

trust ♥ root ♥ rise ♥ embrace

warm drinks | \$5.50



greens | \$10

16oz - milk options: almond, soy, coconut,  
lowfat or whole milk

**Masala Chai Latte\*\*** - black tea, ginger, cardamom, cinnamon, black pepper, nutmeg & cloves. *Add a flavor or sweetener for .50¢*

**Almond Mocha** - dark chocolate, espresso & almond

**Pumpkin Spice Latte** - espresso, pumpkin and fall spices

**Wild Orange Cardamom Matcha\*\*** - matcha green tea, cardamom & wild orange essential oil

**Salted Caramel Hot Chocolate** - dark chocolate, caramel & sea salt

**Hurricane\* (V & GF)** - coffee blended with coconut milk, coconut sugar, aquamin (red marine algae) & coconut oil *Flavors: original, unsweetened, \*\* cacao or turmeric*

smoothies, juices & blends | \$7.50

16oz - vegan protein upon request (add .50)

**Fall Refresher Smoothie\*** - apple, banana, cinnamon, kale, chia seed & vanilla protein

**Autumn Glow Smoothie\*** - almond milk, sweet potato, vanilla, cinnamon, nutmeg, turmeric & vanilla protein

**Sweet Potato Pie Smoothie\*** - traditional masala chai tea\*\*, almond milk, sweet potato, banana, oats, almond butter, vanilla protein & fall spices

**Falling for You Blend\*** (*by Carolann*) - beet, carrot, mango, banana, flaxseed oil, coconut water & vanilla protein

**Almond Chai Smoothie\*** - almond milk, almond butter, traditional masala chai tea\*\*, banana, vanilla protein

**Sunset Juice\*** - traditional masala chai tea\*\*, carrot & ginger

**Sunrise Smoothie\*** - mango, strawberry, banana, flaxseed oil, banana & coconut water

**Quinoa Caesar Salad\*\* (V)** - kale, quinoa, chickpeas, avocado, smoked paprika & cashew caesar dressing

**Root to Rise** - spinach, apple, dried cranberries, walnuts or pumpkin, hemp or chia seeds, goat cheese & pumpkin vinaigrette

main eats | \$9

comes with seasonal side

**Pumpkin Flatbread\*** - pumpkin, spinach, goat cheese, rosemary, honey & balsamic toasted on a flatbread

**Grounding Buddha\* (GF & V)** - quinoa, spinach, apple, ginger, shredded coconut, sliced almonds, chia seeds, olive oil & orange champagne dressing

**Sweet Potato Protein Waffle\* (GF)** - sweet potato, cinnamon, nutmeg & cardamom waffle topped with vanilla bean ghee, maple syrup & walnuts

**Apple-A-Day Quesadilla or Panini\*** - apple, pesto, spinach, balsamic, cheddar & provolone cheese melted to perfection

**Root Veggie Wrap\*** - apple, carrot, beet, hummus, spinach & feta all wrapped up

sweet & simple bites | \$6.50

**Vanilla Chia Pudding\* (V & GF)** - house-made chia pudding with coconut milk, vanilla bean & lightly sweetened with agave. Top with 3 of your favorite things! (*we like sliced almonds, strawberry/blueberry preserves & granola!*)

**Apple & Banana Wrap\*** - apple, banana, raisins, almond/peanut/cashew butter wrapped up and lightly toasted

**Oatmeal of the Day\* (V)** - rolled oats with almond milk and seasonal flavors

**Soup of the Day\* (V & GF)** - housemade with love & local ingredients! - \$6.50 | bowl \$4.50 | cup

{ \* NO ADDED SUGAR EVER! ALL NATURALLY OCCURRING SUGARS FROM FRUITS OR VEGETABLES }  
\*\* ABSOLUTELY ZERO SUGAR!!