

SMOOTHIE BOWLS

BEE’S KNEES SUNSHINE BOWL (VEGAN OPTIONAL) -
*Banana, *Mango, *Freshly Squeezed Orange Juice,
*Greek Yogurt, *Ground Chia, *GF Granola,
*Seasonal Fruit (LOCAL when available), *Hemp
Seeds, LOCAL Honey drizzle (Al Bees), Bee Pollen,
Maldon Sea Salt

\$13.99      | 

BERRY IN LOVE (VEGAN) - *Banana, *Acai,
*Strawberry, *Blueberry, *Ground Chia, *Housemade
Almond Milk, *Vegan Almond & Coconut Yogurt,
*GF Granola, *Seasonal Fruit (LOCAL when available),
*Housemade Peanut Butter Maple Drizzle, *Hemp
Seeds, Maldon Sea Salt

\$13.99    

ADD-ONS FOR SMOOTHIE BOWLS -

Perfect Supplements Grass Fed Collagen \$1.99
Adaptogenic Mushroom Blend \$1.99

TOASTS

Sub GF Bread Srsly \$1.99
Sub *Miyoko’s Vegan Butter - no charge

THE GOAT - *Butter-Toasted LOCAL Perenn
Sourdough Bread, House-Whipped Chive Goat
Cheese, LOCAL Honey Drizzle (Al Bees), *LOCAL Chili
Oil (Radish Hotel), *LOCAL Shoots (Little Frog Farm),
Maldon Sea Salt

\$11.99     

CLASSIC AVO TOASTY (VEGAN OPTIONAL) -
*Butter-Toasted LOCAL Perenn Sourdough Bread,
*Avocado Smash, *LOCAL Shoots (Little Frog Farm),
LOCAL Spicy Seaweed Gomasio (Mountain Song)

\$11.99     |  

ADD-ONS FOR TOASTS -

LOCAL Tamari-Sauteed Mushrooms (Mountain
Mushrooms) \$3.99
Non-GMO Bacon \$4.99

BOWLS

BYOB BOWL - Use the laminated card at the register
to build your own delicious creation!
\$12.99+

COWBOY DELIGHT - LOCAL Braised Beef (Snowball
Ranch or Avanzino Farms), *Lime Rice, *Housemade
Pickled Veggies *Garlicky Greens, *Housemade Slaw,
LOCAL Shoots (Little Frog Farm), *Toasted Pumpkin
Seeds, *Cilantro, *Housemade Cilantro Lime Dressing

\$16.99       

MACRO MAMA (VEGAN) - *Brown Rice/Quinoa Mix,
*Marinated Baked Tofu, *Roasted Sweet Potato,
*Garlicky Greens, LOCAL Tamari-Sauteed Mushrooms
(Mountain Mushrooms), * Kimchi, *Green Onion,
LOCAL Shoots (Little Frog Farm), LOCAL Spicy
Seaweed Gomasio (Mountain Song), *Housemade
Miso Tahini Dressing

\$15.99       

JIRO’S DREAM SUSHI BOWL (VEGAN) -
*Brown Rice/Quinoa Mix, *Marinated Baked Tofu,
*Housemade Seaweed Salad, *Tamari Roasted Carrot,
*Cucumber, *Green Onion, *½ Avocado, * Kimchi,
LOCAL Shoots (Little Frog Farm), LOCAL Spicy
Seaweed Gomasio (Mountain Song), *Housemade
Tamari Seaweed Dressing

\$15.99       

LUNCH & DINNER

Served from 11 am to close

*Indicates organic ingredient or is made with organic ingredients



LOCAL



REGIONAL



ORGANIC



SEED OIL FREE



GLUTEN FREE



GBCFC APPROVED



VEGAN



PALEO

GRILLED SANDWICHES

Sub GF Bread Srsly \$2.99

Sub Non-GMO Vegan Violife Cheese - no charge

Sub *Miyoko's Vegan Butter - no charge

Make any sandwich into a bowl

CLASSIC CO-OP TURKEY BACON AVO -

*Butter-Toasted LOCAL Perenn Sourdough Bread,

*Turkey (Nitrate & Antibiotic Free), Non-GMO Bacon,

*Cheddar, *Tomato, *Avocado, *Housemade Vegan Pesto (LOCAL when available), *Mayo

\$16.99

ORGANIC

SEED OIL FREE

GLUTEN FREE

THE HOT RANCHER -

*Butter-Toasted LOCAL Perenn Sourdough Bread, *REGIONAL DIRECT or LOCAL Braised Beef (Snowball Ranch or Avanzino Farm), *Caramelized Onions, LOCAL Pickles, *Cheddar, *Horseradish Mustard

\$16.99

LOCAL

REGIONAL

ORGANIC

SEED OIL FREE

GLUTEN FREE

TUNA MELT -

*Butter-Toasted LOCAL Perenn Sourdough Bread, Housemade Tuna Salad (Line-Caught Wild Tuna /w *Mayo), *Cheddar, *Tomato

\$16.99

ORGANIC

SEED OIL FREE

GLUTEN FREE

HOGS AND KISSES -

*Butter-Toasted Local Perenn Sourdough Bread, Local Braised Pork (Holley Family Farms), *Cheddar, *Housemade Slaw, *Housemade Pickled Veggies, *Dijon Mustard

\$16.99

LOCAL

ORGANIC

SEED OIL FREE

GLUTEN FREE

GRILLED BURRITOS

Sub GF Food For Life Brown Rice Tortilla - no charge

Sub Non-GMO Vegan Violife Cheese - no charge

BRAISED BEEF -

*Flour Tortilla, REGIONAL DIRECT or LOCAL Braised Beef (Snowball Ranch or Avanzino Farms), *Lime Rice, *Pinto Refried Beans, *Cheddar, *Housemade Chipotle Salsa (LOCAL when available), *Lime Crema, *Cilantro

\$18.99

LOCAL

REGIONAL

ORGANIC

SEED OIL FREE

GLUTEN FREE

ORGANIC CHICKEN -

*Flour Tortilla, *Shredded Chicken, *Lime Rice, *Black Beans, *Cheddar, *Housemade Salsa Verde (LOCAL when available), *Lime Crema, *Cilantro

\$18.99

ORGANIC

GLUTEN FREE

BRAISED PORK -

*Flour Tortilla, Local Braised Pork (Holley Family Farms), *Lime Rice, *Pinto Refried Beans, *Cheddar, *Housemade Salsa Verde, *Housemade Pickled Veggies, *Cilantro

\$18.99

LOCAL

ORGANIC

GLUTEN FREE

CO-OP WALLY CAULY

(VEGAN) - *Flour Tortilla, *Housemade Walnut Cauliflower Mix, *Lime Rice, *Housemade Slaw, LOCAL Tamari- Sauteed Mushrooms (Mountain Mushrooms), Chipotle Mayo (made with Vegan Mayo), *Cilantro

\$16.99

LOCAL

ORGANIC

VEGAN

GLUTEN FREE

DON'T CALL ME A HIPPIE

(VEGAN OPTIONAL) - *Flour Tortilla, *Brown Rice/Quinoa Mix, *Black Beans, *Roasted Seasonal Veggies, *Garlicky Greens (LOCAL when available), *Cheddar, *Housemade Chipotle Salsa (LOCAL when available), *Cilantro

\$16.99

ORGANIC

GLUTEN FREE

VEGAN

CLASSIC BEAN & CHEESE

(VEGAN OPTIONAL) - *Flour Tortilla, *Pinto Refried Beans, *Lime Rice, *Cheddar, *Housemade Chipotle Salsa (LOCAL when available), *Cilantro

\$13.99

ORGANIC

VEGAN

GLUTEN FREE

QUESADILLA -

Start with a *Flour Tortilla filled with *White Cheddar and add on from there.

\$9.99 Just Cheese

\$16.99 With Protein

Organic Chicken, LOCAL Grass Fed & Finished Beef, LOCAL Non-GMO Pork or Housemade Walnut Cauliflower

ORGANIC

SEED OIL FREE

VEGAN

GLUTEN FREE

ADD-ON TOPPINGS

FOR BOWLS, SANDWICHES, & BURRITOS

1/4 *Avocado \$1.99	*Roasted Seasonal Veggies \$1.99
1/2 *Avocado \$2.99	*Garlicky Greens \$1.99
*Housemade Chipotle or Verde Salsa \$1.99 (LOCAL when available)	(LOCAL when available)
*Lime Crema \$0.99	*Housemade Vegan Pesto (LOCAL when available) \$2.99
	*Extra Cheese \$2.99

ADD-ON PROTEINS

FOR BOWLS, SANDWICHES, & BURRITOS

REGIONAL DIRECT or LOCAL Braised Beef (Snowball Ranch or Avanzino Farms) \$7.99	LOCAL Non-GMO Braised Pork (Holley Family Farms) \$7.99
*Shredded Chicken \$7.99	6 oz. Line-Caught Wild Salmon Filet \$9.99
Non-GMO Bacon \$4.99	*Marinated Baked Tofu \$4.99
	*Housemade Vegan Walnut Cauliflower Mix \$4.99