



BREAKFAST

MAINS

JORDY CAKES 11.17

banana, almond, org egg, org coconut, unfiltered raw honey, org berries (OPTIONAL: pure maple syrup, cashew cream)

BREAKFAST BURRITO 11.17

1. paleo wrap, org egg, org pulled chicken, org mushroom, carrot, org celery, onion, housemade hot sauce (contains jalapeño pepper, onion, garlic)

2. paleo wrap, org egg white, sweet potato hash, market veggie medley

AVOCADO "TOAST" 11.17

org. egg, avocado, org. tomato, org. kale, org. sundried tomato pesto, fauxcaccia toast (contains nuts)

FIFTH AVENUE FRITTATA 10.15

org egg, 100% grass-fed beef, wild elk, berkshire pork, carrot, broccoli, org red pepper, onion (served with choice of side)

ORGANIC CHICKEN SAUSAGE, EGG AND "CHEESE" 8.20

org. chicken sausage (contains maple syrup), org. egg, zucchini "cheese," grain-free bagel (contains nuts)

2 EGGS ANY STYLE WITH 2 SIDES + TOASTED BISCUIT 10.19

org eggs, choice of 2 sides and paleo/grain-free biscuit

HOT BREAKFAST BOWL 9.17

root vegetable mash OR org quinoa OR cauliflower purée, topped with veggie medley and org egg (scrambled OR sunny-side up)

PALEO SEASONAL FRENCH TOAST (weekends only) 15.26

org. coconut flour, pumpkin, arrowroot, org, egg, almond butter, lemon, honey, housemade baking powder, cinnamon, nutmeg, vanilla. (served with housemade cashew cream, organic pear compote, pure maple syrup)

MASHBAR

Served all day

One Size 6.11

ORGANIC BERRY CONCOCTION

org vanilla chia pudding, org seasonal berries, cashew cream

BANANA CASHEW CREAM

grain-free granola, banana, cashew cream, org berries

CHOCOLATE CHIA

org chocolate chia pudding, housemade paleo bites, maple walnut, cashew cream

CHOCO COYO

org coconut yogurt, org strawberry, org Hu chocolate nibs

TARO TROUBLE NO-YO

grain-free granola, taro pudding, org seasonal berries, mango, org puffed quinoa

PARFAITS + OATMEAL

8.15/EACH

NO-YO MATCHA PARFAIT

org coconut milk, taro root, banana, housemade almond butter, org matcha, pure maple syrup, grain-free granola

NO-YO PRIMAL PARFAIT

org vanilla chia pudding, org seasonal berries, grain-free granola

NO-YO PUMPKIN PARFAIT

org coconut milk, pumpkin, taro root, org maca, almond butter granola

NUTBERRY OATMEAL (contains grains)

gluten-free steel-cut oats, org vanilla, maple walnut, org berries

SIDES

4.07/EACH

BREAKFAST VEGGIE MEDLEY

org kale, org swiss chard, org escarole, bok choy, carrot, ginger, garlic

SWEET POTATO HASH

onion, organic bell pepper

ROOT VEGETABLE MASH

sweet potato, squash, parsnip, carrot

ORGANIC CHICKEN SAUSAGE

pure maple syrup, carrot, sage, onion, cayenne

BERKSHIRE PORK BACON (NO SUGAR, SEA SALT ONLY)

BERKSHIRE BREAKFAST SAUSAGE

CAULIFLOWER PURÉE

garlic, shallot

VEGGIE STIR NO-FRY

broccoli, carrot, onion, org red pepper, garlic, rosemary, thyme

MUFFINS

MUFFINS 5.07

Org Espresso / Banana Nut / Org Seasonal Berries Org Apple Cinnamon / Straight Up

BERRY SCONE 3.05

APPLE CINNAMON BREAKFAST BAR 3.05

SEASONAL BREAD 3.55

PALEO BAGEL 4.04



LUNCH + DINNER

HOT MAINS

Entrée 10.19 / + 1 side 12.99 / + 2 sides 15.22 (unless otherwise noted)

GRANDMASTER VEG (GRAIN/DAIRY-FREE LASAGNA)

carrot, green cabbage, cashew, org housemade marinara (contains garlic, onion), garlic, chili flake

WILD MEATLOAF

100% grass-fed ground beef, wild elk, Berkshire pork, org egg, onion, garlic, parsley, cumin, org housemade BBQ sauce (contains dried chili, paprika, garlic, onion), cayenne pepper

¾ ORGANIC ROTISSERIE CHICKEN

unrefined org coconut sugar + sea salt brine

THE DIESEL PARKER 15.22

one slice Grandmaster Veg topped with 100% grass-fed Joe

SIDES MATTER (CHOICE OF 3 SIDES) 11.21

½ ORGANIC ROTISSERIE CHICKEN

23.40 / + 1 side 21.36 / + 2 sides 23.40

PLEASE INQUIRE ABOUT OUR DAILY SPECIALS 15.25

SIDES

4.07 / ea. (unless part of meal above or otherwise noted)

ASSORTED MARKET VEGETABLES

org kale, org swiss chard, org escarole, bok choy, carrot, ginger, garlic

CHARRED BROCCOLI

turmeric, paprika, garlic, onion powder

CARAMELIZED PINEAPPLE

cinnamon + served with cashew cream (cashew, pure maple syrup)

ROOT VEGETABLE MASH

sweet potato, squash, parsnip, carrot

CAULIFLOWER PURÉE

cauliflower, garlic, shallot

VEGGIE STIR NO-FRY

broccoli, carrot, onion, org red pepper, garlic rosemary, thyme

ORGANIC QUINOA ROASTED SWEET POTATOES

fennel, cumin, unsweetened org cocoa powder, paprika, coriander, cinnamon

GRAIN-FREE BREAD Large 2.52 / 3 for 5.09

SOUP

One Size 7.19 - comes with a small grain-free “fauxcaccia” (contains nuts)

ORGANIC CHICKEN SOUP

org chicken stock (onion, carrot, org celery), scallion, garlic, parsley, thyme, bay leaf

VEGETARIAN WHITE BEAN CHILI

organic beans, turnip, parsnip, carrot, sweet potato, onion, org red bell pepper, jalapeño

PEA AND MINT SOUP

organic pea, organic celery, watercress, housemade vegetable stock, organic coconut milk, mint

BOWLS

One Size 10.99 - comes with a small grain-free “fauxcaccia” (contains nuts)

CHOOSE A BASE (OR A COMBINATION):

- SUMMER SLAW
- ORGANIC QUINOA
- ROOT VEGETABLE MASH
- RAW VEGETABLE MEDLEY
- CAULIFLOWER PURÉE

CHOOSE A TOPPING (OR A COMBINATION):

ORGANIC VEGETARIAN WHITE BEAN CHILI

turnip, parsnip, carrot, sweet potato, onion, org red bell pepper, jalapeño

HU JOE (100% GRASS-FED GROUND BEEF)

org tomato, carrot, garlic, onion, paprika, chili flake

PREPARED FOOD

Served cold. All items seasoned with extra virgin olive oil, sea salt and black pepper

ORGANIC VEGETARIAN COBB SALAD 17.10 / lb.

org kale, org romaine, org cucumber, org tomato, red onion, avocado, radish, org egg, housemade primal dressing (org apple cider vinegar, org mustard, garlic, shallot)

ORGANIC ALMOND CRUSTED CHICKEN TENDERS 25.66 / lb.

almond, org egg, smoked paprika (BAKED & GRAIN-FREE)

WILD FISH BALLS (GRAIN-FREE) 26.48 / lb.

wild hake, org egg, red + green cabbage, carrot, shallot, org coconut flour, arrowroot, turmeric, parsley, sea salt, org lemon, housemade hot sauce (jalapeño, onion, garlic, org white wine vinegar)

WILD SOCKEYE SALMON STEAK 26.88/lb

cured with natural beet sugar, dairy-free cucumber CoYo tzatziki, coriander, mint, ginger, org. lemon, evoo, sea salt, black pepper

ORGANIC “BUNLESS” TURKEY TERIYAKI BURGERS 20.36 / lb.

org mushroom, onion, cabbage, bok choy, ginger, garlic, cilantro, scallion, date-sweetened teriyaki (org coconut amino, org lemon, orange, date, arrowroot), orange

ITALIAN BERKSHIRE PORK MEATBALLS 19.54/lb

ORGANIC SPICY CHICKEN WINGS 13.42/lb

ORGANIC MEDITERRANEAN SALAD 17.10 / lb

org tomato, org cucumber, red onion, housemade dairy-free tzatziki (cashew, org cucumber, org lime, garlic, cilantro, dill), parsley

WILD LINE-CAUGHT TUNA SALAD 21.18/lb

wild yellowfin tuna loin, string beans, red onions, org. celery, rosemary, anchovies, sea salt, black pepper, organic lemon, evoo\

ORGANIC GRAIN-FREE CAESAR SALAD 17.10/lb

ROASTED BRUSSELS SPROUTS 15.46 / lb.

CAULIFLOWER HUMMUS 13.42 / lb.

roasted garlic, org lemon, sunflower seed butter, paprika, cumin, parsley

STUFFED PORTOBELLO 13.42 / lb.

org portobello mushroom, sweet potato, walnut, date, org egg, parsley

STUFFED SQUASH 11.16 / lb.

org kale, carrot, parsnip, sweet potato, leek, org coconut milk, onion, garlic, parsley, thyme, bay leaf, arrowroot

VEGETARIAN STUFFED PEPPER + ORG KALE PESTO 14.65/ lb.

org bell pepper, org white bean, carrot, turnip, parsnip, sweet potato, org quinoa, org egg, onion, jalapeño, org pesto (org kale, org lemon, garlic, parsley, basil)

CURRIED SWEET POTATO 13.42 / lb.

almond, onion, cilantro, cumin, cayenne, turmeric, garam masala, aioli (org egg, garlic)

ORGANIC ISRAELI QUINOA + LENTIL SALAD 13.42 / lb.

org cucumber, org tomato, shallot, parsley, mint, dill, org lemon juice, org red wine vinegar

Organic Fall Greens Salad 17.10/lb

Stuffed Avocado 5.25/each

half avocado, org. chia seeds, org. flax seeds, watermelon, org. basil, pickled red onions, org. red wine vinegar, sea salt, black pepper

Broccoli Tex Mex Salad 13.42 /lb

broccoli, org. corn, org. tomato, org. apple cider vinegar, org. coconut sugar, dairy-free CoYo dressing

Roasted Rainbow Carrots 13.42/lb

org. lemon, thyme, mustard seed, turmeric, date, garlic, org. apple cider vinegar, evoo, sea

HU BEVERAGES

SMOOTHIES

ALMOND BANANA

banana, housemade almond butter, housemade almond milk

STR-APPLE ON

grapefruit, org apple, banana, org spinach

HU BERRY

org seasonal berry, banana, 100% OJ, fresh lime

ORGANIC GREEN NEBULA

org kale, org apple, cashew cream, org coconut water

ORGANIC MATCHA ME CRAZY

avocado, org matcha, org coconut water, org coconut milk, 5x ultra-filtered water, org vanilla bean

THE WRATH OF ROSENBERG

org kale, housemade almond butter, banana, org seasonal berry, org maple water, org maca root

EXCITED BANANA

almond, banana, org espresso, org cocoa powder

JUICES

GREEN MEANS GO

org kale, org cucumber, org apple, pineapple, lime

ORGANIC GREEN GUARDIAN

org kale, org romaine, org cucumber, org celery, org spinach

ORGANIC DEMI VERT

org kale, org cucumber, org apple, org celery, lime

TURM ME ON

carrot, turmeric root, orange, sweet potato, lime

PINE & DANDY

org cucumber, pineapple, dandelion, lemon, radish

BEET OFF

beet, orange, dandelion, turmeric root, ginger, lime, lemon

100% ORANGE JUICE 8 oz. 3.05 / 16 oz. 6.11

OTHER BEVERAGES

Bottled Water 2.03

Bottled Sparkling Water 3.56

Pure Maple Water 4.68

Harmless Harvest Coconut Water 8oz. 4.07 | 16oz. 6.62

Organic Kombucha 7.13

Fruit Water 4.07

9.99
16 oz.

10.19
(unless otherwise noted)

ORGANIC COFFEE + HOT DRINKS

MILK OPTIONS: ORGANIC COCONUT MILK, HOUSEMADE ALMOND MILK, ORGANIC: SKIM, WHOLE, HALF + HALF

ORGANIC DRIP 12 oz. 2.54 / 16 oz. 3.04

ORGANIC ESPRESSO Double 3.56

ORGANIC MACCHIATO 3.56

ORGANIC AMERICANO 3.56

ORGANIC CAPPUCINO 12 oz. 4.56 / 16 oz. 4.89

ORGANIC LATTE 12 oz. 4.56 / 16 oz. 4.89

ORGANIC CAFÉ AU LAIT 12 oz. 4.56 / 16 oz. 4.89

ORGANIC CHAI LATTE 12 oz. 4.56 / 16 oz. 4.89

ORGANIC ICED COFFEE 16 oz. 3.56 / 24 oz. 3.89

ORGANIC ICED LATTE 16 oz. 4.49 / 24 oz. 4.79

ORGANIC HOT CHOCOLATE 12 oz. 4.58 / 16 oz. 4.88

PACKAGED ORGANIC COFFEE 12 oz. 15.28

ORGANIC ICED COCONUT COFFEE 16 oz. 4.57
org sumatra coffee, org coconut milk, unfiltered raw honey

ORGANIC ICED COCONUT CHAI LATTE 16 oz. 5.09
org iced chai tea, org coconut milk, 5X ultra-filtered water, pure maple syrup, cinnamon

ORGANIC CRACK COFFEE (contains dairy) 12 oz. 3.57 / 16 oz. 4.07

TEAS

GINGER, HONEY, LEMON 16 oz. 5.09

ORGANIC MATCHA 16 oz. 6.11

ORGANIC HOT 16 oz. 2.83 / 2X BAG .05

BREAKFAST BLEND / EARL GREY

CHINA GREEN / PEPPERMINT (CF) / JASMINE

CHAMOMILE (CF) / CHAI WALLA

ORGANIC ICED 16 oz. 4.05

CHINA GREEN / REALLY RASPBERRY (CF) / EARL GREY

ORGANIC ICED COCONUT MATCHA LATTE 16 oz. 6.11

org coconut milk, org matcha, 5x ultra-filtered water



SWEETS

- Walnut Fudge Brownie 5.08
- Blondie 5.08
- Chocolate Chip Cookie 2.03 | 5.08 (3pack)
- Cookie Dough Truffles 6.09
- Organic Chocolate Chia Pudding 5.08
- Organic Vanilla Chia Pudding 5.08
- Crack Bar 5.08
- Mocha Whoopie Pie 5.08
- Paleo Carrot Cake 5.08
- Organic Taro Maple Creme Brulee 6.09

SNACKS

- Organic Sweet Kale Crunch Kale Chips 7.13
- Organic Ranch Kale Chips 7.13
- Housemade Almond Butter 10.13
- Dijon Crunch Crackers 8.15
- Chia Snap Crackers 8.15
- Organic Raw Graham Crackers 10.70
- Organic Raw Coconut Graham Crackers 10.70
- Organic Baked Graham Crackers 10.70
- Organic Baked Maple Graham Crackers 10.70
- Pizza Crackers 10.13
- Organic Raw Fresh Herb Crackers 10.13
- Organic Raw Fresh Herb Crackers 10.13

HU CHOCOLATE

PALEO | VEGAN | 70% DARK CHOCOLATE 6.11/EACH

- Almond Butter + Puffed Quinoa Dark Chocolate Bar
- Cashew Butter + Pure Vanilla Bean Dark Chocolate Bar
- Hazelnut Butter Dark Chocolate Bar
- Crunchy Banana Dark Chocolate Bar
- Salty Dark Chocolate Bar
- Crunchy Mint Dark Chocolate Bar
- Simple Chocolate Bar

