

EGGS & THINGS

Shakshuka	12	Perfectly Poached	12
2 organic eggs baked in a spicy tomato broth with wilted greens, feta cheese & house made flat bread		2 organic poached eggs served over sweet potato–kale hash with caramelized onions, roasted tomatoes, avocado & pesto	
Sunshine Scramble	12	Market Quiche	11
3 organic eggs, spinach, tomatoes, bacon & cheese topped with avocado, served with fruit		Served with a simple green salad. Ask your server for today's selection	

BREAKFAST BREADS

The Knosh	12 / 18	Wall St. Waffles	10
Bagel & lox platter for one or two—choice of bagel and schmear with northwest wild caught salmon served with bib lettuce, beet pickled egg, cucumber, tomato, red onion & capers		Sweet cinnamon sugar waffle with fresh fruit, maple syrup & coconut whipped cream	
D.T. Kakes	9	<i>or</i>	
Lemon chia seed pancakes with Oregon berry preserves & coconut whipped cream		Savory sourdough waffle with bacon, sweet potatoes, spring onions & cheddar topped with sour cream	

SALADS

Cobb Salad	12
House greens, roasted chicken, bacon, blue cheese, tomatoes, egg & avocado with herb buttermilk ranch	
Avocado Caesar	10
Romaine & kale tossed with creamy avocado caesar dressing topped with crispy capers, roasted chickpeas & parmesan cheese	

Add grilled chicken 5 | grilled wild salmon 7

SANDOS

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	10
Ham, apples, smoked gouda, thyme infused honey & wild arugula spinach blend, caramelized onions, stone ground mustard on toasted rosemary sourdough bread	

All sandwiches are available as wraps in local tortilla or organic collard greens (no charge). Local gluten free bread 2

BRUNCH COCKTAILS

Mother's Mary	10	Whiskey River	9
Crater lake vodka, cold pressed mary mix, fresh horseradish root, himalayan salt rim, house pickled veggies & lime		Pendleton whiskey, bitters, honey, apple, ginger beer, grilled orange	
Mom's Mosa	8	Black rose	9
Prosecco, choice of fresh orange or grapefruit juice		Crater lake vodka, blackberries, pomegranate, rosemary, kombucha, lime wedge	
Madre's Margarita	9	Gin & Juice	8
Cazadores tequila, cold pressed pineapple, orange, jalapeño, cilantro, lime, himalayan salt rim		Aria gin, fresh pressed grapefruit, ginger, pomegranate, soda, Thai basil	

SWEET BOWLS

Chai Oatmeal	8
Steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup	
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 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

Huevos Bandido Bowl	12
Heirloom beans, charred tomatillo salsa, avocado, daikon slaw, pickled onion & organic egg topped with crispy tortilla strips	
Buddha Bowl	12
Seared tofu, assorted seasonal roasted veggies, brown rice & finished with a spicy peanut sauce	
Poke Bowl	14
Ahi tuna, cucumber, edamame, carrot, radish, cabbage & avocado with a zesty citrus ponzu sauce	
Grilled Salmon Bowl	17
Wild caught salmon, assorted seasonal roasted veggies & brown rice tossed with coconut pesto	

SIDES

Nitrate free bacon	4
House made turkey sausage	4
Organic Egg	2
Roasted fingerling potatoes	4
Organic Avocado	2
Sourdough Toast	2
Local Gluten Free Toast	3

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, Coconut Milk, Ginger

Nuttin' Honey
Cashew, Maca, Honey, Banana, Apple, Cinnamon, Greek 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, Lavender, Vanilla Yogurt, 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. Ask about our **3-Day Cleanse!**

TONICS / ELIXIRS 4 oz 5

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) 7.5

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