

MOTHER'S

WESTSIDE • KITCHEN

SMOOTHIES

PERFORMANCE SMOOTHIES 10/13

Add functional mushrooms 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

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. Check the cooler case for today's flavors and be sure to ask about our 3-Day Cleanse packages!

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

hemp milk, chai, espresso

MORNING BUZZ

oat milk, espresso, maca, cinnamon, honey

COCONUT CARDAMOM

coconut milk, espresso, cardamom

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

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BREAKFAST & SUCH

Sub 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 whole wheat tortilla

WILD THING * 16

wild caught coho salmon lox, veggie cream cheese, tomato, cucumber, pickled onion, capers & local micro greens on a gourmet bagel

SANDOS & WRAPS

All sandwiches available as wraps on a regular or gluten free tortilla
Add organic avocado or bacon 3

WE GOT THE BEET 16

roasted beet, caramelized onion, pickled fennel, brussel sprout & apple slaw with a maple walnut aioli & chèvre toasted on seeded wheat bread

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, 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 your choice of wrap - add chicken 3

SALADS

Add grilled chicken or crispy tofu 6

HARVEST CHOP 17

delicata squash, roasted beet, apple, brussel sprouts, caramelized onion, toasted farro & kale with a cider-mustard vinaigrette, pomegranate seeds & spiced walnuts

MOM'S COBB SALAD 18

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

AVOCADO CAESAR 16

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

SWEET BOWLS

CHAI OATMEAL 15

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

SAMBAZON BOWL 15

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

POWER BOWL 15

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

SWEETGRASS BOWL 15

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

SAVORY BOWLS

Add organic avocado or egg 3

THE GREEK FREAK 20

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

BUDDHA BOWL 20

wok seared veggies, crispy tofu & Thai peanut sauce over rice with local microgreens

GRAINS & GREENS * 20

ancient grains, kale, spinach, arugula, caramelized onion & gourmet mushrooms topped with a turmeric tahini sauce, organic egg & pepitas

RENEE'S ROASTED CHICKEN 20

mustard-herb crusted chicken over creamy polenta with seasonal roasted veggies, pickled fennel, grilled lemon vinaigrette, chèvre & pomegranate seeds

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