

## HANDHELDS

sub gluten free bread +2

- v banh mi** 13  
mushroom walnut pate,  
carrot cilantro slaw, sriracha  
aioli, microgreens, demi  
baguette  
*add turkey +2.5*
- VG egg sandwich** 9.5  
egg soufflé, havarti, zesty cashew  
cream, arugula, focaccia  
*add avocado +2, bacon +3,  
smoked salmon +5*
- turkey bacon** 12.5  
**caesar**  
turkey, bacon, baby kale,  
carrot, cashew caesar  
dressing, ciabatta
- smoked salmon** 13.5  
**club**  
smoked salmon, arugula, tomato,  
cucumber, red onion, carrot,  
lemon caper mayo, whole wheat  
*add bacon +3*
- blt+** 13  
bacon, avocado, tomato, spinach,  
vegan mayo, sourdough bread  
*add turkey or sub  
portobello bacon +2.5*
- turkey tzatziki** 13.5  
turkey, feta dill spread,  
cucumbers, pickled red onion,  
honey, microgreen, local focaccia

check out our  
seasonal menu!

## SOUP + SALAD

- soup of the day** 7  
rotating seasonal **V GF**
- kale caesar salad** 12  
baby kale, carrots, crispy  
chickpeas, cashew caesar,  
cashew parm, hazelnuts **V GF**

## BEVERAGES

- V GF**
- tahini vietnamese** 6.5  
cold brew, sweet tahini,  
coconut milk
- iced london fog** 6.5  
earl grey, oat milk, blackberry  
jam
- iced matcha  
pistachio** 7  
matcha, pistachio, rose,  
cardamom, maple, oat  
milk
- iced honey latte** 7  
cold brew, honey, lavender,  
saffron, oat milk
- hot turmeric spice  
latte** 6  
fresh turmeric + ginger, black  
pepper, cinnamon, maple,  
hemp milk
- hot tea** 3.5
- hot coffee** 3.5
- cold brew** 4
- iced oat milk latte** 6

## SMOOTHIE **V GF** BOWLS

berry  
cheezcake



11.5

acai, strawberries, blueberries,  
vanilla cashew cream, almond  
milk, topped with granola,  
almond butter, cranberry pecan  
no-bake

chunky  
monkey



11.5

acai, banana, peanut butter,  
cacao, maple, almond milk,  
topped with pb cacao no-bake,  
coconut, cacao nibs

*add fresh strawberries +1*

cookie  
monster



11.5

banana, cashew butter, vanilla  
vegan protein, spirulina, maple,  
almond milk, topped with  
cookie dough no-bake, cacao  
nibs

blueberry  
almond  
butter



11.5

acai, blueberries, banana,  
almond butter, almond milk  
topped with banana, coconut,  
granola, goji berries

# SMOOTHIES V GF



**morning glory**



8.5

strawberries, banana, orange juice

*add goji berries +1*

**green monster**



8.5

banana, pineapple, kale, spirulina, orange juice

*add ginger +.75*

**breakfast**



9

blueberries, banana, almond butter, oats, maple, almond milk

**veg head**



10

avocado, cauliflower, spinach, kale, cucumber, vanilla vegan protein, almond milk

*add pineapple +1*

**post workout**



9.5

strawberry, banana, cacao, beet, chocolate vegan protein, almond milk

**breakfast**



10

blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, maple, almond milk

**pb power**



8.5

banana, peanut butter, cacao, maple, almond milk

*add cold brew +1.5*

**blueberry cacao**



9

blueberries, cacao, hemp seeds, avocado, vanilla, maple, almond milk

*add chocolate vegan protein +1.5*



**POWER UP**

**+1.75 each**

collagen, cold brew, vanilla or chocolate vegan protein, grass-fed whey protein

**+1 each**

spinach, kale, chia seeds, hemp seeds, goji berries, bee pollen, matcha, coffee beans

**+0.75 each**

spirulina, ginger, cacao nibs, turmeric

## TOAST

*sub gluten free bread +1*

**v classic avocado**



5

avocado, salt, red pepper flakes, microgreens, whole wheat

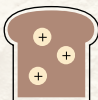
**v pesto avocado**



6

avocado, hemp walnut pesto, hemp seeds, salt, whole wheat

**v banana almond butter**



6

banana, almond butter, cacao nibs, cinnamon, maple

**the lox**



9

smoked salmon, avocado, everything spice, red onion, capers, whole wheat