

# Seed

## breakfast

<b>Egg Frittata Bites</b> GF 12 daily fresh offering	<b>Farmers Breakfast Sandwich*</b> NF 16 pasture-raised farm eggs, turkey bacon, white cheddar, arugula, truffle aioli, english muffin
<b>Overnight Oats</b> NF VG 9 chia, coconut flakes	<b>Southwest Breakfast Burrito</b> DF NF V 16 scrambled eggs, black beans, onions, cilantro, smashed avocado, mushroom chorizo
<b>Lemon Chia Seed Pudding</b> GF NF VG 8	
<b>Greek Yogurt Parfait</b> GF NF V 10 orange greek yogurt, house-made chia seed granola, berries	

## smoothies & bowls

<b>Orange Crush</b> GF VG anti-oxidants, vitamin c 15 orange juice, coconut water, goji berries, hemp seeds, cashew, dates, orange zest	<b>Golden Lassi</b> GF NF VG anti-inflammatory, vitamin c 15 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon
<b>Rise &amp; Shine</b> GF VG energy, strengthening 15 almond milk, banana, hemp seed, vegan protein, cacao, unsweetened almond butter, coffee powder, vanilla	<b>Berries Smoothie Bowl</b> GF NF VG 16 coconut water, banana, strawberry, blueberry, raspberry, mint, rose water, house-made chia seed granola, flax seeds
<b>Recovery</b> GF VG anti-inflammatory, calming 15 almond milk, banana, dates, turmeric, cinnamon, clove	<b>Cacao Smoothie Bowl</b> GF VG 16 almond milk, banana, hemp, vegan protein, cacao, coconut, unsweetened almond butter, vanilla powder, coffee powder, fig, mint, house-made chia seed granola, salted cashew caramel, vanilla
<b>Green Goddess</b> GF NF VG nourishing, hydrating 15 coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water	
<b>Radiance</b> GF NF VG glowing, skin protector 15 coconut water, banana, strawberry, blueberry, raspberry, flax seeds, rose water	

## lunch

<b>Hummus &amp; Crudité</b> GF NF VG 15 garlic hummus with seasonal fresh vegetables	<b>Poblano Hummus Vegetable Wrap</b> NF VG 17 roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips
<b>Vegan Cheese Platter</b> GF VG 18 rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond	<b>Brie, Fig, &amp; Apple Grilled Cheese Panini</b> NF V 18 fig jam, arugula on noble ciabatta, served with chips
<b>Sunflower Salad</b> GF NF VG 18 baby gem, cucumber, avocado, hemp seeds, flax seeds, cherry tomatoes, dehydrated dulce crackers, dehydrated enoki mushroom, flax oil, sunflower miso dressing, nasturtium, edible flowers	<b>Smoked Turkey Pesto Panini</b> 18 pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips
<b>Greek Salad</b> GF NF VG 18 arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium	<b>Rainbow Glass Noodle Bowl</b> GF NF VG 18 sweet pepper, carrots, broccoli, purple cabbage, pickled mushrooms, toasted cashew, thai basil
<b>Forager Bowl</b> GF NF VG 20 kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers	<b>Shrimp Ceviche*</b> GF NF DF 18 pico de gallo, corn tortilla chips
<b>Antioxidant Bowl</b> NF VG 18 kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette	

### lunch additions:

- local farm fresh cage-free hard boiled egg\* +4 GF NF V
- grilled natural chicken breast +10 GF NF
- grilled chilled salmon\* +15 GF NF
- tofu +8 GF NF V

GF Gluten Free NF Nut Free DF Dairy Free VG Vegan V Vegetarian Items above are prepared with gluten-free ingredients. However, our kitchen is not completely gluten free. Please let us know if you have a food allergy or sensitivity. \*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of a food borne illness.

## fresh pressed juices

<b>Miracle Red Juice</b> GF NF VG 10 red beets, carrots, pineapple, lemon juice	<b>Green Machine</b> GF NF VG 10 kale, lettuce, parsley, apples, lemon juice, ginger root
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## lattes

<b>Cozy Chocolate</b> GF NF VG 8 immunity, clarity oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only	<b>Vanilla Matcha Latte</b> GF NF VG 8 anti-inflammatory oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced
<b>Chai Dream</b> GF NF VG 8 longevity, immunity, relaxation oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced	<b>Matcha Straight-Up</b> GF NF VG 7 anti-inflammatory hot water, kiwami matcha / hot or iced

## coffee & tea

HOT	COLD
<b>Coffee</b> small / large 4 / 6	<b>Botanicals Seasonal Tea</b> 6
<b>Americano</b> 5 / 7	<b>Cold Brew</b> 6
<b>Latte or Cappuccino</b> small / large 5 / 7	<b>Iced Americano</b> 7
<b>Matcha Latte</b> 6 / 8	<b>Iced Latte</b> 5
<b>Espresso</b> single / double 3 / 5	<b>Iced Matcha Latte</b> 6
<b>Hot Tea</b> 4	

### additions:

flavors - lavender +1, rose +1, vanilla +1 / sweeteners - maple, agave, honey / milks - oat, almond, coconut, dairy

## refreshers

<b>Hibiscus Aqua Fresca</b> GF NF VG 9 hibiscus, orange blossom, sparkling water	<b>Pitaya Lemonade</b> GF NF VG 9 coconut water, apple cider vinegar, lemon, rose water, pitaya, agave
<b>Dragon Lemonade</b> GF NF VG 9 filtered water, lemon, dragon fruit, strawberry, maple syrup	<b>CIVANA Switchel</b> GF NF VG 9 nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup
<b>Blue Lemonade</b> GF NF VG 9 filtered water, lemon, blue spirulina, maple syrup	

## wine by the glass

<b>Pinot Grigio</b> 15 giuseppe luigi, friuli, italy	<b>Chardonnay</b> 19 domaine ventoura chablis, burgundy, france
<b>Sauvignon Blanc</b> 15 drylands, marlborough, new zealand	<b>Pinot Noir</b> 15 montinore, willamette valley, oregon

## cocktails

<b>Strawberry Cooler</b> 17 local vodka, strawberry, honey, lime, coconut water, served frozen	<b>Desert Citrus Paloma</b> 16 tequila, grapefruit, prickly pear, lime, club soda
<b>Passionfruit Cooler</b> 17 tequila, pineapple, mango, passion fruit, honey, coconut water, served frozen	<b>Elderflower &amp; Strawberry Spritz</b> 17 st germaine, strawberry liquor, lemon, prosecco, club soda
<b>Mimosa</b> 16 classic or hibiscus pamplemousse	<b>Blackberry Collins</b> 16 local gin, lemon, blackberry lemonade social tonic, lavender

do  
what  
comes  
naturally.

Seed