

# 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

# MONTE'S



# EASTSIDE • KITCHEN

ADD CBD TO ANY MENU ITEM | 25mg - 3 50mg - 5 75mg - 7

## BREAKFAST & SUCH

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### 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

### 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

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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

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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

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### CHAI OATMEAL 9

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

### 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 with blueberries, banana, chia, hemp hearts & coconut

## SAVORY BOWLS

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Add avocado or organic egg 2

### BUDDHA BOWL 14

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

### BANDITO BOWL 14

choice of braised pork, chicken or jack fruit with black beans, slaw, pico do gallo, served over rice

### KATANA BOWL 14

chicken, assorted veggies, whole fruit, scallions, teryaki sauce & sesame seed, served over rice