FAVORITES
EXPLORE HEALTHY & YUMMY!

PALEO HASH GF P 14
Kale, Yam, Brussels, Cauliflower, Turkey Bacon, Avocado, Sunny-Side Egg, Balsamic, Turmeric

HAIL TO KALE GF (P) (V) 13
Warm Bowl: Kale, Brussels Sprout, Lentil, Carrot, Cranberry, Sunflower Seed, Sumac, Brown Rice, Sunny side Egg, Feta, Pomegranate Vinaigrette

BREAKFAST BURRITO 12
Turkey Bacon, Cheddar, Organic Eggs, Hash Brown, Chipotle Aioli wrapped in Flour Tortilla, Side of House Salsa

VEGAN BURRITO V 14
Tofu, Onion, Tomato, Bell Pepper, Black Bean, Cilantro, Vegan Spinach, Avocado, Brown Rice, Chili drizzle wrapped in Flour Tortilla, Side of Mixed Greens & House Salsa

PROTEIN PANCAKES V GF 15
Vegan: Made with Gluten Free Oat & Almond flour, Matcha, Rice Protein. Top: Coconut Flakes, Strawberry, Blueberry. Organic Agave on side

LOX EGGS HEAVEN GF 17
Smoked Salmon, Sunny Side egg, Avocado, Pesto, & Basil on Parmesan, Potato & Spinach Omelet

OATMEAL (V) 9
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) = can be vegan
(P) = can be paleo
(GF) = can be gluten free

VEGETARIAN BREAKFAST

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

VEGGIE GF (P) 14
Organic Eggs, Bell Pepper, Mushroom, Onion, Tomato, Spinach, Parmesan

PROTEIN POWER GF P 17
Egg white, Tomato, Spinach, chicken breast, Broccoli, Onion, Avocado on top

TOFU RANCHO GF V 15
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 3
Add Cream Cheese: 0.75

CALIFORNIA BAGEL 8
Bagel, cream cheese, cucumber, avocado, alfalfa sprouts

WORKS EGG BAGEL 10
Bagel, Egg, Cheddar, Turkey Bacon, Tomato, Onion, Chipotle Aioli

BAGEL DÉ LUX 12
Bagel, Cream cheese, Smoked Salmon, Tomato, Avocado, Onion

TOAST
GOODNESS ON HANDMADE WALNUT TOAST

EGG & AVOCADO 12
Avocado, Sunny side Egg, Micro Greens, Sprinkled with Chili Lemon

CAPRESE TOAST 10
Fresh Mozzarella, Cherry tomato, Balsamic Glaze, Olive Oil, Basil

LAVENDER BLUE 8
Organic Honey, Cottage Cheese, Blueberries, Lavender

LUNCH

SOUP
CHICKEN TORTILLA 10
TOMATO BASIL

SANDWICH & WRAP
Sandwiches and Wraps with your Side choice of

ORGANIC MIXED GREENS OR BULLETT CHIPS

TPC WRAP 13
Turkey, Pesto, Cranberries, Romaine, Avocado, Spinach tortilla

VEGGIE WRAP V 13
Hummus, Carrot, Avocado, Red Cabbage, Spinach, Sundried Tomato, Cucumber, Alfalfa, Choice of Balsamic or Asian Dressing

TB CHICKEN 15
Chicken breast, Turkey Bacon, Pesto, Roasted Almonds, Fresh Mozzarella, Balsamic on Ciabatta

CURRY CHICKEN WRAP 14
Chicken Breast, House Curry, Organic Raisins, Celery, Cilantro, Alfalfa, Lettuce in Spinach Tortilla

TUNA CHEDDAR 13
House Albacore Tuna Mix, Lettuce, Tomato, Touch of Dijon, Cheddar on Wholegrain

PORTOBELLO PANINI V 14
Portobello, Bell Pepper, Sundried Tomato, Garlic, Basil, Arugula, Balsamic, Vegan cheese on Ciabatta

TURKEY AVOCADO 15
Panini: Sliced Turkey, Tomato, Avocado, Pesto, Mozzarella, Sundried Tomato on Sourdough

SUPREME BURRITO 15
Chicken, Black Beans, Bell pepper, Cheddar, Pico Del Gallo, Avocado, Brown Rice on Tortilla, Side of Sour Cream

PITA PIZZA
Fresh Ingredients on Pita Bread! Low Calorie & Yum!

GREEK STYLE VGT 13
Spinach, Mushroom, Feta, Black Olive, Onion, Mozzarella, Garlic, Bell Pepper, Sundried Tomato

BBQ CHICKEN 15
Chicken Breast, BBQ sauce, Cottage cheese, Onion, Mozzarella, Cherry tomato, Cilantro

SALAD
Organic or locally grown vegetables and herbs. Our dressings are made in House

ASIAN CHICKEN 14
Romaine, Almond, Celery, Carrot, Chicken Red Cabbage, Noodle Crisp, Mandarin Orange, Sesame Seed, Asian Dressing

CHICKEN PALEO KALE GF P 15
Chicken, Kale, Brussels, Cauliflower, Red Cabbage Carrot, Cucumber, Cranberries, Sunflower Seeds, Walnut Vinaigrette

CURRY CHICKEN GF 14
Romaine, Chicken, House Curry, Raisin, Celery, Almond, Micro Greens, Cilantro, Grapes

QUINOA BEET GF 13
Kale, Romaine, Arugula, Quinoa, Beet, Carrot, Cranberry, Walnut, Goat Cheese, Pomegranate Vinaigrette

KALE CHICKEN CAESAR 14
Romaine, Kale, Chicken, Croutons, Caesar Dressing, Parmesan

MEDITERRANEAN VGT (V) 12
Romaine, Tomato, Onion, Black Olive, Feta, Cucumber, Bell Peppers, Cilantro, Greek Dressing

ENTRÉE
Delicious & Nutritious. Please allow extra Time

CHICKEN QUESADILLA 13
Chicken Breast, Mozzarella, Cheddar, Grilled in spicy tomato Tortilla, Avocado, Sour cream & Salsa on Side

MEXICAN BOWL (V) GF 15
Brown Rice, Chicken, Black Beans, Grilled Onion, Bell Pepper, Pico De Gallo, Avocado, Sour Cream

SALMON BROCCOLI (P) GF 19
Grilled Salmon, Mushroom & Teryaki Sauce, Sesame Seeds, Broccoli, Brown Rice, Carrot, Basil

BALUGA BOWL V GF 14
A perfect Vegan Bowl: Lentil, Vegan Curry, Brown Rice, Spinach, Yam, Raisin, Mushroom, Avocado

SPAGHETTI SQUASH V GF 14
Baked Spaghetti Squash, Tomato, Garlic, Black Beans, Cilantro, Olive Oil, Marinaras, Vegan Cheese, Chili Lime
COFFEE

ORGANIC COFFEE La Colombe Organic Roasters
Hot Cup sizes: 12oz 16oz Cold Cup Sizes: 16oz 24oz

COFFEE  2.75  3
COLD BREW COFFEE  4  4.5
Organic & Cold Brewed for 19 hours to perfection

ESPRESSO BAR

We Use Double shot on all Drinks.

ESPRESSO (Double)  3.25
MACCHIATO  (4oz)  3.75
CAPPUCINO  (8oz)  4.5
AMERICANO  3.5  3.75
LATTÉ  5  5.5
MOCHA  5.5  6
SPANISH LATTÉ  5.5  6

All Hot Beverages can be made iced. 16oz & 24oz (add 0.25)

Non-Dairy Milk: a.m.
Almond Milk, Soy Milk, Hemp Milk, Coconut Milk, Oat Milk

ESPRESSO BAR

CHAI LATTÉ  5  5.5
MATCHA LATTÉ  4.75  5.25
LAVENDER LATTÉ  4.75  5.25
GOLDEN LATTÉ  4.75  5.25
PLAIN ICED TEA
16oz  3.25  24oz  3.75
LEMONADE
16oz  3.75  24oz  4.25

TEA

Organic Green Tea, Matcha, Earl Grey

CHAI LATTÉ
5  5.5
MATCHA LATTÉ
4.75  5.25
LAVENDER LATTÉ
4.75  5.25
GOLDEN LATTÉ
4.75  5.25

SMOOTHIE BOWL

Superfood Bowls Made with Natural and Non-GMO Plant Based ingredients & Full of Nutrients. Served in 24oz Bowl

AÇAI BOWL
V (GF) (P) 13
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) 13

GREEN BOWL
V (GF) (P) 13
SMOOTHIE mix: Kale, Spinach, Avocado, Banana, Matcha, Pineapple, coconut milk Topping: Honey Nut Granola, Blueberry, Goji Berry, coconut flakes & bee pollen

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
8.5  9.5
Banana, Cacao, Turmeric, Peanut butter, Date, Almond Milk

PINK POLLEN
8.5  9.75
Strawberry, Vitamin C, Banana, Beet powder, Vanilla, Coconut Milk, Bee Pollen

DRAGON HEAL
8.75  10
Organic Raw Dragon Fruit, Banana, Coconut water, Strawberry, , Pineapple, Vanilla

BLACKISH
9.5  10.75
Blueberry, Acai, Banana, Activated Charcoal, Coconut Water, Spirulina, Cinnamon, Dates, Cacao

ENRICHED GREEN
9.5  10.75
Kale, Spirulina, Avocado, Kiwi, Coconut Milk, Pineapple, Banana, Hemp Seed, Matcha

VITAL DETOX
9.5  10.75
Spinach, Chia, Lemon, Hemp Milk, Mint, Ginger, Aloe Vera Juice, Pineapple, Green Superfood Blend, Stevia

POTION
9.5  10.75
Cold Brew Coffee, Banana, Almond Butter, Goji Berries, Walnuts, Cacao, Dates

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

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