

MOTHER'S

WESTSIDE • KITCHEN

SMOOTHIES

PERFORMANCE SMOOTHIES 8/10

spike your smoothie 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, 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 7/8.5

spike your smoothie 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

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 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

oat milk, espresso, maca, cinnamon, honey

COCONUT CARDAMOM

coconut milk, espresso, cardamom

CHAI LATTE

milk, local chai tea blend

MOTHER'S STEAMERS 5/6

BEET LAVENDER LATTE

fresh beet juice, lavender, cardamom, coconut milk

GOLDEN MILK

fresh turmeric, ginger, honey, cinnamon, black pepper

MUSHROOM MOCHA

spiced superfood mushroom blend, honey & hemp milk

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BREAKFAST & SUCH

Sub tofu scramble 2

GOOD MORNING SUNSHINE 12

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

BADEN-BADEN* 12

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

PERFECTLY SUNNY* 15

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

AVOCADO TOAST 10

inquire about our seasonal selection

SUNRISE WRAP 12

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

HAM & JAM 12

ham, organic egg, havarti, & marionberry jam toasted on rosemary sourdough bread

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 12

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

LIL' TUNA 13

herbed tuna salad, cheddar, tomato, cucumber, house veggie chips, mamas chimichurri & house greens in choice of wrap

GOUDA THYME 13

ham, apple, smoked gouda, thyme infused honey, arugula, caramelized onion & stone ground mustard toasted on rosemary sourdough bread

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

SALADS

Add organic avocado 2 | grilled chicken 5

AVOCADO CAESAR 13

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

MOM'S COBB SALAD 16

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

TANDOORI TICKET TO RIDE 14

roasted brussel sprouts, squash & cauliflower with butter beans, pickled carrot, kale, dried fig, spiced walnuts & tandoori vinaigrette

SWEET BOWLS

CHAI OATMEAL 11

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

SAMBAZON BOWL 13

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

POWER BOWL 13

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

SWEETGRASS BOWL 13

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

SAVORY BOWLS

Add avocado or organic egg 2

RENEE'S ROASTED CHICKEN 16

creamy polenta, roasted brussel sprouts, squash, & cauliflower with spinach, pickled carrot, chevre & grilled lemon vinaigrette

GRAINS & GREENS* 15

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

BUDDHA BOWL 15

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

EYE OF THE THAI-GER 16

house panang curry broth, wild caught shrimp, mixed veggies & sweet potato over rice with fresh herbs