

SUMMER 2020 MENU

Salads

- Vegan Caesar** - romaine, kale, sweet potatoes, croutons, raw parmesan, caesar dressing **\$16**
Fattoush - romaine, radish, cucumber, tomato, scallion, gf chips, fresh mint, sumac, lemon dressing **\$16**
Chopped Salad - iceberg lettuce, romaine lettuce, tomato, cucumber, hearts of palm, green chickpeas, string beans, celery, radicchio, endive, balsamic vinaigrette **\$16**
Nicoise Salad - romaine, string beans, potato, olives, tomato, chickpea tuna, herb vinaigrette **\$17**
Greek - romaine, red pepper, tomato, cucumber, green olives, red onion, almond feta, brown rice grape leaves, za'atar dressing **\$17**
Basic Salad - iceberg lettuce, carrot, tomato, cucumber, corn, lemon oil dressing **\$13**
Asian Spinach Salad - baby spinach, roasted peppers & mushrooms, quinoa, avocado, pea shoot sprouts, glazed tofu, sesame ginger dressing **\$16**
Lentil & Artichoke Salad - arugula, radicchio, roasted artichokes, pine nuts, raw parmesan, french lentils, lemon dressing **\$17**
Raw Detox - kale, carrot, cabbage, zucchini, avocado, sprouts, radish, sunflower seeds, peppers, herb tahini dressing **\$16**
Burrito Light - arugula, jicama, quinoa, black beans, spicy tempeh, roasted corn, avocado, sweet jalapeno **\$16**
Me So Zen - kale, brussel sprouts, cabbage, roasted chickpeas, avocado, glazed tempeh, sesame miso **\$17**

Extra Dressings: \$1

Lemon oil, Caesar, Balsamic, Carrot Ginger, Herb Vinaigrette, Za'atar dressing, Sesame Ginger, Dijon, Sweet Jalapeno, Lime Vinaigrette, Herb Tahini, Sesame Miso

Protein

Mock Tuna \$5, Glazed Tempeh \$5, Za'atar Tofu \$5, Spicy Tempeh \$5, Lentil Burger \$5, Roasted Chick Peas \$5, Quinoa \$3, Avocado \$3

Toasts & Sandwiches

(choice of sourdough, ezeikel or gluten free bread)*

- *Simple Avocado Toast** - avocado, radish, pea shoots, lime vinaigrette, sea salt **\$9**
***Classic Avocado Toast** - lemon, avocado, black pepper, tahini, kale **\$9**
***Everything Ricotta** - cashew ricotta, beefsteak tomato, fresh pesto, everything spice **\$9**
***Mumbo Jumbo** - cashew labneh, cucumber tomato olive salad, fresh za'atar, EVOO **\$10**
***Veganwich** - pesto, roasted peppers & zucchini, avocado, sprouts **\$12**
Caprese Sandwich - sourdough, cashew mozzarella, fresh pesto, tomato, basil **\$13.50**
Eggplant Parm - garlic ezeikel bread, homemade marinara, roasted eggplant, homemade parmesan **\$15**
Really Good Veggie Burger Sandwich - ezeikel bread, homemade mushroom burger, pickled onions, lettuce, tomato, avocado, spicy mayo **\$15**
Vegan Grilled Cheese - ezeikel bread, cashew spread, tomato, olives, basil, arugula, raw parmesan **\$12**

Fresh Sourdough Pizza: \$18

Margarita - fresh marinara sauce, homemade mozzarella, basil
Pesto - basil ricotta, tomato, garlic, arugula, pine nuts, pesto

Steamed Vegetables - \$8

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Smoothies \$10.50

Monkey Swirl - almond milk, cacao, almond butter, dates, coconut meat, banana, vanilla protein

Minty Green - almond milk, banana, pineapple, kale, fresh mint, almond butter, chia seeds

Tropical Acai - coconut water, acai, blueberries, mango

Goldie - coconut water, orange, banana, mango, pineapple

Beauty Greens - coconut water, celery, romaine, banana, mango, green apple, mint, parsley, lemon, ginger, baby spinach

Chocolate Cherry - almond milk, cacao, cherries, banana, almond butter

Strawberry Milkshake - almond milk, strawberry, banana, peanut butter

PB Coffee Crunch - almond milk, cold brew coffee, granola, peanut butter, chia seeds, banana, cacao

Add On

Blueberries, Kale, Mango, Hemp Seeds, Pineapple, Strawberry, Banana, Spinach \$1

Vanilla Protein Powder, Almond Butter, Peanut Butter, Coconut Meat \$2

Drinks

Iced Coffee - homemade almond milk, cold brew coffee, agave \$6

Passion Iced Tea - brewed passion tea, agave \$5

Iced Matcha Latte - homemade almond milk, matcha, agave \$6

Cold Pressed Green Juice \$10

Cold Pressed Orange Juice \$8

Cold Pressed Strawberry Daiquiri Juice \$10

Cold Pressed Watermelon Juice \$10

Harmless Harvest Coconut Water \$5

Essentia Water \$3

Acai Bowl - homemade almond milk, acai, berries \$12

Choice of 3 toppings

Granola

Banana

Coconut Shreds

Peanut butter

Mango

Agave

Almond butter

Pineapple

Chocolate Chips

Strawberries

Hemp Seeds

Walnuts

Blueberries

Chia Seeds

Bakery

Spelt Muffins \$5

Chocolate Chip Cookie (gf) \$5

Thumbprint Cookie (gf) \$5

Coconut Granola (gf) \$8

Vegan Cookie Dough Tub \$15

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