

SMOOTHIES

PERFORMANCE SMOOTHIES 8/9.5

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

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, almond 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 7/8

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, peanut butter protein, apple cider

LAVENDER

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

JUICES

COLD PRESSED JUICE & NUT MILKS & 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 4

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 7/9

MAKE YOUR OWN

choose base: carrot, cucumber, celery, orange

add veggies: beet, spinach, kale, ginger

add 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 5/6

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 3/4

LATTE 4/5

NON-DAIRY MILKS .50

coconut milk, hemp milk & almond milk

FLAVORS .50

MOTHER'S



DOWNTOWN • KITCHEN

BREAKFAST & SUCH

GOOD MORNING SUNSHINE 9

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

BADEN-BADEN 9

avocado, egg, tomato, spinach, swiss, mama's chimichurri, toasted on multi-grain bread

PERFECTLY SUNNY 13

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

TACOS DESAYUNO 10

organic egg, housemade chorizo, pico de gallo, cilantro, chipotle aioli & cotija cheese - 3 tacos

WILD THING 11

tomato, cucumber, sprouts, capers, veggie cream cheese & nw wild caught salmon lox on a plain bagel

SUNRISE WRAP 9

2 organic eggs, spinach, tomato, bacon, cheddar cheese, avocado, whole wheat spinach tortilla

FARMER BEAU'S WRAP 9

2 organic eggs, braised pork, sweet potato, red onion, bell pepper, pico de gallo, whole wheat spinach tortilla

SANDOS & WRAPS

All sandwiches available as wraps on whole wheat spinach tortilla, gluten free tortilla, or collard greens at no additional charge

MOTHER CLUCKER 12

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

TURKEY EVEREST 12

roasted turkey breast, havarti, sliced tomato, cucumber, pickled onions, honey mustard, avocado & house greens toasted on multi-grain bread

BOHEMIAN WRAPSODY 10

market hummus, roasted veggies, house greens & pesto in choice of wrap - add chicken 2

MAMA'S CUBAN 12

braised pork, ham, swiss, caramelized onions, housemade pickles & dijon on a hoagie roll

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

SALADS

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

AVOCADO CAESAR 10

romaine & kale tossed with vegan avocado caesar dressing, capers, croutons & parmesan cheese

MOM'S COBB SALAD 13

house greens, bacon, goat cheese, tomatoes, assortment of seasonal veggies, egg & avocado with grilled lemon vinaigrette

ASIAN CHICKEN SALAD 12

grilled chicken, spinach, crispy noodles, daikon slaw, pickled onion, bell peppers, sliced almonds & miso vinaigrette

SWEET BOWLS

CHAI OATMEAL 9

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

DRAGON FRUIT CHIA 11

vanilla bean chia pudding with dragon fruit, banana, peach smoothie topped with fresh bananas, coconut & almonds

POWER BOWL 11

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

SAMBAZON BOWL 11

açai, banana, peaches, mango & oregon berries, topped with, pepitas, fresh seasonal fruit & honey, chia seeds

BLUE MAJIK 11

mango, pineapple, coconut, dates, spinach, blue spirulina topped w/ blueberries, banana, chia, hemp hearts & coconut

SAVORY BOWLS

Add avocado or organic egg 2

BUDDHA BOWL 14

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

POKE BOWL 14

ahi tuna, sweet sesame soy glaze, papaya, mango, jicama, scallion, pickled cucumber, over rice

RENEE'S ROASTED CHICKEN BOWL 14

creamy polenta, spinach, whole grain mustard crusted chicken, goat cheese, grilled lemon vinaigrette