

anchor ♥ discover ♥ develop ♥ devote

main eats | \$9

comes with seasonal side

Funky Monkey Waffle (GF) - protein waffle with cinnamon, sliced banana, nut butter, walnuts & maple syrup or honey

Rainbow Quinoa Salad (GF) - kale, sweet potato, black beans, avocado, chia seeds, cranberries, quinoa and feta with olive oil, smoked paprika & cumin

Kale & Brussels Sprouts Salad (V & GF) - shredded brussels sprouts, chopped kale, quinoa, walnuts, cranberries, hemp seed & lemon ginger dressing

Root Veggie Salad (V & GF) - beet, radish, carrot, apple and local greens with maple tahini vinaigrette

Winter Bliss Salad* (V & GF) - local greens, carrots, raisins, quinoa, apple & curry tahini dressing

warm drinks

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

Winter Solstice (\$5) - Organic Enlightened White Tea (white tea, tangerine, orange, lotus petals) with rose water, vanilla, cinnamon, cardamom & steamed coconut milk

Turmeric Latte - caffeine free (\$5) - turmeric, ginger, vanilla, sea salt, black pepper, cayenne & coconut sugar with your choice of steamed milk

Wild Orange Mocha (\$5.50) - espresso, dark chocolate, wild orange essential oil & your choice of steamed milk

Purple Rain - caffeine free (\$5) - Organic Right as Rain Tea (raspberry, fenugreek, anise, peppermint & dandelion) with lavender, vanilla & your choice of steamed milk & topped with lavender buds

Mexican Hot Cocoa (\$5) - dark chocolate, cinnamon, nutmeg, cayenne, vanilla and your choice of milk

Sweet & Spicy Chai Latte (\$5.50) - traditional masala chai with vanilla & your choice of steamed milk

Devotion (\$5.50) - ceremonial matcha green tea, lavender, your choice of steamed milk & topped with lavender buds

sweet & simple bites | \$6.50

Winter Tracks Oatmeal (V) - oats, wild orange essential oil, cranberries, cinnamon, nutmeg & chia seed - top with steamed almond milk!

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!*)

Morning Glory (\$5) - your choice of a bakery items and 16oz organic coffee or tea!

Afternoon Delight* (\$12) - Choice of Chakra Juice and a cup of quinoa with avocado, hemp seed, greens, olive oil and choice of dressing (*curry tahini, maple tahini or lemon ginger*)

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

smoothies, juices & blends | \$6.50

16oz - add whey protein for \$1 and plant protein for \$1.50

Banana Spice* - choice of milk, spinach, banana, ginger, cardamom, cinnamon & flaxseed oil

Immunity Booster* - coconut water, spinach, orange, mango, pineapple, lime & Get Resistance (echinacea, elderberry, shitake mushroom & aloe)

Rising Sun Juice* (hot or iced) - carrot, beet, apple, ginger, turmeric

Ultimate Healer* (\$7) - apple, cucumber, lemon, ginger, Get Greens (wheatgrass, spirulina, parsley, broccoli, kelp, chlorella and more!) & echinacea over ice

Manifesta Smoothie* - almond milk, spinach, almond butter, chia seeds, mango & avocado

Anchor Smoothie - almond milk, chocolate protein, cacao nibs, peppermint essential oil & flaxseed oil

Wellness Shot* - 2oz (\$4.25) - ginger, lemon, cayenne and echinacea served with an apple slice and honey

breakfast

Served All Day! - (made to order) Comes with 3 toppings

Oatmeal | \$5.25 ♥ Protein Waffle | \$7.50
Organic Eggs | \$7.50 - Omelet | Wrap | Sandwich

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