

## EGGS & THINGS

*Add za'tar spiced house potatoes 2*

<b>Scrambolini</b> 10	<b>Sunshine Scramble</b> 11
3 organic eggs, assorted veggies, fresh basil & feta topped with romesco, served with fruit & crostini	3 organic eggs, spinach, tomatoes, bacon & cheese topped with avocado, served with fruit & crostini
<b>Perfectly Poached</b> 12	<b>Frittata</b> 11
2 organic poached eggs served over sweet potato-kale hash with caramelized onions, roasted tomatoes, avocado & drizzled with cilantro-mint pesto	3 organic eggs, ham, provolone, zucchini, bell pepper, roasted mushroom, red onion

## BREAKFAST SANDOS

*Sub local gluten free bread 2*

<b>Good Morning Sunshine</b> 8	<b>Wild Thing</b> 11
Turkey, bacon, cheddar, cream cheese & tomato on a gourmet bagel <i>(ask about today's bagel flavors)</i>	Tomato, cucumber, sprouts, capers, veggie cream cheese & wild caught salmon lox, on a gourmet bagel
<b>Baden-Baden</b> 8	<b>Ham &amp; Jam</b> 8
Avocado, egg, tomato, spinach, Swiss & mama's chimichurri on a toasted English muffin	Ham, havarti, marionberry jam & egg on a toasted English muffin

## SALADS

*Add organic avocado 2  
Add free range chicken 3*

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

## SANDOS & WRAPS

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

<b>Mother Clucker</b> 9	<b>Bohemian Wapsody</b> 9	<b>Grilled Cheese Please</b> 7.5
Chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens on fresh rosemary sourdough bread	Curried coconut hummus, roasted veggies, cilantro mint pesto & house greens in choice of wrap (collard or whole wheat tortilla) <i>add Chicken 2</i>	Havarti, Swiss, smoked gouda, cheddar, tomato & romesco sauce on rosemary sourdough bread toasted to ooey gooey perfection
<b>Turkey Everest</b> 9	<b>Gouda Thyme</b> 9	<b>Moroccan Chicken Wrap</b> 9.5
Roasted turkey breast, havarti, sliced tomato, cucumber, house made pickled onions, honey mustard, avocado & fresh field greens on toasted multi-grain bread	Ham, apples, smoked gouda, thyme infused honey & wild arugula spinach blend, caramelized onions, stone ground mustard on toasted rosemary sourdough bread	Curried chicken salad with cashews, golden raisins, red grapes, celery, greens & cilantro-mint pesto in choice of wrap (collard or whole wheat tortilla)

## SWEET BOWLS

<b>Chai Oatmeal</b> 8
Steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup
<b>Sweetgrass Bowl</b> 10
Pineapple, wheatgrass, ginger, banana, avocado, spinach & fresh orange juice topped with cashews, fresh berries & drizzled with honey
<b>Power Bowl</b> 10
Acai, banana, peanut butter, hemp milk & hemp protein blended, topped with granola apples & cinnamon
<b>Sambazon Bowl</b> 9
Acai, banana, peaches & apple cider blended, topped with granola, fresh fruit & drizzled with honey

## SAVORY BOWLS

*Add free range chicken 3  
Add avocado or organic egg 2*

<b>Buddha Bowl</b> 12
Seared tofu, assorted seasonal veggies, brown rice & finished with a spicy peanut sauce
<b>Chicken Catalonia</b> 12
Roasted red & sweet potatoes, roasted chicken, caramelized onions, peppers, roasted mushrooms, wilted greens & romesco sauce
<b>Bohemian Bowl</b> 10
Assorted seasonal roasted veggies, brown rice, tossed with fresh spinach & arugula, drizzled with herb pesto
<b>Katana Bowl</b> 11
Roasted chicken, assorted seasonal roasted veggies, brown rice with whole fruit teriyaki sauce

## SMOOTHIES

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### 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

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### 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