

BREAKFAST

FAVORITES

EXPLORE HEALTHY & YUMMY!

PALEO HASH GF P 11.5

Kale, Yam, Brussels, Cauliflower, Turkey Bacon, Avocado, Sunny-Side Egg, Balsamic, Turmeric

HAIL TO KALE GF (P) (V) 11

Warm Bowl: Kale, Brussels Sprout, Lentil, Carrot, Cranberry, Sunflower Seed, Sumac, Brown Rice, Sunny side Egg, Feta, Pomegranate Vinaigrette

BREAKFAST BURRITO 10.5

Tukey Bacon, Cheddar, Organic Eggs, Hash Brown, Chipotle sauce wrapped in Flour Tortilla, Side of House Salsa

VEGAN BURRITO V 12.95

Tofu, Onion, Tomato, Bell Pepper, Black Bean, Cilantro, Vegan Cheese, Spinach, Avocado, Chili wrapped in Flour Tortilla, Side of House Salsa

PROTEIN PANCAKES V GF 13.5

Vegan: Made with Gluten Free Oat & Almond flour, Matcha, Hemp Protein. Top: Coconut Flakes, Strawberry, Blueberry. Organic Agave on side

LOX EGGS HEAVEN GF 15.95

Smoked Salmon, Sunny Side egg, Avocado, Pesto, & Basil on Parmesan, Potato & Spinach Omelet

OATMEAL (V) 7.5

Steel-cut Oats, Steamed whole milk. Topping: Banana, Almond, Walnut & Raisin
Non-Dairy Milk: 0.75

YES! WE USE ORGANIC EGGS CAUSE IT MATTERS

Menu Dictionary:

V=vegan (V)= Can be Vegan
P= Paleo (P)= Can be Paleo
GF=Gluten Free (GF)= Can be Gluten Free

OMELET

Omelet or Scramble with your Side choice of Fruits or Roasted Yams Toast Choices: Sourdough, Wholegrain, Walnut
Gluten Free: \$1

VEGGIE GF (P) 12

Organic Eggs, Bell Pepper, Mushroom, Onion, Tomato, Spinach, Parmesan

PROTEIN POWER GF P 15.5

Egg white, Tomato, Spinach, chicken breast, Broccoli, Onion, Avocado on top

TOFU RANCHO GF V 13.5

Vegan Scramble: Tofu, Broccoli, Onion, Spinach, Mushroom, Black Bean, Pico De Gallo, Avocado, Brown Rice on side

BAGEL

Choices: PLAIN or SESAME or EVERYTHING

BAGEL 2.5

Add Cream Cheese: 0.75

CALIFORNIA BAGEL 6

Bagel, cream cheese, cucumber, Avocado, Alfalfa sprouts

WORKS EGG BAGEL 8

Bagel, Egg, Cheddar, Turkey Bacon, Tomato, Onion, Chipotle Sauce

BAGEL DÉ LOX 10

Bagel, Cream cheese, Smoked Salmon, Tomato, Avocado, Onion

TOAST

GOODNESS ON HANDMADE WALNUT TOAST

EGG & AVOCADO 10

Avocado, Sunny side Egg, Sprinkled with Chili Lemon

CAPRESE TOAST 8

Fresh Mozzarella, Cherry tomato, Balsamic Glaze, Olive Oil, Basil

LAVENDER & HONEY 5

Organic Honey, Goat Cheese, Lavender

LUNCH

SOUP

CHICKEN TORTILLA 9

TOMATO BASIL 8

SANDWICH & WRAP

Sandwiches and Wraps with your side choice of ORGANIC MIXED GREENS OR KETTLE CHIPS

TPC WRAP 11

Turkey, Pesto, Cranberries, Romaine, Avocado, Spinach tortilla

VEGGIE WRAP V 11

Hummus, Carrot, Avocado, Red cabbage, Spinach, Sundried Tomato, Cucumber, Alfalfa, Balsamic

TB CHICKEN 13

Chicken breast, Turkey Bacon, Pesto, Roasted Almonds, Fresh Mozzarella, Balsamic on Ciabatta

CURRY CHICKEN WRAP 12

Chicken Breast, House Curry, Organic Raisins, Celery, Cilantro, Alfalfa, Lettuce in Spinach Tortilla

TUNA CHEDDAR 11.5

House Albacore Tuna Mix, Lettuce, Tomato, Touch of Dijon, Cheddar on Wholegrain

PORTOBELLO PANINI V 12.5

Portobello, Bell Pepper, Avo Dressing, Garlic, Basil, Arugula, Balsamic, Vegan cheese on Ciabatta

TURKEY AVOCADO 13

Panini: Sliced Turkey, Tomato, Avocado, Pesto, Mozzarella, Avocado Dressing on Sourdough

SUPREME BURRITO 13.5

Chicken, Black Beans, Bell pepper, Cheddar, Pico Del Gallo, Avocado, Brown Rice on Flour Tortilla, Side of Sour Cream

PITA PIZZA

Fresh Ingredients on Pita Bread! Low Calorie & Yum!

GREEK STYLE VGT 12

Spinach, Mushroom, Feta, Black Olive, Onion, Mozzarella, Garlic, Bell Pepper, Sundried Tomato

BBQ CHICKEN 13

Chicken Breast, BBQ sauce, Cheddar, Onion, Mozzarella, Cherry tomato, Cilantro

SALAD

Organic or locally grown vegetables and herbs. Our dressings are made in House
Add Chicken Breast \$3.5 Add Avocado: \$2 Add Salmon (Atlantic): \$6.5

ASIAN CHICKEN 12.5

Romaine, Almond, Celery, Carrot, Chicken Red Cabbage, Noodle Crisps, Mandarin Orange, Sesame Seed, Oriental Dressing

CHICKEN PALEO KALE GF P 13.5

Chicken, Kale, Brussels, Cauliflower, Red Cabbage Carrot, Cucumber, Cranberry, Sunflower Seed, Walnut Vinaigrette

CURRY CHICKEN GF 12

Romaine, Chicken, House Curry, Raisin, Celery, Almond, Cilantro, Grapes

QUINOA BEET VGT (V) 12

Kale, Romaine, Arugula, Quinoa, Beet, Carrot, Cranberry, Walnut, Goat Cheese, Pomegranate Vinaigrette

KALE CHICKEN CAESAR 12

Romaine, Kale, Chicken, Croutons, Caesar Dressing, Parmesan

MEDITERRANEAN VGT (V) 10.5

Romaine, Tomato, Onion, Black Olive, Feta, Cucumber, Bell Pepper, Cilantro, Greek Dressing

ENTRÉE

Delicious & Nutritious. Please allow extra Time

CHICKEN QUESADILLA 12

Chicken Breast, Mozzarella, Cheddar, Grilled in spicy tomato Tortilla, Avocado, Sour cream & Salsa on Side

MEXICAN BOWL (V) GF 13.5

Brown Rice, Chicken, Black Beans, Pico De Gallo, Avocado, Bell Pepper Sour Cream

SALMON BROCCOLI (P) GF 16.95

Grilled Salmon, Mushroom, Teriyaki, Sesame Seeds, Broccoli, Brown Rice, Carrot, Basil

BALUGA BOWL V GF 12.5

A perfect Vegan Bowl: Lentil, Vegan Curry, Brown Rice, Spinach, Yam, Raisin, Mushroom, Avocado

FISH KABOB GF 17.5

Grilled Salmon Cherry Tomato skewer, Brown Rice, Greek Salsa, Hummus

SPAGHETTI SQUASH V GF 12

Baked Spaghetti Squash, Tomato, Garlic, Black Beans, Cilantro, Olive Oil, Marinara, Chili Lemon

COFFEE

ORGANIC COFFEE La Colombe Organic Roasters

Hot Cup sizes: 12oz 16oz Cold Cup Sizes: 16oz 24oz

COFFEE 2.50 2.75

COLD BREW COFFEE 3.55 4.25

Organic & Cold Brewed for 19 hours to perfection

ESPRESSO BAR

We Use Double shot on all Drinks.

ESPRESSO (Double) 3

MACCHIATO (4oz) 3.5

CAPPUCCINO (8oz) 3.95

AMERICANO 3.25 3.50

LATTÉ 4.50 4.75

MOCHA 4.95 5.25

SPANISH LATTÉ 4.95 5.25

Condensed Milk, Cinnamon, Espresso, Milk

All Hot Beverages can be made Iced: 16oz & 24oz (add 0.25)

Non-Dairy Milk: 0.75

Choices: Almond Milk, Soy Milk, Hemp Milk, Coconut Milk

TEA

CHAI LATTÉ 4.25 4.50

MATCHA LATTÉ 4.50 4.75

Organic pure Matcha, Vanilla and Milk

LAVENDER LATTÉ 4.50 4.75

Organic Earl grey Tea & Lavender Powder, Milk

GOLD LATTÉ Vegan Turmeric Latte Mix, Milk 4.50 4.75

PLAIN ICED TEA 16OZ 2.95 24OZ 3.50

LEMONADE 16OZ 3.50 24OZ 3.95

Squeezed lemon, Organic Agave, Cayenne

CHIA HIBISCUS 16OZ 3.95 24OZ 4.5

Lemonade, Hibiscus Tea, Floating chia Seeds & Cucumber

FIT TEA (Perfect Fat Burner) 16OZ 3.95 24OZ 4.5

Mix of Green, Oolong & Black Tea with Ginger, Lemon. Mint floating

AFTERNOON TEA Hot 16oz 3.5 / Iced 16oz 3.75 24oz 4.25

A Great Selection of Organic and natural Loose Leaf Tea

BLACK ENGLISH BREAKFAST, **EARL GREY**, **PASSIONFRUIT PEACH**

GREEN JASMINE, **GINGER LEMON**, **MOROCCAN MINT**, **OO LONG**

HERBAL PEPPERMINT, **YERBA MATE**, **ROOIBOS**

SMOOTHIE

Raw Plant based Superfood Smoothies are to increase nutrients, and the added plant based protein boost in each blend can make one a light Meal Replacer.

GOLDEN 16oz 24oz

Banana, Cacao, Turmeric, Peanut butter, Date, Almond Milk 7.5 8.75

PINK POLLEN 7.75 9

Strawberry, Vitamin C, Banana, Beet powder, Vanilla, Coconut Milk, Bee Pollen

DRAGON HEAL 7.75 9

Organic Raw Dragon Fruit, Banana, Coconut water, Strawberry, Pineapple, Vanilla

BLACKISH 8.5 9.75

Blueberry, Acai, Banana, Activated Charcoal, Coconut Water, Spirulina, Cinnamon, Dates, Cacao

ENRICHED GREEN 8.5 9.75

Kale, Spirulina, Avocado, Kiwi, Coconut Milk, Pineapple, Banana, Hemp Seed, Matcha

VITAL DETOX 8.5 9.75

Spinach, Chia, Lemon, Hemp Milk, Mint, Ginger, Aloe Vera Juice, Pineapple, Green Superfood Blend

POTION 8.5 9.75

Cold Brew Coffee, Banana, Almond Butter, Goji Berries, Walnuts, Cacao, Dates

SMOOTHIE BOWL

Superfood Bowls Made with Natural and Non-GMO plant Based ingredients & full of Nutrients. Served In 24oz Bowl

ACAI BOWL V (Gf) (P) 12

SMOOTHIE mix: Organic Acai, Banana, Blueberry, Strawberry, Vanilla Hemp Milk Topping: Honey Nut Granola, Strawberry, Cacao Nibs, Pumpkin Seeds, coconut Flakes & Bee pollen

PITAYA BOWL V (Gf) (P) 12

SMOOTHIE mix: Organic Raw Pitaya, Banana, Coconut milk, peanut butter. Strawberry, Vanilla Topping: Honey Nut Granola, Strawberry, Raisin Coconut flakes, Chia Seeds & Bee Pollen

GREEN BOWL V (Gf) (P) 12

SMOOTHIE mix: Kale, Spinach, Avocado, Banana, Matcha, Mango, coconut Milk Topping: Honey Nut Granola, Frozen Blueberry, Goji Berry, coconut Flake & bee pollen



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VEGAN & GLUTEN FREE OPTIONS

