



*all  
ingredients  
are gluten &  
dairy free*

## smoothies

*+organic vanilla or chocolate plant protein powder (\$1.50) +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 Cf</small>	16oz	20oz
unsweetened vanilla almond milk, organic mixed berries, banana.....	9	10
<b>CASHEW MYLK</b> <small>VEGAN Df Cf</small>	16oz	20oz
h2O, cashews, organic agave, cinnamon, ice.....	9	10
<b>CHOCOLATE PEANUT BUBBA</b> <small>VEGAN Df Cf</small>	16oz	20oz
unsweetened vanilla almond milk, organic chocolate plant protein powder, banana, organic spinach, powdered peanut butter, cocoa powder.....	10	11
<b>THE FRAPP</b> <small>VEGAN Df Cf</small>	16oz	20oz
organic local coffee, organic vanilla soy milk, banana, vegan chocolate chips.....	9	10
<b>FRESH START</b> <small>VEGAN Df Cf</small>	16oz	20oz
organic unsweetened coconut milk, banana, organic spinach, organic cucumber, organic celery, mint, lemon.....	9	10
<b>JAVA BUFF</b> <small>VEGAN Df Cf</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.....	11	12
<b>MATCHA REFRESH-MINT</b> <small>VEGAN Df Cf</small>	16oz	20oz
unsweetened vanilla almond milk, organic matcha, organic vanilla plant protein powder, banana, peppermint extract.....	10	11
<b>MINT CHIP</b> <small>VEGAN Df Cf</small>	16oz	20oz
unsweetened coconut milk, organic vanilla plant protein powder, organic spinach, banana, organic cacao nibs, peppermint extract.....	10	11

## juices

<b>DETOX</b> <small>Cf Df VEGAN</small>	16oz	20oz
beet, orange, grapefruit, lemon, ginger.....	9	10
<b>ENERGIZE</b> <small>Cf Df VEGAN</small>	16oz	20oz
organic apple, organic celery, organic cucumber, organic kale, lemon.....	9	10
<b>PICK ME UP</b> <small>Cf Df VEGAN</small>	16oz	20oz
organic carrot, orange, lemon, ginger.....	9	10
<b>REFRESH</b> <small>Cf Df VEGAN</small>	16oz	20oz
organic apple, organic cucumber, pineapple, mint.....	9	10
<b>SPICY RECHARGE</b> <small>Cf Df VEGAN SPICY</small>	16oz	20oz
beet, organic apple, orange, organic carrot, lemon, ginger, cayenne.....	9	10
<b>ACV SHOT</b> <small>Cf Df VEGAN</small>	2oz	
organic apple cider vinegar, lemon, ginger, honey.....		3
<b>JUICE CLEANSE (\$60 PER DAY)</b> <small>Cf 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>LOCAL VEGAN Df Cf</small>	small	large
organic, fair trade, roasted in NJ.....	3	3.50
<b>ESPRESSO</b> <small>LOCAL VEGAN Df Cf</small>	single	double
organic, fair trade, roasted in NJ.....	3	4
<b>LATTE</b> <small>VEGAN Df Cf</small>		5.50
organic espresso, choice of milk.....		5.50
<b>MATCHA LATTE</b> <small>VEGAN Df Cf</small>		5.50
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)*.....		5.50

<b>TURMERIC LATTE</b> <small>VEGAN Df Cf</small>	5.50
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)*.....	5.50
<b>CHARCOAL LATTE</b> <small>VEGAN Df Cf</small>	5.50
charcoal powder, organic espresso, choice of milk.....	5.50
<b>FRENCH VANILLA LATTE</b> <small>VEGAN Df Cf</small>	5.50
cold brew with natural french vanilla flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....	5.50
<b>COCOA MOCHA LATTE</b> <small>VEGAN Df Cf</small>	5.50
cold brew with natural cocoa mocha flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....	5.50

<b>NUTELLA LATTE</b> <small>VEGAN Df Cf</small>	5.50
housemade chocolate hazelnut spread, organic espresso, choice of milk - we suggest organic vanilla soy!.....	5.50
<b>COCOA PEANUT BUTTER LATTE</b> <small>VEGAN Df Cf</small>	5.50
cocoa powder, organic peanut butter, organic espresso, choice of milk - we suggest oat!.....	5.50
<b>TEA</b> <small>VEGAN Df Cf</small>	150 2
come check out our large selection of caffeinated or caffeine free teas!.....	150 2
<b>KOMBUCHA ON TAP</b> <small>VEGAN Df Cf</small>	3.99
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 (\$1.50) +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 Df Cf

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.....11

## BOWL NANA VEGAN Df Cf

unsweetened vanilla almond milk and banana blended and topped with housemade cacao cookie monster crumble and vegan chocolate chips.....10

## GREEN MACHINE VEGAN Df Cf

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.....11

## MATCHA VEGAN Df Cf

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.....11

## MCC VEGAN Df Cf

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.....11

## THE OG VEGAN Df Cf

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

## PEANUT BUTTER POWERHOUSE VEGAN Df Cf

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.....11

## PITAYA VEGAN Df Cf

organic unsweetened coconut milk, unsweetened pitaya and banana blended and topped with housemade granola, banana, organic strawberries and organic unsweetened shredded coconut.....11

## CARROT CAKE OVERNIGHT OATS VEGAN Df Cf

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 Df Cf

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

## DOUBLE DECKER VEGAN Df Cf

any bowl above layered with "chia puddin'".....10

# krust

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

## CHOCOHOLIC Cf Df VEGAN

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

## HUMMUS Cf Df VEGAN

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

## "RICOTTA" Cf Df VEGAN

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

## R U NUTZ Cf Df VEGAN

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

## SMASHED AVOCADO Cf Df 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 Df Cf

organic chopped romaine, organic edamame, bell peppers, organic cucumbers, organic shredded carrots, organic quinoa, thai peanut dressing.....10.50

## BASICKALEY VEGAN Df Cf

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.....10.50

## CLEAN QUINOA VEGAN Df Cf

organic quinoa, organic shredded carrots, organic cucumbers, sliced avocado, balsamic vinaigrette.....10.50

## FARMHOUSE VEGAN Df Cf

organic romaine, organic cucumbers, bell peppers, organic tomatoes, chickpeas, balsamic vinaigrette.....10.50

## KALE CAESAR VEGAN Df Cf

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.....10.50



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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** (Df) (Gf)
  - gf bun, egg whites cooked with cinnamon and pure vanilla extract, organic peanut butter, banana.....10
- AVOCADO BLT** (VEGAN) (Df) (Gf)
  - housemade chickpea flatbread, smashed avocado, housemade rice paper "bacon", organic lettuce, organic tomatoes.....10
- BAGELS** (VEGAN) (Df) (Gf)
  - plain, everything, cinnamon cranberry or blueberry bagel with choice of toppings: vegan cream "cheese", vegan butter, smashed avocado, organic peanut butter & housemade strawberry chia jelly (+organic egg \$1).....8
- BBQ TOFU** (VEGAN) (Df) (Gf)
  - gf toast, housemade cashew "cheese", organic roasted tofu, roasted peppers, housemade BBQ sauce.....10
- BREAKFAST BUN** (Df) (Gf)
  - gf bun, smashed avocado, egg whites cooked with everything seeds, housemade rice paper "bacon".....10
- BUFFALO BACON BLUE BURGER** (SPICY) (VEGAN) (Df) (Gf)
  - 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) (Df) (Gf)
  - gf toast, housemade cashew "cheese", organic tomatoes, basil.....10
- THE HOLLYWOOD** (Df) (Gf)
  - gf toast, all natural grilled chicken, housemade cashew "cheese", roasted peppers.....10
- PB&J** (VEGAN) (Df) (Gf)
  - gf toast, organic natural peanut butter, housemade strawberry chia seed jelly.....6
- VEGGIE BURGER** (VEGAN) (Df) (Gf)
  - gf bun, housemade veggie burger, smashed avocado, organic lettuce.....10
- THE 973** (SPICY) (Df) (Gf)
  - 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/\$10

- ALMONDS GOING BANANAS BAR** (VEGAN) (Df) (Gf)
  - 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.....3
- BACI TRUFFLE** (VEGAN) (Df) (Gf)
  - housemade chocolate hazelnut spread (hazelnuts, cocoa powder, organic unsweetened coconut milk, organic maple syrup, pure vanilla extract, pink himalayan sea salt), vegan chocolate chips.....3
- BANANA BREAD** (VEGAN) (Df) (Gf)
  - gluten free oat flour, banana, organic 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
- BEEF CACAO ENERGY BITE** (VEGAN) (Df) (Gf)
  - shredded beets, gluten free oat flour, organic peanut butter, dates, organic agave, organic chia seeds, cocoa powder, unsweetened shredded coconut.....2.5
- CACAO COOKIE MONSTER** (VEGAN) (Df) (Gf)
  - almond butter, organic coconut sugar, cocoa powder, organic unsweetened applesauce, vegan chocolate chips, baking soda, pure vanilla extract, pink himalayan sea salt.....3
- CARROT CAKE GONE PROTEIN MINI MUFFIN** (VEGAN) (Df) (Gf)
  - 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) (Df) (Gf)
  - chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, baking powder, baking soda, pink himalayan sea salt.....3
- CHOCOLATE CHIP COOKIE** (VEGAN) (Df) (Gf)
  - 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.....3
- CHOCOLATE PEANUT BUTTER PRETZEL COOKIE** (VEGAN) (Df) (Gf)
  - gluten free oats, organic peanut butter, gluten free pretzels, vegan chocolate chips, organic agave, organic chia seeds.....3
- NUTS & BOLTS BITE** (VEGAN) (Df) (Gf)
  - almond butter, organic sunflower seed butter, organic plant protein powder, cocoa powder, organic chia seeds, vegan chocolate chips, pure vanilla extract.....2.5
- NUTS OVER CHOCOLATE MINI MUFFIN** (VEGAN) (Df) (Gf)
  - 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) (Df) (Gf)
  - 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.....3
- PEANUT BUTTER COOKIE** (VEGAN) (Df) (Gf)
  - organic peanut butter, gluten free oat flour, organic coconut sugar, unsweetened applesauce, baking soda, pure vanilla extract, pink himalayan sea salt.....3
- PEANUT BUTTER COOKIE CRISP BITES** (VEGAN) (Df) (Gf)
  - 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) (Df) (Gf)
  - 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) (Df) (Gf)
  - 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) (Df) (Gf)
  - chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, pink himalayan sea salt.....5.50
- SWEET POTATO BROWNIE** (VEGAN) (Df) (Gf)
  - organic sweet potato, almond butter, cocoa powder, organic maple syrup, vegan chocolate chips.....3





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## winter drinks

### CHAI SUPERLATTE VEGAN Df Gf

organic black decaf tea extract, organic oat milk powder, organic ginger root powder, organic cinnamon powder, organic cardamom powder, organic black pepper powder, organic ground cloves, organic nutmeg powder, organic fennel powder, organic milk thistle powder, steamed "milk" of choice (add espresso for a "dirty" chai +\$1).....5.50

### GINGERBREAD SUPERLATTE VEGAN Df Gf

organic mesquite powder, organic lucuma powder, organic molasses powder, organic ginger root powder, organic cinnamon powder, organic date powder, steamed "milk" of choice (add espresso for a "dirty" version +\$1).....5.50

### HOT BUBBA VEGAN Df Gf

steamed unsweetened vanilla almond milk, espresso, organic chocolate plant protein powder, powdered peanut butter, cocoa powder 10

### HOT CHOCOLATE VEGAN Df Gf

organic vanilla soy milk, cashews, cocoa powder (+organic agave \$0.50, +organic vanilla plant protein powder \$1) - OG, Peppermint or Mexican (cinnamon & cayenne).....5.50

### THE GRANOLA WAFFLE VEGAN Df Gf

housemade sweet potato protein waffle topped with banana, housemade granola & granola butter.....12

### PEPPERMINT "OREO" SMOOTHIE VEGAN Df Gf

unsweetened coconut milk, cocoa powder, banana, peppermint extract, housemade "oreos", organic chocolate plant protein powder.....12

## oatmeal bowls (fall & winter only)

### BERRY SPECIAL VEGAN Gf Df

organic blueberries, organic strawberries, granola butter, organic unsweetened shredded coconut.....11

### CHOCO-PB VEGAN Gf Df

organic chocolate plant protein powder, cocoa powder, vegan chocolate chips, banana, organic peanut butter drizzle.....11

### PUMPKIN VEGAN Gf Df

pumpkin puree, organic maple syrup, pumpkin spice, banana, pecans, cinnamon.....11

### TJ'S BLUE MAJIK VEGAN Gf Df

organic blue majik (blue green algae powder), organic vanilla plant protein powder, organic chia seeds, organic blueberries, almond butter drizzle.....11

### AVO CONTROL GF Gf Df

sliced avocado, organic overeasy egg, housemade rice paper "bacon", everything seeds, kombucha hot sauce (+Mike's Hot Honey \$1.00)... \*you may also sub oatmeal for a sweet potato protein waffle!\*.....12

**soup** + toasted organic sprouted sourdough or housemade croutons (\$2)

## (fall & winter only)

### MONDAY VEGAN Gf Df

sweet potato-ginger-turmeric.....7

### TUESDAY VEGAN Gf Df

curried lentil with organic sweet potatoes & organic kale.....7

### WEDNESDAY VEGAN Gf Df

veggie & bean chili.....7

### THURSDAY VEGAN Gf Df

split pea.....7

### FRIDAY VEGAN Gf Df

moroccan red lentil.....7