

BREAKFAST & SUCH

Good Morning Sunshine 8 Turkey, bacon, cheddar, cream cheese & tomato on a gourmet bagel <i>(ask about today's bagel flavors)</i>	Wild Thing 11 Tomato, cucumber, sprouts, capers, veggie cream cheese & NW wild caught salmon lox on a gourmet bagel
Baden-Baden 8 Avocado, egg, tomato, spinach, swiss & mama's chimichurri on a toasted English muffin	Sunrise Wrap 9 2 organic eggs, spinach, tomato, bacon, cheddar cheese & avocado wrapped in a whole wheat tortilla
Ham & Jam 8 Ham, havarti, marionberry jam & egg on a toasted English muffin	Farmer Beau's Wrap 9 2 organic eggs, Pioneer Ranch pork, roasted potato, onion & bell pepper wrapped in a whole wheat tortilla

SALADS

Add organic avocado 2 | grilled chicken 5 | grilled wild salmon 7

Rice Noodle Salad 11 Rice noodles, daikon slaw, pickled onion, bell peppers, sliced almonds & miso vinaigrette	Avocado Caesar 10 Romaine & kale tossed with avocado caesar dressing, crispy capers, roasted chickpeas & parmesan cheese
Seasons Salad 10 Field greens with grilled corn, snap pea, avocado, jicama, cilantro, feta & grilled lemon vinaigrette	Tomato Watermelon Salad 10 Heirloom tomato, watermelon, cashews, goat cheese, basil & white balsamic vinaigrette
Cobb Salad 13 House greens, grilled chicken, bacon, blue cheese, tomatoes, egg & avocado with herb buttermilk ranch	

SANDOS & WRAPS

*Available as a wrap in local tortilla or organic collard greens (no charge)
Substitute local gluten free wrap 2 | Served with a side of Mother's Love*

Mother Clucker 11 Chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens on toasted rosemary sourdough bread	Bohemian Wrapsody 10 Market hummus, roasted veggies, cilantro mint pesto & house greens in choice of wrap (collard or whole wheat tortilla) <i>add Chicken 2</i>
Turkey Everest 11 Roasted turkey breast, havarti, sliced tomato, cucumber, house made pickled onions, honey mustard, avocado & fresh field greens on toasted multi-grain bread	Gouda Thyme 11 Ham, apples, smoked gouda, thyme infused honey & wild arugula spinach blend, caramelized onions, stone ground mustard on toasted rosemary sourdough bread
Ahi Tuna Lettuce Cups 13.5 Grilled ahi tuna, daikon slaw, miso vinaigrette, micro greens & wasabi aioli in butter lettuce cups	Burger She Wrote 14 Ask about today's burger offering, veggie patty available upon request

SWEET BOWLS

Chai Oatmeal 9 Steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup	Lean Green Chia Pudding 8 Kale, mango, lemon, ginger, bee pollen, chia seeds & hemp milk, topped with apple, almonds & fresh berries
Sweetgrass Bowl 10 Pineapple, wheatgrass, ginger, banana, avocado, spinach & fresh orange juice topped with cashews, fresh berries & drizzled with honey	Power Bowl 10 Acai, banana, peanut butter, hemp milk & hemp protein blended, topped with housemade granola, apples & cinnamon
Sambazon Bowl 10 Acai, banana, peaches & apple cider blended, topped with granola, fresh fruit & drizzled with honey	

SAVORY BOWLS

*Served over organic brown rice blend
Add avocado or organic egg 2*

Buddha Bowl 13 Wok seared veggies & crispy tofu, finished with a spicy peanut sauce	Poke Bowl 15 Ahi tuna, cucumber, edamame, carrot, radish, cabbage & avocado with a zesty citrus ponzu sauce
Bandido Bowl 14 Heirloom beans, charred tomatillo salsa, avocado, daikon slaw & pickled onion with choice of chicken, braised pork or jackfruit	Katana Bowl 13 Chicken & assorted veggies topped with whole fruit teriyaki sauce & sesame seeds

SMOOTHIES

PERFORMANCE SMOOTHIES 7.5 / 9

Opal
Apple, Mango, Pineapple, Peach, Banana, Spinach, Kale, Ginger, Fresh Orange Juice

Immune Enhancer
Apple, Banana, Kale, Parsley, Celery, Lemon, Ginger, Honey, Bee Pollen, Coconut Water

Fat Burner
Mango, Berries, Avocado, Lime, Honey, Bee-Pollen, Turmeric, Apple Cider, Fresh Orange Juice

Chocolate Detox
Apple, Banana, Chocolate Performance Protein, Mint, Dark Chocolate, Chia, Almond Milk

Happy Hippie
Strawberry, Banana, Hemp Protein, Goji Berries, Hemp Milk

Hangover Helper
Pineapple, Strawberry, Peach, Banana, Ginger, Maca, Coconut Milk

Digestion
Pineapple, Banana, Avocado, Mint, Ginger, Cinnamon, Honey, Coconut Milk

Cashew Bliss
Cashew, Mango, Banana, Maple Syrup, Red Turmeric, Coconut Milk, Ginger

Nuttin' Honey
Cashew, Maca, Honey, Banana, Apple, Cinnamon, Greek Yogurt, Almond Milk

Superb 8.5 / 9.5
Pineapple, Strawberry, Banana, Acai, Goji Berries, Spinach, Lemon, Hemp Milk

Wheat Grass 8.5 / 9.5
Mango, Pineapple, Banana, Honey, Wheatgrass, Ginger, Fresh Orange Juice

CLASSIC SMOOTHIES 6 / 7.5

Pink Lady
Strawberry, Peach, Banana, Sorbet, Orange Juice

Rome Beauty
Apple, Strawberry, Peach, Sorbet, Honey, Coconut Milk

Tropical Fuji
Mango, Pineapple, Banana, Sorbet, Coconut, Fresh Orange Juice

Little Bear
Apple, Strawberry, Peach, Vanilla Yogurt, Honey, Fresh Orange Juice

Red Haven
Strawberry, Peach, Banana, Vanilla Yogurt, Apple Cider

PBJJ 7 / 8
Banana, Vanilla Yogurt, Peanut Butter, Peanut Butter Protein, Apple Cider

Lavender 7 / 8
Apple, Mixed Berries, Banana, Lavender, Vanilla Yogurt, Hemp Milk

JUICES

COLD PRESSED JUICE & NUT MILKS 7.5

In the Cooler Case
Made from local and organic ingredients, our cold pressed method provides fresh, raw, unpasteurized juice rich in vitamins, minerals and active enzymes. Ask about our **3-Day Cleanse!**

TONICS / ELIXIRS 4 oz 5

SHOTS 2.5 oz 3.5

Wellness
Lemon, Ginger, Cayenne

Sunshine
Lemon, Ginger, Red Turmeric, Celery, Black Pepper

Vitality
Spinach, Parsley, Kale, Lime

Wheat Grass (when available) 7.5

JUICED TO ORDER 6.5 / 8.5

Make Your Own
Step 1: Pick your base: Carrot, Cucumber, Celery, Orange
Step 2: Add some veggies: Beet, Spinach, Kale, Ginger
Step 3: Add some fruit: Apple, Lemon, Lime

Fruit & Veggie Blend
Carrot, Cucumber, Beet, Apple, Orange, Lemon

Green Goddess
Apple, Cucumber, Celery, Spinach, Lemon

Fuel
Beet, Celery, Apple, Coconut Water, Red Turmeric, Lime

Jumpstart
Carrot, Orange, Apple, Beet, Red Turmeric, Ginger

Cure served hot or cold
Apple, Celery, Lemon, Parsley, Ginger, Honey, Cinnamon
(add Cayenne .25)

COFFEE DRINKS 4 / 5

Dirty Hippie
Hemp Milk, Chai, Espresso

Morning Buzz
Almond Milk, Espresso, Maca, Cinnamon, Honey

Coconut Cardamom
Coconut Milk, Espresso, Cardamom

Chai Latte
Milk, Local Chai Tea Blend

Mocha
Milk, Espresso, Madagascar Chocolate

Americano 2.5 / 3

Latte 3 / 4

Non-Dairy Milks .50
Coconut Milk, Hemp Milk & Almond Milk