

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

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

MOTHER'S
DOWNTOWN • KITCHEN

BREAKFAST & SUCH

GOOD MORNING SUNSHINE 9

turkey, bacon, cheddar, cream cheese & tomato on a 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 & queso blanco - 3 tacos

THE DUDE 10

2 organic eggs, pastrami, sweet potato, red onion, bell pepper, mac daddy sauce in a whole wheat tortilla

SUNRISE WRAP 9

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

SANDOS & WRAPS

All sandwiches available as wraps on whole wheat 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 & vegan pesto in choice of wrap - add chicken 2

PASTRAMI MOMMI 12

shaved pastrami, swiss, caramelized onion, pickled red cabbage & mac daddy sauce toasted on rosemary sourdough

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

SALADS

Add organic avocado 2 | grilled chicken 5

AVOCADO CAESAR 11

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

MOM'S COBB SALAD 14

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

BERRY BLISS 12

organic house greens, fresh NW berries, apple, roasted beet, almonds & chevre with wild berry vinaigrette

SANTORINI CHOPPED SALAD 12

kale & romaine, quinoa, cherry tomato, green beans, cucumber, radish, pickled onion, kalamata olives & feta cheese with red wine vinaigrette

SWEET BOWLS

CHAI OATMEAL 9

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

SAMBAZON BOWL 12

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

FOR THE BIRDS 12

fruit of the season, banana, chai spices, maple & cinnamon topped with quinoa granola & house made almond butter

POWER BOWL 12

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

SAVORY BOWLS

Add avocado or organic egg 2

BONSAI BOWL 15

sesame seared tuna, chilled soba noodles, edamame, radish, pickled cabbage, avocado, scallion & lime

SEOUL BOWL 15

beef bolgogi, vegan kimchi, cucumber, edamame, organic egg, gochujang sauce & sesame seeds over rice

ITHACA BOWL 14

pesto chicken, garbanzo, cucumber, green beans, kalamata olives, cherry tomato, market hummus & feta cheese over rice

RENEE'S ROASTED CHICKEN 15

whole grain mustard crusted chicken, toasted quinoa, seasonal veggies, spinach & chevre with grilled lemon vinaigrette

BUDDHA BOWL 14

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