

Seed

breakfast

Overnight Oats <small>NF VG</small>	9	Greek Yogurt Parfait <small>GF NF V</small>	10
chia, coconut flakes		orange greek yogurt, house-made chia seed granola, berries	
Egg Frittata Bites <small>GF</small>	12		
daily fresh offering <small>served until 12pm</small>			

smoothies & bowls

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

lunch

Hummus & Crudité <small>GF NF VG</small>	15	Antioxidant Bowl <small>NF VG</small>	18
garlic hummus with seasonal fresh vegetables		kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette	
Caponata & Pita <small>NF</small>	9	Poblano Hummus Vegetable Wrap <small>NF VG</small>	17
eggplant, capers, tomatoes, bell pepper, olives, celery,		roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips	
Vegan Cheese Platter <small>GF VG</small>	18	Brie, Fig, & Apple Grilled Cheese Panini <small>NF V</small>	18
rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond		fig jam, arugula on noble ciabatta, served with chips	
Mother Earth Salad <small>GF</small>	18	Smoked Turkey Pesto Panini	18
kale, onion, radish, beet, almonds, local carefree honey, black sesame seeds, pumpkin seeds, apple cider mustard dressing		pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips	
Sunflower Salad <small>GF NF VG</small>	18	<div>lunch additions: local farm fresh cage-free hard boiled egg* +4 <small>GF NF V</small> grilled natural chicken breast +10 <small>GF NF</small> grilled chilled salmon +12 <small>GF NF</small></div>	
baby gem, cucumber, avocado, hemp seeds, flax seeds, cherry tomatoes, dehydrated dulce crackers, dehydrated enoki mushroom, flax oil, sunflower miso dressing, nasturtium, edible flowers			
Greek Salad <small>GF NF VG</small>	18		
arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium			
Forager Bowl <small>GF NF VG</small>	20		
kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers			

fresh pressed juices

Miracle Red Juice GF NF VG10	Green Machine GF NF VG10
red beets, carrots, pineapple, lemon juice	kale, lettuce, parsley, apples, lemon juice, ginger root

lattes

Cozy Chocolate GF NF VG immunity, clarity8	Vanilla Matcha Latte GF NF VG anti-inflammatory8
oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only	oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced
Chai Dream GF NF VG longevity, immunity, relaxation8	Matcha Straight-Up GF NF VG anti-inflammatory7
oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced	hot water, kiwami matcha / hot or iced

coffee & tea

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

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

refreshers

Hibiscus Aqua Fresca GF NF VG9	Pitaya Lemonade GF NF VG9
hibiscus, orange blossom, sparkling water	coconut water, apple cider vinegar, lemon, rose water, pitaya, agave
Dragon Lemonade GF NF VG9	CIVANA Switchel GF NF VG9
filtered water, lemon, dragon fruit, strawberry, maple syrup	nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup
Blue Lemonade GF NF VG9	
filtered water, lemon, blue spirulina, maple syrup	

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

do
what
comes
naturally.

Seed