



ADD ONS

NUT BUTTERS \$1.75

almond, peanut, cashew

VEGAN PROTEIN \$3

TOPPINGS \$0.75

GRANOLA \$1

FRUIT \$2

SMOOTHIES ONLY

SUPER GREENS \$3

BLUE MAJIK \$3

BOWLS

All bowls are topped with our house made, gluten free granola.

Indulge \$10.95

acai base, strawberry, banana, chocolate (vg,gf)*

Brainiac \$10.95

acai base, blueberry, banana, raisins, pumpkin seeds, chia (vg, df, gf)

Tropicale \$10.95

acai base, mango, pineapple, banana, coconut,almond (vg, df, gf)

Power Bowl \$12.95

acai + protein base (chocolate or vanilla), banana, nut butter, hemp hearts, walnuts (vg, df, gf)

Pitaya \$12.95

dragonfruit base, kiwi, mango, banana, almonds, coconut (vg, df, gf)

LOVE Bowl \$12.95

acai base, banana, pumpkin seeds, walnuts, almonds, maca, chia, hemp hearts, bee pollen, your choice of nut butter (vg, df, gf)

SMOOTHIES \$8

Blended with almond milk, unless otherwise noted

can be sweetened with honey or agave

On Holiday

mango, pineapple, orange, coconut water (vg, gf, df)

The Cin-ner

banana, chocolate, cinnamon, nut butter (vg,gf)*

Pink Dragon

pitaya, mango, pineapple, orange, strawberry, banana (vg, df, gf)

Violet Wave

açaí, strawberry, banana (vg, df, gf)

Nanaberry

strawberry, banana, kiwi (vg, df, gf)

Purple Reign

blueberry, banana, ginger, flax (vg, df, gf)

GREEN SMOOTHIES \$10

Blended with Coconut Water. (vg, df, gf)

Greenberry

kale, spinach, berries, banana, lemon, nut butter, cinnamon

Mango Tropical

spinach, kale, mango, banana, ginger, lemon, mint

Good Karma Greens

spinach, kale, orange, pineapple, banana, chia, flax

High Octane

spinach, açai, mango, pineapple, banana, strawberry, chia, flax, cinnamon, nut butter

Mega Detox

spinach, romaine, celery, cucumber, parsley, green apple, pineapple, turmeric, ginger, chia, cayenne, lemon

V=VEGETARIAN
VG = VEGAN
VG* = CAN BE MADE VEGAN
DF = DAIRY FREE
GF = GLUTEN FREE

PLEASE INFORM US OF ANY
ALLERGIES OR DIETARY
RESTRICATIONS.

SALADS

Avocado Mint \$12.95

avocado, garbanzos, feta, olives, cucumber, tomato, carrots, almonds, house dressing (v, vg*, gf)

Cobb \$14.95

grilled chicken, avocado, bacon, eggs, tomato, feta, cranberries, house dressing (gf)

Tequila Lime Chicken \$12.95

grilled chicken, black beans, corn, roasted red pepper, avocado, pico de gallo, cilantro lime dressing (gf, df)

Chicken Salad on Greens \$12.95

cranberry chicken salad, cucumbers, carrots, tomato, sprouts, sunflower seeds, house dressing (gf, df)

The K.S.S. ✨ \$14.95

greens, brussels, squash, roasted pepper, quinoa, lentils, beets, cucumber, carrot, tomato, feta, avocado, cranberries, hemp hearts, walnuts, house dressing
a little bit of everything...but the kitchen sink!
(v, vg*, gf)

SANDWICHES

Served with your choice Daily Side

GF Bread/Wrap Available \$2

Naanwich \$10.95 / \$13.95

avocado, chicken, or both, hummus, roasted pepper, cucumber, tomato, olives, feta, spinach, naan bread

Cranberry Chicken Salad \$10.95

house-made cranberry chicken salad with tomato and greens; whole wheat or wrap

Turkey Club Wrap \$10.95

turkey, avocado, bacon, tomato, greens, honey dijon

Pressed Caprese \$10.95

fresh mozzarella, tomato, basil, spinach, honey balsamic, ciabatta bread (v)

Avocado Pita \$10.95

avocado, spinach, cucumber, tomato, carrots, sprouts, cilantro lime dressing (vg)

Veggie Wrap \$10.95

hummus, roasted pepper, cucumber, tomato, carrot, feta, spinach, sprouts, honey balsamic (v, vg*)

SMALL BITES

Gluten-Free Bread Available \$2

Cado Toast \$5.50

avocado, lemon, olive oil, cracked pepper (vg)
add a hard boiled egg \$1.50

Nana Toast \$5

banana, honey, nut butter, hemp hearts, chia (vg)

Hummus + Veggies (vg, gf) \$7.95

Hummus + Pita (vg) \$6.95

LIL KIDDOS

Served with Pita Chips/ Apple Slices

PB + J \$6.95

TURKEY + CHEESE \$6.95

GRILLED CHEESE \$6.95

ADD ONS

CHICKEN \$4

AVOCADO \$3

PORTABELLA \$3

VEGAN PROVOLONE \$1

EXTRA DRESSING \$1