

Smoothies

ENHANCEMENTS:
 ✨ MACA • MATCHA • SPIRULINA + \$2.00
 ✨ COLLAGEN • PROTEIN POWDER • DFVB (GREENS) + \$2.50

HOUSE \$11.50
 KALE, SPINACH, PINEAPPLE, MANGO, BANANA, FLAX & HEMP SEEDS

PINEAPPLE COLADA \$11.50
 PINEAPPLE, BANANA, GREEK YOGURT, COCONUT MILK, HONEY & SHREDDED COCONUT

BLUEBERRY BLISS \$11.50
 BLUEBERRY, BANANA & FRESH ORANGE JUICE

STRAWBERRY GLOW \$12.50
 STRAWBERRY, BANANA, OAT MILK, COLLAGEN POWDER, GINGER & MAPLE SYRUP

PB ESPRESSO \$12.50
 ESPRESSO, PEANUT BUTTER, BANANAS, DATES & ALMOND MILK

ALMOND JOY \$13.50
 BANANA, ALMOND BUTTER, COCONUT MILK, DATES, VANILLA EXTRACT,
 COCONUT FLAKES & CHOCOLATE PROTEIN

BIG PINK \$13.50
 STRAWBERRY, BANANA, ALMOND MILK, ALMOND BUTTER, CINNAMON,
 CHIA SEEDS & VANILLA PROTEIN

BABY BLUE \$13.50
 BANANA, OAT MILK, BLUE SPIRULINA, MACA, VANILLA PROTEIN & PEANUT BUTTER

DAILY DOSE \$14.50
 BLUEBERRY, STRAWBERRY, BANANA, OAT MILK,
 CINNAMON, CHIA SEEDS, VANILLA PROTEIN & DFVB

Smoothie Bowls

NO MODIFICATIONS ON BOWL BASES

PARADISE BOWL \$13.00
 ORGANIC ACAI TOPPED WITH GF GRANOLA, FRESH MANGO,
 PINEAPPLE, STRAWBERRIES, COCONUT, CHIA SEEDS & HONEY

PB LOVER BOWL \$14.00
 ORGANIC ACAI TOPPED WITH GF GRANOLA, FRESH
 STRAWBERRIES, BLUEBERRIES, BANANA, SLICED
 ALMONDS, CACAO NIBS & COCONUT. DRIZZLED WITH
 PEANUT BUTTER & HONEY

CHOCOLATE LOVER BOWL \$15.00
 CHOCOLATE PROTEIN BLENDED WITH BANANA, ALMOND
 BUTTER, VANILLA, CACAO & ALMOND MILK. TOPPED WITH
 BANANA, GF GRANOLA, CACAO NIBS, HEMP HEARTS,
 SLICED ALMONDS & ALMOND BUTTER

CONSUMER ADVISORY
 Consuming raw or undercooked meat, poultry, seafood, shellfish or egg may increase your risk of food borne illness. Our kitchen works with tree nuts, milk, egg and wheat. While we take steps to avoid cross contamination we can not guarantee any of our products are safe to consume by people with peanut, tree nuts, milk, egg or wheat allergies.

PRICES ARE SUBJECT TO CHANGE AT ANY TIME WITHOUT NOTICE



Barista

MILK OPTIONS: WHOLE, ALMOND, OAT, OR COCONUT

HOT DRINKS

COFFEE	\$3/\$4
AMERICANO	\$5.00
ESPRESSO	\$3.00
LATTE	\$5.00
MATCHA	\$6.00
CHAI	\$6.00
GOLDEN MILK	\$6.50
GOLDEN COFFEE	\$8.00
CHOCOLATE SHROOM MILK	\$6.50
CHOCOLATE SHROOM COFFEE	\$8.00
CAPPUCINO	\$5.00
CORTADO	\$5.00
HERBAL TEA	\$4/\$5

COLD DRINKS

ICED COFFEE	\$5.50
ICED AMERICANO	\$6.00
ICED LATTE	\$6.50
ICED MATCHA	\$7.00
ICED CHAI	\$7.00
GOLDEN MILK	\$7.50
GOLDEN COFFEE	\$9.00
CHOCOLATE SHROOM MILK	\$8.00
CHOCOLATE SHROOM COFFEE	\$9.50

Fresh Juices

SERVED OVER ICE. NO MODIFICATIONS

APPLE, GINGER, MINT \$12.00

CELERY \$12.00 ORANGE \$10.00

IRON MAN \$13.00

KALE, SPINACH, LEMON,
 GINGER, CUCUMBER,
 APPLE & CELERY

HEALTHY HABIT \$12.00

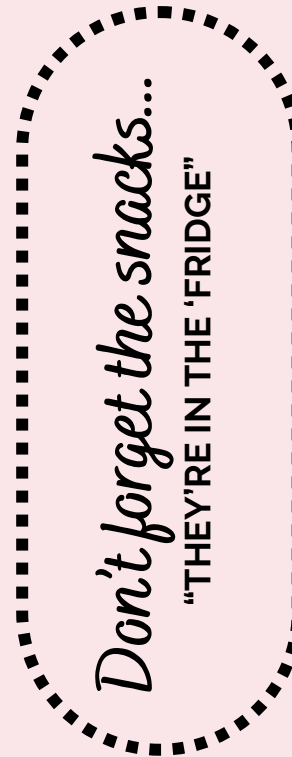
CARROT, ORANGE, PINEAPPLE

BEET BOX \$13.00

BEET, APPLE, GINGER,
 PINEAPPLE, CARROT & LEMON

CARROT VISION \$13.00

CARROT, APPLE, GINGER
 & TURMERIC



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healthy eats • juice • java



Breakfast

SERVED ALL DAY



BAGEL & SPREAD \$5/\$6

PLAIN OR EVERYTHING BAGEL SMEARED WITH PLAIN / VEGGIE CREAM CHEESE
add an egg + \$2.50 each

BREAKFAST BURRITO \$16.00

PASTURE-RAISED EGGS WITH PEPPERS & BROCCOLI, BLACK BEANS, ONION, FETA, ROMAINE, & AVOCADO WITH SPICY AIOLI

ULTIMATE EGG SANDWICH \$13.00

TOASTED BAGEL, PASTURE-RAISED EGG, MONTEREY JACK, MIXED GREENS, AVOCADO, TOMATO, OLIVE OIL & RED PEPPER FLAKES

CRAZY GOOD EGG WRAP \$14.00

PASTURE-RAISED EGGS, QUINOA, AVOCADO, CRUMBLLED FETA, KALE, ONION, PEPPERS & TAMARI GINGER DRESSING
gluten-free wrap + \$2.00

BREAKFAST BOWL \$17.00

BROWN RICE & QUINOA TOPPED WITH BLACK BEANS, ROASTED MIXED VEGETABLES, SLICED AVOCADO & TWO EGGS WITH TAMARI GINGER DRESSING
add feta or monterey jack + \$2.00

YOGURT PARFAIT \$11.00

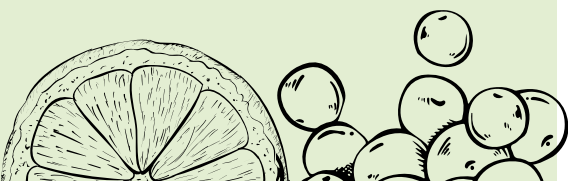
PLAIN GREEK YOGURT, FRESH SEASONAL FRUIT, HONEY & GF GRANOLA

OVERNIGHT OATS \$12.00

GF ROLLED OATS, GREEK YOGURT, CHIA SEEDS, UNSWEETENED ALMOND MILK, MAPLE SYRUP, CINNAMON, DATES & ALMOND BUTTER TOPPED WITH GF GRANOLA & BERRIES

FRESH FRUIT SALAD \$12.00

STRAWBERRIES, BLUEBERRIES, MANGO, PINEAPPLE, BANANA, SHREDDED COCONUT, RAISINS, & WALNUTS



Toasts

AVOCADO TOAST \$11.00

TOASTED SOURDOUGH WITH SMASHED AVOCADO. TOPPED WITH SUPERSEED BLEND & RED PEPPER FLAKES
add an egg + \$2.50 each

POWER TOAST \$11.00

TOASTED SOURDOUGH WITH PEANUT BUTTER. TOPPED WITH SLICED BANANA, CINNAMON, CHIA SEEDS & HONEY
sub almond butter + \$1.00

BERRY GOOD TOAST \$11.00

TOASTED SOURDOUGH WITH PEANUT BUTTER. TOPPED WITH SLICED STRAWBERRIES, BLUEBERRIES, CINNAMON, CHIA SEEDS & HONEY
sub almond butter + \$1.00

TUNA MELT \$16.00

TOASTED SOURDOUGH, SMASHED AVOCADO, TUNA SALAD, SLICED TOMATO & MELTED CHEESE

BUFFALO CHICKEN \$14.00

TOASTED SOURDOUGH, SMASHED AVOCADO & BUFFALO CHICKEN SALAD
add melted cheese + \$2.00

Sandwiches

BLACK BEAN BURGER \$16.00

OUR HOMEMADE BLACK BEAN BURGER TOPPED WITH MONTEREY JACK, AVOCADO, ONION JAM & CARROT SLAW. SERVED ON A SWEET POTATO BUN

TURKEY BURGER \$16.00

OUR HOMEMADE FRESH GROUND TURKEY BURGER TOPPED WITH MONTEREY JACK, MIXED GREENS, RED ONION, TOMATO & SPICY AIOLI. SERVED ON SWEET POTATO BUN

CHICKEN PESTO \$17.00

ROASTED CHICKEN, AVOCADO, MELTED MOZZARELLA, & PESTO ON TOASTED SOURDOUGH

Salads

MAMA BIRD \$14.00

MIXED GREENS, ROMAINE, CARROT, CUCUMBER, SUNFLOWER SEEDS, CHOPPED PISTACHIO, DRIED CRANBERRY & HEMP SEEDS. TOSSED WITH APPLE CIDER VINAIGRETTE

KALE AND BRUSSELS \$14.00

A BLEND OF KALE & SHAVED BRUSSELS SPROUTS WITH TOASTED ALMONDS & PECORINO CHEESE. TOSSED WITH LEMON DILL DRESSING

POWER CHOP \$16.00

MIXED GREENS, KALE, CHICKPEAS, AVOCADO, DICED APPLE, TOMATO, RED ONION, RED CABBAGE, CARROT, CHOPPED BELL PEPPERS, SWEET POTATO & ROASTED PUMPKIN SEEDS. TOSSED WITH CILANTRO LIME VINAIGRETTE

HUMMUS \$16.00

ROMAINE, MIXED GREENS, CHICKPEAS, QUINOA, TOMATO, CUCUMBER, FETA & KALAMATA OLIVES. ALL MIXED WITH HUMMUS & TOPPED WITH A SPRINKLE OF CAYENNE PEPPER

CHOPPED MEXICANA \$17.00

ROMAINE, BLACK BEANS, ROASTED CORN, AVOCADO, RED ONION, CHOPPED BELL PEPPER, TOMATO, CILANTRO, & FETA. TOSSED IN CILANTRO-LIME VINAIGRETTE

GARDEN AVOCADO \$15.00

KALE, ROMAINE, RED ONION, TOMATO, CUCUMBERS & HALF OF A SUPERSEED ENCRUSTED AVOCADO. TOSSED WITH VEGAN RANCH DRESSING

VEGAN CAESAR \$17.00

ROMAINE, CHICKPEAS, SOURDOUGH CROUTONS, AVOCADO, ROASTED BRUSSELS SPROUTS, ROASTED BROCCOLI & HEMP SEEDS. TOSSED WITH VEGAN CAESAR DRESSING

+ Add-on:

- VEGAN
- GLUTEN FREE

DRESSING:

- TAHINI
- TAMARI GINGER
- VEGAN RANCH
- APPLE CIDER VINAIGRETTE
- CILANTRO-LIME
- HOUSE PESTO
- LEMON DILL

PROTEIN:

OVEN ROASTED SALMON	\$10.00
OVEN ROASTED HADDOCK	\$8.00
ROASTED FREE RANGE CHICKEN	\$6.00
BUFFALO CHICKEN SALAD	\$7.00
TUNA SALAD	\$6.00
HOUSE MADE BLACK BEAN BURGER	\$7.00
TURKEY BURGER	\$7.00
MARINATED TOFU	\$5.00
CHICKPEAS PLAIN / SPICED	\$4.00 / \$5.00

Sweet P

ADD MELTED MOZZARELLA + \$2.00
ADD DRESSING + \$1.00

PLAIN BAKED \$6.00

ROASTED CHICKEN, BROCCOLI, AVOCADO \$15.00

BLACK BEANS, ROASTED CORN, PEPPERS \$14.00

BUFFALO CHICKEN SALAD \$14.00

TUNA SALAD \$14.00

PB DREAM \$14.00

LOADED WITH PEANUT BUTTER, SLICED BANANAS & CHOCOLATE CHIPS. TOPPED WITH MAPLE SYRUP & CINNAMON
add granola +2.00



Wraps

whole wheat • spinach • gluten-free + \$2.00

THE VEDGE \$14.00

HUMMUS, QUINOA, MIXED GREENS, AVOCADO, TOMATO, CARROT, CUCUMBER, ROASTED BROCCOLI & CHICKPEAS WITH TAHINI DRESSING

MIAMI ROB \$17.00

HADDOCK, BROWN RICE, AVOCADO, MONTEREY JACK, CARROTS, MIXED GREENS & SCALLIONS WITH TAMARI GINGER DRESSING

CHICKEN MOJO \$15.00

FREE-RANGE CHICKEN, QUINOA, AVOCADO, MIXED GREENS, SWEET POTATO & MONTEREY JACK WITH SPICY AIOLI

FRANKIE \$15.00

FREE-RANGE CHICKEN, BROWN RICE, BLACK BEANS, TOMATO, RED ONION, BELL PEPPERS & MONTEREY JACK WITH HOT SAUCE

MEDITERRANEAN \$15.00

FREE-RANGE CHICKEN, HUMMUS, BROWN RICE, CARROTS, CUCUMBER, TOMATO, MIXED GREENS, KALAMATA OLIVES & FETA

TUNA SALAD \$14.00

TUNA SALAD, QUINOA, MIXED GREENS, TOMATO, CARROT, CUCUMBER & AVOCADO

BUFFALO CHICKEN SALAD \$15.00

BUFFALO CHICKEN SALAD, BROWN RICE, MIXED GREENS, CARROTS, & MONTEREY JACK WITH RANCH SPREAD



Power Bowls

SALMON \$25.00

OVEN-ROASTED SALMON WITH A BLEND OF QUINOA, CAULIFLOWER RICE WITH TOASTED ALMONDS, KALE, SHAVED BRUSSELS SPROUTS, SCALLIONS, TOMATO & AVOCADO. TOPPED WITH SESAME SEEDS, HEMP SEEDS & TAMARI GINGER DRESSING

PESTO \$19.00

FREE-RANGE ROASTED CHICKEN OR MARINATED TOFU, WITH A BLEND OF BROWN & CAULIFLOWER RICE WITH TOASTED ALMONDS, ROASTED BROCCOLI, KALE & HOUSE PESTO *PESTO CONTAINS NUTS*

CHICKEN & RICE \$19.00

FREE-RANGE ROASTED CHICKEN, BROWN RICE, QUINOA, KALE, AVOCADO, ROASTED CORN & FETA TOSSED IN LEMON DILL DRESSING

SOUTHWEST \$18.00

BLACK BEANS, BROWN RICE, ROASTED SWEET POTATO, ROASTED CORN, AVOCADO, CILANTRO, & FETA. TOSSED WITH CILANTRO LIME DRESSING

VEGAN \$19.00

A BLEND OF QUINOA & CAULIFLOWER RICE WITH TOASTED ALMONDS, KALE, SHAVED BRUSSELS SPROUTS, ROASTED SWEET POTATO, ROASTED BROCCOLI, GOLDEN RAISINS & SCALLIONS. TOPPED WITH HEMP SEEDS, SPICED CHICKPEAS & TOSSED WITH VEGAN RANCH DRESSING
add hummus + \$2.00