

breakfast

Hemspeed + Chia Granola GF 8
with coconut yogurt, berries, & bee pollen

Avocado Toast V NF gluten free bread available 12
with sprouts, tiny tomatoes, & radish on sourdough
+ smoked salmon* (6), egg* (3) or grilled tofu (6)

Breakfast Burrito NF gluten free tortilla available 14
with scrambled eggs*, chorizo mushrooms, avocado, herbed potatoes
& salsa verde

Mezze Frittata GF 14
with scrambled and baked eggs wild arugula, roasted delicata squash,
heirloom cherry tomatoes, lots of herbs, pickled red onion, caper berries
& green tahini

Sourdough Spelt Waffle V 12
with peaches, berries, whipped coconut, & spiced maple

lunch

Seed Grain Bowl V GF NF 16
with quinoa & jasmine rice, stewed lentils, marinated kale, roasted
carrots, ruby kraut, mustard seed vinaigrette + smoked salmon* (6),
egg* (3), grilled tofu (6), grilled chicken (6), or avocado (2)

Eggplant Bahn Mi V NF 13
with pickled carrots, radish, Thai basil, lentil pate, jalapeño, spicy chick
pea aioli served on Noble Eatery bread

Seed Tacos GF NF 14
with choice of grilled salmon*, chicken or tofu, "refried" beans,
guacamole, cabbage salad & tomatillo salsa

Big Salad V GF NF 12
with market greens, avocado, raw shredded vegetables, green olives,
marinated red peppers, sunflower sprouts, & creamy citrus dressing
+ smoked salmon* (6), egg* (3), grilled tofu (6), grilled chicken (6),
or avocado (3)

Pasture Raised Chicken GF 16
with Napa cabbage slaw, spiced black beans, toasted pepitas,
pickled jalapeño, cashew ranch dressing

bevvies

PRESSED

Juice 7

orange or grapefruit

G & T 7

fresh pressed grapefruit, fever tree indian tonic, juniper & lavender blend

Cutting loose? Add tequila or vodka + 4

COLD

Botanicals 6

lemon lavender, caffeine free

Iced Tea 6

raspberry lemon, caffeine included

Prickly Pear Sangria 14

pinot noir, gran marnier, Hendrick's solstice gin, seasonal fruit,
prickly pear

Iced Americano 7

HOT

Coffee

small / large 4 / 6

Latte or Cappuccino

small / large 5 / 7

Espresso

single / double 4 / 7

Hot Tea 4

*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.

smoothies

Hydrate 8

coconut water, pineapple, watermelon, maple syrup

Power 8

soy milk, banana, dates, cherries, blueberries, hemp seeds, almonds

Cleanse 8

filtered water, kale, spinach, ginger juice, lemon, pineapple, mango,
chia seeds

Add into any smoothie

FRUITS +2

pineapple, watermelon, banana, green apple, dates, cherries, blueberries,
mango

VEGETABLES +2

spinach, avocado, kale

SEEDS +1

chia, hemp, sunflower, sesame, flax, pumpkin

NUTS +2

almonds, cashews

BUTTERS +1

almond butter, peanut butter

SUPERFOODS +2

spirulina, maca, ashwagandha, lion's main mushroom

PROTEIN +2

vegan protein powder

GF Gluten Free

NF Nut Free

V Vegan

All GF items listed 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.

