



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

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

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

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

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

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

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

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

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

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

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

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

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! milk choices are housemade unsweetened almond or oat or unsweetened 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 2.5 double 4**

LATTE **Gf** **Df** **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, pink 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..... **7.50**

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

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

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

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

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

oatmeal

AVO CONTROL

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

BERRY SPECIAL

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

CHOCO-PB

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

MORNING MAPLE

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

TJ'S BLUE MAJIK

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

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

BUFFALO CHICKEN BURGER

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

ELVIS

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

GOLDEN WAFFLE

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

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

LUCIANA'S BREAKFAST BAGEL

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

NATE'S CHICKEN & WAFFLES

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

POWER OMELETTE

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

PROTEIN PANCAKES

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

THE 973

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

ULTIMATE AVOCADO KRUST

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

VEGGIE BURGER

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

ZESTY BURGER

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, pink himalayan sea salt, black pepper), housemade croutons, roasted chickpeas, housemade cashew "parm", housemade caesar dressing.....11

sides

ALEXA'S PAPA A LA HUANCAYNA (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 menu

BERRY SIMPLE VEGAN

housemade almond milk, mixed berries, banana.....9oz 7

OJ VEGAN

fresh orange juice.....9oz 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, pink 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

STMORES 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, pink 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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summer specials

BONE BROTH PROTEIN FROSTY **Gf** **Df**

organic bone broth, housemade oat milk, organic chocolate plant protein, cocoa powder, banana, organic maple syrup, vanilla extract..... 20oz
15

GINGER COLADA PROTEIN SMOOTHIE **Gf** **Df** **VEGAN**

organic coconut milk, banana, almond butter, pineapple, organic spinach, organic vanilla plant protein, organic chia seeds, lemon, ginger..... 20oz
13

THE KIERA LOADED PROTEIN WAFFLE **Gf** **Df** **VEGAN**

housemade sweet potato protein waffle topped with an acai bowl (housemade almond milk, acai, banana, organic spinach, organic chocolate plant protein, powdered peanut butter, cocoa powder) and finished with housemade granola, banana, organic peanut butter..... 15

ICED COCONUT WATER AMERICANO **Gf** **Df** **VEGAN**

coconut water, organic espresso, housemade coconut creamer..... 20oz
8.50

ICED ELECTROLYTE STRAWBERRY PINA COLADA **Gf** **Df** **VEGAN**

fresh pineapple juice, coconut water, organic coconut milk, organic strawberries, lemon, honey, sea salt..... 20oz
10

ICED MATCHA LEMONADE **Gf** **Df** **VEGAN**

organic matcha, fresh lemon juice, organic agave..... 20oz
7.50

ICED SALTED MAPLE WILD BLUEBERRY LATTE **Gf** **Df** **VEGAN**

organic espresso, sea salt, housemade wild blueberry maple syrup, housemade coconut creamer..... 20oz
8.50

CRISPY RICE BOWL **Gf** **Df** **VEGAN**

organic romaine, organic shredded carrots, organic edamame, cucumbers, cabbage, shredded beets, avocado, crispy rice, housemade spicy mayo, housemade miso honey dressing..... +protein
13 17

BRUNCH BAGEL SUPREME **Gf** **Df**

housemade vegan chive cream cheese, organic egg, avocado, local microgreens, housemade rice paper "bacon", housemade spicy mayo on choice of bagel..... +smoked salmon
13 15