



# FALL '18 MENU

## SMOOTHIES \$7.50 / \$10.75

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### 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

### Tropics Thunder

pineapple, wake up call juice, almond milk, mango, coconut oil, hemp seed, ice

## SANDWICH + WRAPS

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### 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

### T.L.T \$8.25

tempeh "bacon", avocado, tomato, arugula, vegan garlic aioli, souldough

### Market Burrito \$7.50

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

## TOAST

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### 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

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### 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

### ADD ON'S

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CHICKEN + \$3  
AVOCADO + \$1

EGG + \$1  
QUINOA + \$1

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