

C A F E
meto

Menu

Cold Bowls

RAW VEGAN GRANOLA BOWL (GF, V) 9
Sprouted buckwheat groat granola, enhanced with cinnamon, raisins and dates. Topped with our signature house-made vanilla banana milk, topped with seasonal fruit.

HOUSE-MADE GRANOLA BOWL (GF, V) 10
A crunchy and nourishing combination of house-made granola layered with creamy coconut yogurt and fresh seasonal fruit.

Salads

CIVANA CEZAR (GF, VEG) 8
Our superfoods version of the classic Caesar salad. Locally grown greens mix of organic kale, Asian greens and spinach, topped with Romano cheese and crispy baked chickpeas, served with a house-made egg-free caesar dressing.

KALE (GF, VEG) 9
Local organic kale, served with toasted almonds, fresh seasonal fruit, feta cheese and a house-made champagne vinaigrette.

Wraps

ROASTED VEGETABLE HUMMUS WRAP (V) 10
Roasted house-made vegetable hummus, fresh tomato, crispy baked chickpeas, local organic arugula, parsley, cilantro drizzled with Queen Creek Olive Oil salt and pepper, served in a warm whole-wheat flatbread.

FAJITA WRAP (VEG) 11
Fire-roasted Anaheim peppers and red bell peppers, black beans, avocado, cilantro, goat cheese, fresh lime, Chef Manny's mole sauce. arugula, parsley, cilantro drizzled with Queen Creek Olive Oil, served in a warm whole-wheat flatbread.

Fajita wrap can be made vegan by eliminating the cheese.

Commitment to quality: we make it our mission to choose organic, local, sustainable, grass-fed and local farms whenever possible. Our menu is full of vibrant color and all food is prepared to maximize digestibility and nutrient density. All of our menu items are non-GMO, contains no hydrogenated fats, hormones or preservatives.

(V) Vegan | (VEG) Vegetarian | (GF) Gluten Free

While we offer gluten free items, we are not a 100% gluten free restaurant and cannot ensure that cross-contamination will not occur.

*These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

