



Fall Seasonal Menu

ease ♥ grace ♥ serve ♥ community



warm drinks | \$5.50

16oz - milk options: almond, soy, coconut (.75c),
lowfat or whole milk

Masala Chai Latte** - black tea, ginger, cardamom, cinnamon, black pepper, nutmeg & cloves. *Add a flavor .50c*

Pumpkin Spice Latte - espresso, pumpkin, fall spices & choice of milk topped with coconut whipped cream/reg whipped cream

Wild Orange Mocha - espresso, dark chocolate, wild orange essential oil & choice of milk

Salted Caramel Hot Chocolate - dark chocolate, caramel, sea salt & choice of milk topped with coconut whipped cream/reg whipped cream

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

bowls | \$10

Pumpkin Pie Smoothie Bowl (GF & V) - pumpkin, fall spices, vanilla, almond milk, banana & coconut oil topped with granola, walnuts, chia seed, apple & maple syrup

Goddess Bowl - kale, quinoa, chickpeas, avocado, smoked paprika, cashews & caesar/goddess dressing

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

main eats | \$9.50

comes with seasonal side

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

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, balsamic & feta all wrapped up

sweet & simple bites | \$6.50

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!!