



*all  
ingredients  
are gluten &  
dairy free*

## smoothies

*+organic vanilla or chocolate plant protein powder (\$1) +organic peanut butter, almond butter, housemade chocolate hazelnut spread or organic sunflower seed butter (\$1) +organic hemp seeds, organic ground flaxseed, organic chia seeds (\$0.50)*

<b>BERRY SIMPLE</b> <small>VEGAN Df Gf</small>	16oz	20oz
unsweetened vanilla almond milk, organic mixed berries, banana.....	8	9
<b>CASHEW MYLK</b> <small>VEGAN Df Gf</small>	16oz	20oz
h2O, cashews, organic agave, cinnamon, ice.....	8	9
<b>CHOCOLATE PEANUT BUBBA</b> <small>VEGAN Df Gf</small>	16oz	20oz
unsweetened vanilla almond milk, organic chocolate plant protein powder, banana, organic spinach, powdered peanut butter, cocoa powder.....	9	10
<b>THE FRAPP</b> <small>VEGAN Df Gf</small>	16oz	20oz
organic local coffee, organic vanilla soy milk, banana, vegan chocolate chips.....	8	9
<b>FRESH START</b> <small>VEGAN Df Gf</small>	16oz	20oz
organic unsweetened coconut milk, banana, organic spinach, organic cucumber, organic celery, mint, lemon.....	8	9
<b>JAVA BUFF</b> <small>VEGAN Df Gf</small>	16oz	20oz
french vanilla cold brew, organic vanilla soy milk, organic chocolate plant protein powder, organic peanut butter, organic blueberries, organic spinach, organic chia seeds, organic cacao nibs.....	10	11
<b>MATCHA REFRESH-MINT</b> <small>VEGAN Df Gf</small>	16oz	20oz
unsweetened vanilla almond milk, organic matcha, organic vanilla plant protein powder, banana, peppermint extract.....	9	10
<b>MINT CHIP</b> <small>VEGAN Df Gf</small>	16oz	20oz
unsweetened coconut milk, organic vanilla plant protein powder, organic spinach, banana, organic cacao nibs, peppermint extract.....	9	10

## juices

<b>DETOX</b> <small>Gf Df VEGAN</small>	16oz	20oz
beet, orange, grapefruit, lemon, ginger.....	9	10
<b>ENERGIZE</b> <small>Gf Df VEGAN</small>	16oz	20oz
organic apple, organic celery, organic cucumber, organic kale, lemon.....	9	10
<b>PICK ME UP</b> <small>Gf Df VEGAN</small>	16oz	20oz
organic carrot, orange, lemon, ginger.....	9	10
<b>REFRESH</b> <small>Gf Df VEGAN</small>	16oz	20oz
organic apple, organic cucumber, pineapple, mint.....	9	10
<b>SPICY RECHARGE</b> <small>Gf Df VEGAN SPICY</small>	16oz	20oz
beet, organic apple, orange, organic carrot, lemon, ginger, cayenne.....	9	10
<b>ACV SHOT</b> <small>Gf Df VEGAN</small>	2oz	
organic apple cider vinegar, lemon, ginger, honey.....	3	
<b>JUICE CLEANSE (\$60 PER DAY)</b> <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 unsweetened almond, unsweetened coconut, organic vanilla soy or oat!... more bottled drinks also available in our Meals To Go Refrigerator!*

<b>COFFEE</b> <small>Gf Df VEGAN LOCAL</small>	small	large
organic, fair trade, roasted in NJ.....	3	3.50
<b>ESPRESSO</b> <small>Gf Df VEGAN LOCAL</small>	single	double
organic, fair trade, roasted in NJ.....	2	3
<b>LATTE</b> <small>Gf Df VEGAN</small>		
organic espresso, choice of milk.....		5
<b>MATCHA LATTE</b> <small>Gf Df VEGAN</small>		
housemade matcha pod (organic matcha, organic coconut oil, cashews, honey & cinnamon) blended with your choice of milk... *add organic espresso or organic coffee for an extra boost (\$2)*.....		5

<b>TURMERIC LATTE</b> <small>Gf Df VEGAN</small>	
housemade turmeric pod (turmeric, organic coconut oil, cashews, honey, cinnamon & black pepper) blended with your choice of milk... *add organic espresso or organic coffee for an extra boost (\$2)*.....	5
<b>CHARCOAL LATTE</b> <small>Gf Df VEGAN</small>	
charcoal powder, organic espresso, choice of milk.....	5
<b>FRENCH VANILLA LATTE</b> <small>Gf Df VEGAN</small>	
cold brew with natural french vanilla flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....	5
<b>COCOA MOCHA LATTE</b> <small>Gf Df VEGAN</small>	
cold brew with natural cocoa mocha flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....	5

<b>NUTELLA LATTE</b> <small>Gf Df VEGAN</small>	
housemade chocolate hazelnut spread, organic espresso, choice of milk - we suggest organic vanilla soy!.....	5
<b>COCOA PEANUT BUTTER LATTE</b> <small>Gf Df VEGAN</small>	
cocoa powder, organic peanut butter, organic espresso, choice of milk - we suggest oat!.....	5
<b>TEA</b> <small>Gf Df VEGAN</small>	
come check out our large selection of caffeinated or caffeine free teas!.....	small large 150 2
<b>KOMBUCHA ON TAP</b> <small>Gf Df VEGAN</small>	
organic, fizzy, probiotic rich, fermented tea! flavors vary. buy a glass bottle for \$1 extra!.....	3.99



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## acai, smoothie bowls & more

*+organic vanilla or chocolate plant protein powder (\$1) +organic peanut butter, almond butter, housemade chocolate hazelnut spread or organic sunflower seed butter (\$1) +organic hemp seeds, organic ground flaxseed, organic chia seeds (\$\$.50)*

### BLUE MERMAID VEGAN

organic unsweetened coconut milk, banana, pineapple and blue majik (blue green algae powder) blended and topped with housemade granola, banana and organic unsweetened shredded coconut.....10

### BOWL NANA VEGAN

unsweetened vanilla almond milk and banana blended and topped with housemade cacao cookie monster crumble and vegan chocolate chips.....9

### GREEN MACHINE VEGAN

organic unsweetened coconut milk, organic spinach, avocado and banana blended and topped with housemade granola, organic blueberries, organic hemp seeds, organic unsweetened shredded coconut and almond butter drizzle.....10

### MATCHA VEGAN

unsweetened vanilla almond milk, banana, organic matcha, organic coconut oil, cashews, honey & cinnamon blended and topped with housemade granola, banana, organic hemp seeds and organic unsweetened shredded coconut.....10

### MCC VEGAN

unsweetened vanilla almond milk, banana, organic spinach, organic vanilla plant protein powder, peppermint extract and cocoa powder blended and topped with housemade granola, banana, vegan chocolate chips and housemade chocolate hazelnut spread.....10

### THE OG VEGAN

unsweetened vanilla almond milk, organic unsweetened acai and banana blended and topped with housemade granola, banana, organic strawberries and organic unsweetened shredded coconut.....9

### PEANUT BUTTER POWERHOUSE VEGAN

unsweetened vanilla almond milk, organic unsweetened acai, banana, organic vanilla plant protein powder and cocoa powder blended and topped with housemade granola, banana, vegan chocolate chips and organic peanut butter drizzle.....10

### PITAYA VEGAN

organic unsweetened coconut milk, unsweetened pitaya and banana blended and topped with housemade granola, banana, organic strawberries and organic unsweetened shredded coconut.....10

### CARROT CAKE OVERNIGHT OATS VEGAN

overnight unsweetened coconut milk, unsweetened vanilla almond milk, gluten free oats, organic carrots, organic chia seeds, raisins, organic unsweetened shredded coconut, honey, cinnamon and nutmeg.....9

### CHIA PUDDIN' VEGAN

overnight unsweetened vanilla almond milk, gluten free oats, organic chia seeds, cinnamon and pure vanilla extract.....8

### DOUBLE DECKER VEGAN

any bowl above layered with "chia pudding".....10

## krust

*gf toast with toppings below... +organic egg (\$1)*

### CHOCOHOOLIC VEGAN

housemade chocolate hazelnut spread, organic unsweetened shredded coconut, chopped hazelnuts.....6

### HUMMUS VEGAN

housemade hummus, sliced avocado, organic tomatoes, everything seeds, extra virgin olive oil.....7

### "RICOTTA" VEGAN

housemade almond ricotta, organic blueberries, honey.....6

### R U NUTZ VEGAN

choice of organic peanut butter, almond butter or organic sunflower seed butter with sliced banana, cinnamon, organic chia seeds.....6

### SMASHED AVOCADO VEGAN

avocado, lemon juice, fresh ground black pepper, pink himalayan sea salt, organic hemp seeds.....6

## salads

*all dressings are housemade!... +grilled chicken, organic roasted tofu or housemade chickpea "tofu" (\$3.50)*

### ASIAN CHOPPED VEGAN

organic chopped romaine, organic edamame, bell peppers, organic cucumbers, organic shredded carrots, organic quinoa, thai peanut dressing.....10

### BASICKALEY VEGAN

organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, garlic powder, pink himalayan sea salt, black pepper), chopped cabbage, organic shredded carrots, shredded beets, sunflower seeds, organic brown rice, tahini dressing.....10

### CLEAN QUINOA VEGAN

organic quinoa, organic shredded carrots, organic cucumbers, sliced avocado, balsamic vinaigrette.....10

### FARMHOUSE VEGAN

organic romaine, organic cucumbers, bell peppers, organic tomatoes, chickpeas, balsamic vinaigrette.....10

### KALE CAESAR VEGAN

organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, pink himalayan sea salt, black pepper), housemade croutons, roasted chickpeas, cashew "parm", housemade caesar dressing.....10



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## sandwiches

add on your favorite vegan "cheese"! housemade options: cashew cheese, blue cheese or almond ricotta... sunflower based cream "cheese": plain, herb or pumpkin

### ALMOST ELVIS

gf bun, egg whites cooked with cinnamon and pure vanilla extract, organic peanut butter, banana.....9

### AVOCADO BLT VEGAN

housemade chickpea flatbread, smashed avocado, housemade rice paper "bacon", organic lettuce, organic tomatoes.....9

### BAGELS VEGAN

plain, everything, cinnamon cranberry, blueberry or pumpkinnickel bagel with choice of toppings: any of our vegan "cheese" options, vegan butter, smashed avocado, housemade rice paper "bacon", organic peanut butter & housemade strawberry chia jelly, housemade chocolate hazelnut spread... egg whites or organic egg (+ \$1).....8

### BBQ TOFU VEGAN

gf toast, housemade cashew "cheese", organic roasted tofu, roasted peppers, housemade BBQ sauce.....8

### BREAKFAST BUN

gf bun, smashed avocado, egg whites cooked with everything seeds, housemade rice paper "bacon".....9

### BUFFALO BACON BLUE BURGER VEGAN SPICY

gf bun, housemade buffalo chickpea burger, housemade rice paper "bacon", organic lettuce, housemade blue "cheese" dressing (contains cashews, organic tofu & blue majik).....10

### GRILLED "CHEESE" VEGAN

gf toast, housemade cashew "cheese", organic tomatoes, basil.....9

### THE HOLLYWOOD

gf toast, all natural grilled chicken, housemade cashew "cheese", roasted peppers.....9

### PB&J VEGAN

gf toast, organic natural peanut butter, housemade strawberry chia seed jelly.....6

### VEGGIE BURGER VEGAN

gf bun, housemade veggie burger, smashed avocado, organic lettuce, housemade rice paper "bacon".....10

### THE 973 SPICY

organic sprouted sourdough bread, baked chicken cutlet, housemade pesto, housemade cashew "cheese", roasted peppers, organic arugula, truff hot sauce.....14

## baked goods

even more of a selection in store! mini muffins can be combined for 12/\$9

### ALMONDS GOING BANANAS BAR VEGAN

gluten free oats, almond butter, unsweetened vanilla almond milk, organic chia seeds, organic ground flaxseed, banana, organic agave, baking powder, cinnamon, pure vanilla extract, pink himalayan sea salt.....2.50

### BACI TRUFFLE VEGAN

housemade chocolate hazelnut spread (hazelnuts, cocoa powder, organic unsweetened coconut milk, organic maple syrup, pure vanilla extract, pink himalayan sea salt), vegan chocolate chips.....2.25

### BANANA BREAD VEGAN

gluten free oat flour, banana, gluten free oats, flaxseed, unsweetened vanilla almond milk, organic maple syrup, organic coconut sugar, baking soda, baking powder, pure vanilla extract, pink himalayan sea salt \*\*will contain vegan chocolate chips or walnuts\*\*.....3

### BEET CACAO ENERGY BITE VEGAN

shredded beets, gluten free oat flour, organic peanut butter, dates, organic agave, organic chia seeds, cocoa powder, unsweetened shredded coconut.....2

### CACAO COOKIE MONSTER VEGAN

almond butter, organic coconut sugar, cocoa powder, organic unsweetened applesauce, vegan chocolate chips, baking soda, pure vanilla extract, pink himalayan sea salt.....2.50

### CARROT CAKE GONE PROTEIN MINI MUFFIN VEGAN

almond butter, organic plant protein powder, organic shredded carrots, honey, organic ground flaxseed, raisins, cinnamon, baking powder, himalayan sea salt.....1

### CHICKPEA CACAO BAR VEGAN

chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, baking powder, baking soda, pink himalayan sea salt.....2.50

### CHOCOLATE CHIP COOKIE VEGAN

gluten free oat flour, organic coconut sugar, organic coconut oil, vegan chocolate chips, organic unsweetened applesauce, pure vanilla extract, baking soda, pink himalayan sea salt.....2.50

### CHOCOLATE PEANUT BUTTER PRETZEL COOKIE VEGAN

gluten free oats, organic peanut butter, gluten free pretzels, vegan chocolate chips, organic agave, organic chia seeds.....2.50

### NUTS & BOLTS BITE VEGAN

almond butter, organic sunflower seed butter, organic plant protein powder, cocoa powder, organic chia seeds, vegan chocolate chips, pure vanilla extract.....2

### NUTS OVER CHOCOLATE MINI MUFFIN VEGAN

gluten free oat flour, organic peanut butter, organic coconut sugar, unsweetened vanilla almond milk, organic unsweetened applesauce, vegan chocolate chips, baking soda, peanuts.....1

### OATMEAL RAISIN COOKIE VEGAN

gluten free oats, gluten free oat flour, organic coconut oil, organic coconut sugar, organic maple syrup, raisins, flaxseed, pure vanilla extract, cinnamon, baking soda, baking powder.....2.50

### PEANUT BUTTER COOKIE VEGAN

organic peanut butter, gluten free oat flour, organic coconut sugar, unsweetened applesauce, baking soda, pure vanilla extract, pink himalayan sea salt.....2.50

### PEANUT BUTTER COOKIE CRISP BITES VEGAN

gluten free oat flour, organic peanut butter, organic agave, vegan chocolate chips, organic coconut oil, organic flaxseed, pure vanilla extract, baking powder.....5

### PROTEIN COOKIE VEGAN

gluten free oats, organic plant protein powder, organic flaxseed, unsweetened vanilla almond milk, cinnamon, pure vanilla extract \*\*flavor mix-ins will vary\*\*.....3

### SCONE VEGAN

gluten free oat flour, organic coconut flour, organic coconut sugar, unsweetened vanilla almond milk, organic coconut oil, baking powder, pink himalayan sea salt \*\*flavor mix-ins will vary\*\*.....3

### SPOONABLE COOKIE DOUGH VEGAN

chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, pink himalayan sea salt.....5.50

### SWEET POTATO BROWNIE VEGAN

organic sweet potato, almond butter, cocoa powder, organic maple syrup, vegan chocolate chips.....2.50





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## spring & summer specials

### HAWAIIAN POKE BOWL Gf Df VEGAN

organic brown rice, shredded beets, organic shredded carrots, pineapple, organic edamame, pickled ginger, sliced avocado, toasted sesame seeds, sriracha "mayo", organic tamari, choice of protein (chicken, organic tofu (V) or housemade chickpea "tofu" (V)).....**13.50**

### THE SANDBAR Gf Df VEGAN

unsweetened vanilla almond milk, banana, pineapple & mango blended and topped with housemade granola, kiwi, organic strawberries and organic unsweetened shredded coconut.....**10**

### BLUE LEMONADE Gf Df VEGAN

h2O, lemon, ginger, blue majik (blue green algae powder)... served over ice... add honey or organic agave for \$0.50.....**5**

### SPICY LEMONADE Gf Df VEGAN SPICY

h2O, lemon, ginger, cayenne, turmeric... served over ice... add honey or organic agave for \$0.50.....**5**

### GINGER COLADA Gf Df VEGAN

unsweetened coconut milk, banana, almond butter, pineapple, organic spinach, organic vanilla plant protein, organic chia seeds, lemon, ginger.....**12**

### ICED CHAI SUPERLATTE Gf Df VEGAN

oat milk, organic coconut milk, monk fruit, black tea, organic ginger, organic cardamom, organic nutmeg, organic black pepper, organic cinnamon, organic cloves, organic ashwagandha, organic lion's mane, organic reishi, organic probiotics... +espresso \$2 for a "Dirty Chai".....**5.50**

### PEACH PARADISE Gf Df VEGAN

peach green tea blended with juiced kiwi and pineapple drizzled with organic agave served over ice.....**5**

## loaded protein waffles with toppings below!

### BACK TO THE FUCHSIA Gf Df VEGAN

smoothie bowl- organic unsweetened coconut milk, unsweetened pitaya, banana, pineapple... toppings- housemade granola, banana, organic agave drizzle.....**12**

### COOKIES & CREAM Gf Df VEGAN

smoothie bowl- unsweetened vanilla almond milk, banana... toppings- housemade "oreos", housemade chocolate hazelnut spread.....**12**

### THE KIERA Gf Df VEGAN

smoothie bowl- unsweetened vanilla almond milk, organic unsweetened acai, banana, charcoal, organic spinach, organic vanilla plant protein, powdered peanut butter, cocoa powder... toppings- housemade granola, banana, organic peanut butter drizzle.....**12**

### MAJIKLY DELICIOUS Gf Df VEGAN

smoothie bowl- organic unsweetened coconut milk, blue majik (blue green algae powder), banana, pineapple... toppings- housemade granola, banana, organic chia seeds.....**12**

### MATCHA MADE IN HEAVEN Gf Df VEGAN

smoothie bowl- organic unsweetened coconut milk, banana, organic matcha... toppings- housemade granola, banana, organic unsweetened shredded coconut, almond butter drizzle.....**12**

### AVO CONTROL Gf Df SPICY

\*savory option\* sweet potato protein waffle topped with smashed avocado (with lemon juice, black pepper & pink himalayan sea salt), organic overeasy egg, kombucha hot sauce, everything seeds, housemade rice paper "bacon" +Mike's Hot Honey \$0.50.....**12**

### CHICKEN & WAFFLES Gf Df

\*savory option\* sweet potato protein waffle topped with smashed avocado (with lemon juice, black pepper & pink himalayan sea salt), baked chicken cutlet, housemade rice paper "bacon" & Mike's Hot Honey.....**12**