

BREAKFAST MENU

WARM, HEARTY BOWLS

\$6

V LIFE PORRIDGE

A fiber and omega 3 rich, gluten free breakfast of whole grains, seeds and cinnamon.

TOPPINGS

Add fruit topping or make it creamy with a splash or coconut milk.

+\$1.5

V LONGEVITY LENTIL

A protein and fiber rich breakfast packed with healing herbs and vegetables. A high protein and fiber rich breakfast soup.

COOL, SMOOTHIE BOWLS

\$9

V BLUEBERRY HEMP

Protein rich hemp seeds blended with blueberries, spinach, banana and coconut milk topped with hemp granola.

V CHOCOLATE DREAM

A pick me up morning bowl with coffee, dark cacao powder, banana and coconut milk topped with hemp granola and goji berries.

V STRAWBERRY BEET

Antioxidant rich strawberries, banana and beetroot blended with coconut milk and topped with hemp granola.

SUPERFOOD SMOOTHIES

V BLUEBERRY HEMP

\$8

Perfect after workout. Blueberries, spinach, protein rich hemp seeds, banana, plant milk, and a touch of maple.

V CHERRY BERRY

\$8

High in antioxidants and omega 3's. Blueberries, cherries, banana, plant milk or water, chia seeds, and a touch of maple.

V CHOCOLATE DREAM

\$8

Magnesium rich and delicious. Dark cacao, banana, plant milk, coffee, and a touch of maple.

V CLEAN GREEN

\$8

Cleansing and chlorophyll rich. Spinach, banana, flax seeds, plant milk, vanilla, and a touch of maple.

V STRAWBERRY BEET

\$8

Antioxidant rich and beautifying. Strawberries, beetroot, banana, plant milk, and a touch of maple.

V T28 RADIANCE

\$10

A low cal, high antioxidant mix of berries and spice. Pomegranate, orange, blueberries, cherries, chia seeds and spice.

BOOSTERS

+\$1.5

Cacao Powder, Chia Seeds, Flax Seeds, Goji Berries, Granola, Greens, Hemp Seeds, Matcha Green Tea, Spirulina, VEGA Protein Powder

CHICKEN BONE BROTH

\$6

Our restorative chicken bone broth that is good for gut health, collagen rich and enhanced with superfoods and herbs.

SPROUTED GRAIN TOASTS

\$6.5

V AVOCADO TOAST

Fiber and protein packed sprouted grain bread with smashed avocado, chia seeds, hemp seeds, turmeric, black pepper and pink salt.

WEST COAST TOAST

A balanced breakfast of protein, greens and sprouted grains. Hormone free eggs with spinach, avocado and jalapeño on our sprouted toasted bread.

MAGIC MUFFINS

\$3 ea

V GREEN VEGAN

GF A spinach muffin even your kids will love. Coconut and brown rice flour, spinach, flax, coconut milk, banana, vanilla, pure maple syrup, and spice.

VEG OATBERRY

GF Our Life Porridge in a muffin. Coconut and brown rice flour, whole oats, flax meal, coconut milk, eggs, berries, vanilla, and spice.

VEG VEGGIEMAX

GF As many veggies as we could fit in a muffin. Coconut and brown rice flour, carrots, sweet potato, zucchini, eggs, vanilla, honey, pumpkin seeds, coconut, and spice.

TONICS, JUICE, COFFEE & TEA

DETOX 100% GREEN JUICE

\$8

Fresh pressed spinach, cucumber, celery, apple, and lemon.

FIRE CIDER "MIND" TONIC (2-OZ)

\$3

Enzyme rich digestive and immunity tonic.

WHEATGRASS "BODY" TONIC (2-OZ)

\$5

Nutrient, chlorophyll rich tonic promotes good health.

BEAUTY ELIXIR "SOUL" (2-OZ)

\$3

Energizing yet calming blend of hibiscus, ginger and lemon.

"MIND, BODY & SOUL" TRIPLE SHOT TONIC

\$5.5

DIGEST-AIDE TONIC

\$3

Herbal tonic of bitters soothes the belly, aides digestion.

JITTERY JOE'S COFFEE

\$3.5

VATTE (VEGAN LATTE)

\$5

Coffee with frothed coconut milk.

MATTE (MATCHA LATTE)

\$5.5

Green tea with frothed coconut milk.

FIRE CIDER TEA

\$4

Hot filtered water with a shot of Fire Cider and raw honey.

JAPANESE GREEN TEA

\$4

HOT CACAO

\$5.5

Made from dark, pure cacao, plant milk and your choice of sweetener.