanut butter, organic agave, chocolate chips, organic coconut oil, ground flaxseed, vanilla extract, baking powder..... **6**
- PITAYA FROSTED SUGAR COOKIE** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
chickpeas, organic peanut butter, organic vanilla plant protein, organic agave, chocolate chips, vanilla extract, himalayan sea salt..... **6**
- S'MORES COOKIE** **Gf** **Df** **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** **Gf** **Df** **VEGAN**
oat flour, organic coconut flour, organic coconut sugar, housemade almond milk, organic coconut oil, baking powder, pink himalayan sea salt **flavor mix-ins will vary**..... **4**
- SWEET POTATO BROWNIE** **Gf** **Df** **VEGAN**
sweet potato, almond butter, cocoa powder, organic maple syrup, chocolate chips..... **3**
- WILD BLUEBERRY PROTEIN COOKIE** **Gf** **Df** **VEGAN**
oats, organic vanilla plant protein, ground flaxseed, housemade almond milk, wild blueberries, cinnamon, vanilla extract..... **4**



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spring specials

WILD CHILD PROTEIN SMOOTHIE **Gf** **Df** VEGAN

housemade almond milk, organic wild blueberries, banana, pitaya, almond butter, organic vanilla plant protein, organic cacao nibs, organic flaxseed, peppermint extract..... **20oz**
13

CARROT CAKE PROTEIN SMOOTHIE **Gf** **Df** VEGAN

fresh carrot juice, ginger, organic vanilla plant protein, banana, almond butter, honey, cinnamon, vanilla extract..... **20oz**
13

ICED RED VELVET MATCHA LATTE **Gf** **Df** VEGAN

housemade oat milk, organic matcha, almond extract, cocoa powder, organic beet root powder, organic coconut sugar, vanilla extract..... **8.50**

PEACH PARADISE ICED TEA **Gf** **Df** VEGAN

peach green tea, fresh pineapple & orange juice, organic agave..... **7.50**

GREEK SALAD **Gf**

organic romaine, cucumber, pepper, tomato, chickpeas, red onion, feta cheese, housemade red wine vinaigrette..... **13** **+protein**
17

CRAZY FETA **Gf**

smashed avocado, two organic eggs, housemade chili crunch & feta cheese on choice of bagel (served open-faced)..... **13**