



FALL '18 MENU

SMOOTHIES \$7.50 / \$10.75

The Hulk

green beast juice, almond milk, kale, banana, coconut oil, pumpkin seed, vegan protein, ice

Berry Manilow

on the pink juice, almond milk, strawberry, hemp seed, raspberry, blueberry, cinnamon, ice

The Sweetie

cold brew coffee, almond milk, banana, almond butter, cacao nib, vegan protein, ice

Feature: Strawberry Banana

cashew milk, strawberry, banana, on the pink juice, vegan protein, flax seed

SANDWICH + WRAPS

Breaky Sandwich \$8.50

hard boiled egg, bacon, avocado, ginger tomato jam, green goddess dressing, sourdough

Thai Chicken Wrap \$10.50

red cabbage, chicken, avocado, carrot, red pepper, zucchini, edamame, ginger cashew spread

Cobb Wrap \$10.50

chicken, bacon, hard boiled egg, avocado, arugula, green goddess spread, whole wheat wrap

Market Burrito \$7.50

egg, avocado, tomato, cauliflower rice, pea shoot, ginger cashew dressing, whole wheat wrap

TOAST

Avocado Toast \$6.00

avocado, whole grain sourdough, olive oil, hemp seed, flax seed, sea salt, pea shoot

Energy Protein Toast \$7.00

avocado, hard boiled egg, green goddess dressing, sourdough, sesame seed, sea salt, pea shoot

SALADS \$6.75 / \$9.75

Brussel Beach

shaved brussel sprout, arugula, carrot, pickled red onion, carrot, black bean, cranberry, cashew ranch

Kale Caesar 2.0

kale, tempeh "bacon", gf crouton, roasted edamame, sesame seed, cashew caesar dressing

The Harvest

roasted sweet potato, kale, cauliflower rice, roasted beet, zucchini, pumpkin seed, sesame seed, roasted edamame, beet vinaigrette

Detox Dhal

turmeric cauliflower, cherry tomato, lentil, arugula, red cabbage, quinoa, pumpkin seed, citrus vinaigrette

Spiced Chickpea

quinoa, chili + paprika marinated chickpea, edamame bean, red pepper, citrus vinaigrette, seeds

The Greek

quinoa, cherry tomato, cucumber, red onion, olive tepenade, garlic hummus, sprout, oregano vinaigrette

ADD ON'S

CHICKEN + \$3

AVOCADO + \$1

EGG + \$1

QUINOA + \$1

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