

BREAKFAST & SUCH

Good Morning Sunshine 8 Turkey, bacon, cheddar, cream cheese & tomato on a gourmet bagel <i>(ask about today's bagel flavors)</i>	Wild Thing 11 Tomato, cucumber, sprouts, capers, veggie cream cheese & NW wild caught salmon lox on a gourmet bagel
Baden-Baden 8 Avocado, egg, tomato, spinach, swiss & mama's chimichurri on a toasted English muffin	Sunrise Wrap 9 2 organic eggs, spinach, tomato, bacon, cheddar cheese & avocado wrapped in a whole wheat tortilla
Ham & Jam 8 Ham, havarti, marionberry jam & egg on a toasted English muffin	Glorious Garden Wrap 9 2 organic eggs, seasonal roasted veggies, provolone & romesco sauce wrapped in a whole wheat tortilla

SALADS

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

Mama's Chop Chop 12 Romain & kale mix, pickled onions, cucumbers, tomatoes, bell peppers, fresh herbs, chickpeas, salami & aged provolone with red wine vinaigrette	Avocado Caesar 10 Romaine & kale tossed with creamy avocado caesar dressing topped with crispy capers, roasted chickpeas & parmesan cheese
Cobb Salad 12 House greens, grilled chicken, bacon, blue cheese, tomatoes, egg & avocado with herb buttermilk ranch	Great Grains Salad 10 House greens, farro, apple, jicama, cranberry, feta & pistachios with housemade citrus vinaigrette

SANDOS & WRAPS

*Available as a wrap in local tortilla or organic collard greens (no charge)
Substitute local gluten free bread 2 | Served with a side of Mother's Love*

Mother Clucker 10 Chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens on toasted rosemary sourdough bread	Bohemian Wrapsody 9 Curried coconut hummus, roasted veggies, cilantro mint pesto & house greens in choice of wrap (collard or whole wheat tortilla) <i>add Chicken 2</i>
Turkey Everest 10 Roasted turkey breast, havarti, sliced tomato, cucumber, house made pickled onions, honey mustard, avocado & fresh field greens on toasted multi-grain bread	Gouda Thyme 9.5 Ham, apples, smoked gouda, thyme infused honey & wild arugula spinach blend, caramelized onions, stone ground mustard on toasted rosemary sourdough bread
Ahi Tuna Sliders 13.5 Grilled ahi tuna, diakon slaw, miso vinaigrette, micro greens & wasabi aioli	Burger She Wrote 12.5 Ask about today's burger offering

SWEET BOWLS

Chai Oatmeal 8 Steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup	Lean Green Chia Pudding 8 Kale, mango, lemon, ginger, bee pollen, chia seeds & hemp milk, topped with apple, almonds & fresh berries
Sweetgrass Bowl 10 Pineapple, wheatgrass, ginger, banana, avocado, spinach & fresh orange juice topped with cashews, fresh berries & drizzled with honey	Power Bowl 10 Acai, banana, peanut butter, hemp milk & hemp protein blended, topped with housemade granola, apples & cinnamon
Sambazon Bowl 9 Acai, banana, peaches & apple cider blended, topped with granola, fresh fruit & drizzled with honey	

SAVORY BOWLS

*Served over organic brown rice blend
Add avocado or organic egg 2*

Buddha Bowl 12 Wok seared veggies & crispy tofu, finished with a spicy peanut sauce	Poke Bowl 14 Ahi tuna, cucumber, edamame, carrot, radish, cabbage & avocado with a zesty citrus ponzu sauce
Bandido Bowl 13 Heirloom beans, charred tomatillo salsa, avocado, daikon slaw & pickled onion with choice of chicken, steak or jackfruit	Katana Bowl 11 Chicken & assorted veggies topped with whole fruit teriyaki sauce & sesame seeds

SMOOTHIES

PERFORMANCE SMOOTHIES 7.5 / 9

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

Digestion

Pineapple, Banana, Avocado, Mint, Ginger, Cinnamon, Honey, Coconut Milk

Cashew Bliss

Cashew, Mango, Banana, Maple Syrup, Red Turmeric, Ginger, Chai Spice, Coconut Milk

Nuttin' Honey

Cashew, Maca, Honey, Banana, Apple, Cinnamon, Vanilla Yogurt, Almond Milk

Superb 8.5 / 9.5

Pineapple, Strawberry, Banana, Acai, Goji Berries, Spinach, Lemon, Hemp Milk

Wheat Grass 8.5 / 9.5

Mango, Pineapple, Banana, Honey, Wheatgrass, Ginger, Fresh Orange Juice

CLASSIC SMOOTHIES 6 / 7.5

Pink Lady

Strawberry, Peach, Banana, Sorbet, Orange Juice

Rome Beauty

Apple, Strawberry, Peach, Sorbet, Honey, Coconut Milk

Tropical Fuji

Mango, Pineapple, Banana, 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 7 / 8

Banana, Vanilla Yogurt, Peanut Butter, Peanut Butter Protein, Apple Cider

Lavender 7 / 8

Apple, Mixed Berries, Banana, Vanilla Yogurt, Lavender, Hemp Milk

JUICES

COLD PRESSED JUICE & NUT MILKS 7.5

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!**

SHOTS 2.5 oz 3.5

Wellness

Lemon, Ginger, Cayenne

Sunshine

Lemon, Ginger, Red Turmeric, Celery, Black Pepper

Vitality

Spinach, Parsley, Kale, Lime

Wheat Grass (when available) 5

JUICED TO ORDER 6.5 / 8.5

Make Your Own

Step 1: Pick your base: Carrot, Cucumber, Celery, Orange

Step 2: Add some veggies: Beet, Spinach, Kale, Ginger

Step 3: Add some 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 4 / 5

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 2.5 / 3

Latte 3 / 4

Non-Dairy Milks .50

Coconut Milk, Hemp Milk & Almond Milk