

PLANT BASE FOOD MENU

BREAKFAST ITEMS

CHIA PUDDING \$4.75

chia seed | cashew milk | almond butter | blueberry compote | hemp seed

OVERNIGHT OATS \$4.75

gluten free oats | almond butter | cashew milk | strawberry compote | flax seed

SALADS & BOWLS

SPICED CHICKPEA SALAD \$6.75 / \$9.75

quinoa | marinated sprouted chickpea | red pepper | shredded kale
edamame | lemon vinaigrette | flax seed | sesame seed

KALE CAESAR (SALAD OR WRAP) \$6.75 / \$9.75

shredded kale | walnut | carrot | red cabbage | tempeh OR chicken
cashew caesar dressing | flax seed | sesame seed

MAC + "CHEESE" \$8.00 / \$11.50

gluten free quinoa pasta | vegan housemade cashew "cheese" sauce
turmeric root | roasted kale-red pepper-onion | chili flake | puffed quinoa

**made to be heated at home

ALMOND RICE BOWL \$8.00 / \$11.50

jasmine rice | roasted cabbage | sauteed onion + zucchini | raw carrot
pumpkin seed | parsley | sesame seed | spicy almond ginger sauce

**made to be heated at home

SOUPS/STEWES

SPICED CARROT COCONUT LENTIL \$6.00

carrot | coconut milk | red lentil | onion | garlic | shredded kale | ginger root
almond butter | turmeric root | coconut oil | chili pepper | spices

SWISS CHARD + CHICKPEA SOUP \$6.00

swiss chard | sprouted chickpea | celery | onion | carrot | garlic | tomato | chili

COLD PRESS JUICE + MYLKS

COLD PRESS JUICE

(355ml)

GREEN BEAST \$8.75

kale | cucumber | celery | spinach | apple | lemon | parsley

SUNRISE \$8.00

pineapple | celery | kale | cucumber | aloe vera

VIT C BOOST \$9.75

valencia orange | grapefruit | celery | turmeric root

MEAN GREEN \$9.50

collard greens | celery | spinach | kale | cucumber | parsley | ginger root | lemon

PLANT BASE MYLKS

(355ml)

CASHEW MYLK \$9.00

quinoa, marinated sprouted chickpeas, red pepper, shredded kale,
edamame, lemon vinaigrette

COCOA REBEL MYLK \$9.00

pumpkin seed | maca root | ashwagandha root | cocoa powder | date
cinnamon | Himalayan pink salt

GOLDEN REBEL MYLK \$9.00

pumpkin seed | turmeric root | chaga mushroom | reishi mushroom | date
cinnamon | Himalayan pink salt

RAW SHOTS

(60ml)

IMMUNITY SHOT \$6.50

lemon | ginger root | maple syrup | oil of oregano | cayenne pepper

GINGER SHOT \$4.00

100% organic raw ginger root