



SANDWICHES



Grab & Go w/ Seasonal Side | \$8.50


Combo ½ Sandwich
w/ Salad or Cup of Soup | \$9.00

SUMMER VEGGIE

cucumber, avocado, local greens,
tomato & hummus/cheese on choice
of wrap/panini/greens

CAPRESE

mozzarella, pesto, tomato,
local greens & balsamic glaze on
choice of wrap/panini/greens




SALADS



Grab & Go | \$8.50

LEMONY KALE

kale, chickpeas, avocado,
hemp seed & housemade
lemon-garlic dressing



APPLE & BEET

local greens, roasted beets, apple, goat
cheese, walnuts/almonds, balsamic
glaze & orange champagne dressing



HEALING SOUP



Housemade | Bowl \$6.50 | Cup \$4.50



BUDDHA BOWLS




Simply Satisfying | \$8.50

UPLIFTING BUDDHA

quinoa, cucumber, local greens,
pesto, hemp seed, feta & lime dressing

GROUNDING BUDDHA

quinoa, apple, coconut,
almonds, ginger, sesame seeds
& orange champagne dressing




CITRUS ACAI

acai, blackberries, blueberries,
raspberries, orange & banana
topped with banana, coconut,
hemp seed & cacao nibs

BIRD OF PARADISE

coconut milk, orange, lime,
mango, banana, ginger
topped with banana, coconut,
hemp seed & almonds



BREAKFAST ALL DAY!



Comes with 3 Toppings

OATMEAL | \$5.25

GLUTEN-FREE PROTEIN WAFFLE | \$7.50

ORGANIC EGGS | \$7.50

omelet | wrap | sandwich