

MOTHER'S

EASTSIDE • KITCHEN

SMOOTHIES

PERFORMANCE SMOOTHIES 8/10

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 7/8.5

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

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

BREAKFAST & SUCH

Sub tofu scramble | 2

GOOD MORNING SUNSHINE 10

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

BADEN-BADEN* 10

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

PERFECTLY SUNNY* 14

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

AVOCADO TOAST 8

inquire about our seasonal selection

SUNRISE WRAP 11

organic eggs, spinach, tomato, bacon, cheddar & avocado, 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 13

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

TURKEY EVEREST 13

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

BOHEMIAN WRAPSODY 11

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

WHAT'S YOUR BEEF? 13

roast beef, beet horseradish kraut, caramelized onions, spinach & blue cheese vinaigrette toasted on sourdough bread

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

JUICES

COLD PRESSED JUICE & NUT MILKS & 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 50 3 day 125 Partners 240

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 8/10

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

MOTHER'S STEAMERS 5/6

BEEF LAVENDER LATTE

fresh beet juice, lavender, cardamon, coconut milk

GOLDEN MILK

fresh turmeric, ginger, honey, cinnamon, black pepper

MUSHROOM MOCHA

spiced superfood mushroom blend & hemp milk

SALADS

Add organic avocado 2 | grilled chicken 5

AVOCADO CAESAR 12

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

MOM'S COBB SALAD 14

house greens, bacon, chicken, blue cheese, assortment of seasonal veggies, egg & avocado with blue cheese vinaigrette

NEPTUNE'S NICOISE 14

herb marinated tuna salad, house greens, sweet potato, asparagus, corn, radish, chick peas & beet pickled egg with mama's chimichurri

SWEET BOWLS

CHAI OATMEAL 10

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

SAMBAZON BOWL 12

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

POWER BOWL 12

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

SAVORY BOWLS

Add avocado or organic egg 2

BUDDHA BOWL 15

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

SEAUL BOWL* 15

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

ITHACA BOWL 15

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