

BREAKFAST

SANDOS

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

BOWLS

Sweetgrass Bowl	10
Pineapple, wheatgrass, ginger, banana, avocado, spinach & fresh orange juice topped with cashews, fresh berries & drizzled with honey	
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	
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	

KIDDOS

Served with choice of local cider, milk or juice box

Kids Bagel	6
Plain bagel with choice of plain or strawberry-vanilla cream cheese	
McKiddo Muffin	6
Organic egg, ham & cheddar on an English muffin with side of fresh fruit & veggies	
Honey Parfait	6
Organic honey yogurt, house made granola, fresh berries, banana & drizzled with honey	
Rock & Roller	6
Peanut butter, banana & honey rolled up tight in a tortilla with side of fresh fruit & veggies	
Bitty Bites	6
Chicken, cheese, fruit & veggies served diced & ready for little fingers	
Simple Sando	6
Turkey or ham & cheddar cheese, PB&J, or grilled cheese sammy on multi-grain bread with side of fresh fruit & veggies	

LUNCH

SALADS

		<i>Add organic avocado 2</i>
		<i>Add free range chicken 3</i>
Mama's Chop Chop	12	
Romain & kale mix, pickled onions, cucumbers, tomatoes, bell peppers, fresh herbs, chickpeas, salami & aged provolone with red wine vinaigrette		
Cobb Salad	12	
House greens, roasted chicken, bacon, blue cheese, tomatoes, egg & avocado with herb buttermilk ranch		
Great Grains Salad	10	
House greens, farro, apple, jicama, cranberry, feta & pistachios with citrus vinaigrette		
Avocado Caesar	10	
Romaine & kale tossed with creamy avocado caesar dressing topped with crispy capers, roasted chickpeas & parmesan cheese		

SANDOS & WRAPS

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

Mother Clucker	9
Chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens on fresh rosemary sourdough bread	
Turkey Everest	9
Turkey, havarti, tomato, cucumber, pickled onions, honey mustard, avocado & house greens on multi-grain bread	
Gouda Thyme	9
Ham, apples, smoked gouda, thyme infused honey & wild arugula spinach blend, caramelized onions, stone ground mustard 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>	
Grilled Cheese Please	7.5
Havarti, Swiss, smoked gouda, cheddar, tomato & romesco sauce on rosemary sourdough bread toasted to ooey gooey perfection	
Moroccan Chicken Wrap	9.5
Curried chicken salad with cashews, golden raisins, red grapes, celery, greens & cilantro-mint pesto in choice of wrap (collard or whole wheat tortilla)	
Mama's BLTA	9.5
Bacon, tomato, arugula-spinach blend with avocado & mama's herbed aioli, made with love on multi-grain bread	

**CHECK THE BLACKBOARD FOR
TODAY'S HOUSE MADE SPECIALS!**

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. 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