

# MOTHER'S

EASTSIDE • KITCHEN

## SMOOTHIES

### PERFORMANCE SMOOTHIES 10/13

Add: functional mushroom blend 3

#### 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, oat milk

#### HAPPY HIPPIE

strawberry, banana, hemp protein, goji berries, hemp milk

#### HANGOVER HELPER

pineapple, strawberry, peach, banana, ginger, maca, coconut milk

#### CASHEW BLISS

cashew, mango, banana, maple syrup, chai spice, turmeric, ginger, coconut milk

#### DIGESTION

pineapple, banana, avocado, mint, ginger, cinnamon, honey, coconut milk

#### NUTTIN' HONEY

cashew, maca, honey, banana, apple, dates, cinnamon, vanilla yogurt, oat milk

#### SUPERB

pineapple, strawberry, banana, açai, goji berries, spinach, lemon, hemp milk

#### WHEAT GRASS

mango, pineapple, banana, honey, wheatgrass, ginger, fresh orange juice

### CLASSIC SMOOTHIES 9/12

Add: protein powder 2

#### PINK LADY

strawberry, peach, banana, mango sorbet, fresh orange juice

#### ROME BEAUTY

apple, strawberry, peach, mango sorbet, honey, coconut milk

#### TROPICAL FUJI

mango, pineapple, banana, mango 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

banana, apple, vanilla yogurt, peanut butter, apple cider

#### LAVENDER

apple, mixed berries, banana, lavender, vanilla yogurt, hemp milk

## JUICES

### COLD PRESSED JUICE & CBD ELIXIRS

Made from local and organic ingredients, our cold pressed method provides fresh, raw, unpasteurized juice rich in vitamins, minerals and active enzymes. Check the cooler case for today's flavors and be sure to ask about our 3-Day Cleanse packages!

6 pack 58 3 day 140 Partners 270

### SHOTS 2.5OZ 5

#### WELLNESS

lemon, ginger, cayenne

#### SUNSHINE

lemon, ginger, red turmeric, celery, black pepper

#### VITALITY

spinach, parsley, kale, lime

#### WHEAT GRASS 7.5

(when available)

### JUICED TO ORDER 10/13

#### MAKE YOUR OWN

choose base: carrot, cucumber, celery, orange

add veggies: beet, spinach, kale, ginger

add fruit: apple, lemon, lime

#### BRIGHT EYES

pineapple, orange, golden beet, celery, spinach, kale, mint

#### 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 & STEAMERS 5/6

#### DIRTY HIPPIE

chai, espresso, hemp milk

#### MORNING BUZZ

cinnamon, maca, honey, espresso, oat milk

#### COCONUT CARDAMOM

cardamom, espresso, coconut milk,

#### CHAI LATTE

choice of milk & Metolius chai

#### MAMAS MATCHA

Ceremonial grade matcha, madagascar vanilla, cardamom, rose petal

#### BEET LAVENDER LATTE

fresh beet juice, lavender, cardamom, coconut milk

#### GOLDEN MILK

fresh turmeric, ginger, honey, cinnamon, black pepper, oat milk

#### MUSHROOM MOCHA

functional mushroom blend, local chocolate sauce, cinnamon, hemp milk

# MOTHER'S

## EASTSIDE • KITCHEN

## BREAKFAST & SUCH

**Tofu scramble** 3

**GOOD MORNING SUNSHINE** 14

turkey, bacon, cheddar, cream cheese & tomato on a local bagel (ask about today's bagel flavors)

**BADEN-BADEN\*** 14

avocado, egg, tomato, spinach, swiss, mama's chimichurri, toasted on seeded wheat bread

**PERFECTLY SUNNY\*** 18

2 organic sunny side eggs served over sweet potato-kale hash with caramelized onions, blistered tomatoes, avocado & cilantro-mint pesto

**AVOCADO TOAST** 12

inquire about our seasonal selection

**SUNRISE WRAP** 14

2 organic eggs, spinach, tomato, bacon, cheddar cheese & avocado in a tortilla wrap

**HAM & JAM\*** 14

ham, organic egg, havarti, & marionberry jam toasted on sourdough bread

## SWEET BOWLS

**CHAI OATMEAL** 15

steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup

**SAMBAZON BOWL** 15

açaí, banana, peaches, mango & oregon berries, topped with granola, fresh seasonal fruit, honey & chia seeds

**POWER BOWL** 15

açaí, banana, peanut butter & hemp protein, topped with housemade granola, mixed fruit, hemp hearts & honey

**SWEET GRASS BOWL** 15

wheatgrass, avocado, banana, pineapple, ginger & spinach topped with fresh fruit, honey, coconut & cashews

**\*PUP CUP** 🐾🐾 5

peanut butter, cheddar cheese, nitrate free bacon, carrot & celery

## SANDOS & WRAPS

All sandwiches are available as a wrap or on a gluten free tortilla  
Add organic avocado or bacon 3

**MOTHER CLUCKER** 16

chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens toasted on sourdough bread

**TURKEY EVEREST** 16

roasted turkey breast, havarti, sliced tomato, cucumber, pickled onions, honey mustard, avocado & house greens toasted on seeded wheat bread

**BOHEMIAN WRAPSODY** 16

market hummus, roasted veggies, house greens & vegan pesto in choice of wrap - add chicken or crispy tofu 3

**GOUDA THYME** 16

ham, apple, smoked gouda, thyme infused honey, spinach, caramelized onion & stone ground mustard toasted on sourdough bread

**MATTY'S SMASH PATTY** 16

Local beef patty, cheddar cheese, caramelized onions, lettuce, tomato & mama's mac daddy sauce on fresh brioche bun

## SALADS

Add grilled chicken or crispy tofu 6

**AVOCADO CAESAR** 16

romaine & kale tossed with vegan avocado caesar dressing, capers, seeded love & parmesan crisps

**MOM'S COBB SALAD** 18

house greens, bacon, chicken, chèvre, assortment of seasonal roasted veggies, egg & avocado with grilled lemon vinaigrette

## SAVORY BOWLS

Add organic avocado or egg 3

**BUDDHA BOWL** 20

wok seared veggies, crispy tofu & Thai peanut sauce over jasmine rice with local micro greens

**THE GREEK FREAK** 20

grilled pesto chicken, cherry tomato, cucumber, pickled red onion, snap peas, castelvetro olives, market hummus & feta cheese over jasmine rice

\* Consuming raw or undercooked eggs & seafood can increase your risk of food born illness.