



Burgers & Wraps GF

comes with air fried sweet potato fries or small soup of the day

- Quinoa Pizza Burger \$13
quinoa patty, pesto tomato sauce, mozzarella
- Portobello Mushroom \$14
Portobello, caramelized onion, roasted red pepper, basil, goat cheese
- Mellow-terranean Wrap \$14
hummus, cucumber red onion, red pepper, arugula, italian parsley,

Buddha Bowls

- Nicoise (not GF) \$17
farro, baby red potato, chickpea, tempeh, green bean, tomato, red onion, kalamata olives, capers
- Down to Earth (not GF) \$17
lemon parsley couscous, cannellini bean, spinach, beet, mushroom, red onion, evoo
- Namaste \$18
jasmati rice, curried lentil, teriyaki tofu, bok choy, edamame, scallion
- Cali-Mex Mix (not GF) \$18
spring mix, black bean, seitan, corn, tomato, red pepper, avocado, scallion, cilantro-lime vinaigrette



Soup Du Jour GF

Cup \$5 | Bowl \$8

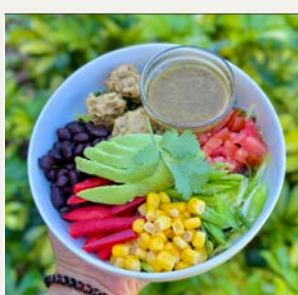
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|------------------------------------|--|
| Monday
Miso | Thursday
Thai Coconut Lemongrass |
| Tuesday
Cuban Black Bean | Friday
Carrot Ginger |
| Wednesday
Curried Lentil | |

Grab n' Go GF

- Zoodles \$8
zucchini, parsley, garlic, mozzarella, almond, roasted red pepper, evoo
- Italian Gluten Free Pasta \$8
basil, garlic, tomato, nutritional yeast, mozzarella, evoo
- Carrot Raisin Salad \$8
carrot, raisin, ginger, cinnamon, vegan mayo



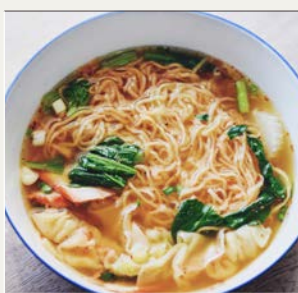
Mellow-terranean Wrap



Cali-Mex Mix Bowl



Pina Colada Oats



Thai Coconut Soup

Vegan GF Gluten Free

Vegan/Plant Based: eating, using, or containing no food or other products derived from animals (including their milk=DF/dairy free). Our cheese, creamers, and spreads are all dairy free.

Gluten: a protein some people can't digest found in wheat, barley, rye, and farro

EVOO: Extra Virgin Olive Oil

We offer gluten free rolls, wraps, bagels, & waffles

Thirsty? Turn the page!



Breakfast & Drinks



Breakfast All Day GF

- Overnight Oats (cold) \$8
- Breakfast Sandwich \$10
sausage, egg, cheese served on bagel, waffle, or roll
- Waffle Platter \$10
plain, ancient grain, or blueberry
3 waffles, organic maple syrup
includes fresh fruit
- Toasted Bagel \$4.5
choose butter or cream cheese
- Carrot Lox on Bagel \$12
tomato, red onion, cucumber, capers, cream cheese

Fresh Smoothies GF

S \$8 | L \$12

Hello Sunshine

Orange juice, coconut milk yogurt, pineapple, mango, banana, ginger



Orange U Happy

Orange juice, coconut milk yogurt, mango, carrot

Reddy or Not

Acai, strawberry, raspberry, grapes, vanilla yogurt, coconut milk

Royal Treatment

Acai, blueberry, cranberry, vanilla yogurt, beet, raspberry, cherry, maple syrup

Green Goddess

Orange juice, coconut milk yogurt, kiwi, avocado, spinach, cucumber, grapes

Parfaits GF

- Berry \$8
coconut yogurt, honey oat granola, strawberry, raspberry, blueberry, berry sauce
- PBJ \$8
peanut butter, yogurt, raisin puree, peanuts
- Coco for Chocolate \$8
milk, chia seeds, cocoa powder, dark chocolate chips, carob chips, shredded toasted coconut
- Caffè Latte \$8
yogurt, decaf coffee, cinnamon, carob chips

Grab & Go

- Coffee/Tea Bar* \$2.50
- Ryze Mushroom Coffee* \$6
Cordyceps, Lion's Mane, Reishi, Shiitake, King Trumpet), Organic Arabica Coffee, Organic MCT Oil, Organic Coconut Milk

We have an assortment of healthy drinks in the cooler - take a look!

**ask for our dairy free milk options*

Our Mission

To deliver, foster and nurture conscious cooking and translate it to conscious eating.



Did You Know?

Raw kombucha is a good source of probiotics which aid in digestive health.