

do  
what  
comes  
naturally.

Seed

# Seed

OFFERED 6am-2pm

## smoothies

- Greenvana** green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi. 12
- Glow Getter** oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla. 12
- Golden Lassi** 🍌 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon. 12

### Add into any smoothie

- FRUITS** strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple +2
- VEGETABLES** spinach, avocado, kale +2
- SEEDS** chia, hemp, sunflower, sesame, flax, pumpkin +1
- NUTS** almonds, cashews +2
- BUTTERS** almond butter, peanut butter +1
- SUPERFOODS** spirulina, maca, ashwagandha, lion's main mushroom +2
- PROTEIN** vegan protein powder +2

## bevvies

- Rishi Sparkling Tea** assorted flavors 6
- Dram Apothecary CBD Soda** 8
- COLD
- Botanicals** lemon lavender, caffeine free 6
- Iced Tea** raspberry lemon, caffeine included 6
- Iced Americano** 7
- Iced Vanilla Matcha Latte** matcha, oat milk, organic vanilla syrup 9
- Honey Lavender Latte** double shot of espresso, oat milk, lavender, raw honey 9
- HOT
- Coffee** small / large 4 / 6
- Latte or Cappuccino** small / large 5 / 7
- Espresso** single / double 4 / 7
- Hot Tea** 4
- Chai Tea Latte** small / large 5 / 7

- CANNED
- Huss Arizona Light Lager** 7  
japanese rice lager | international distillers & vintners, china | 4.8% abv
- Sippin' Pretty Fruited Sour** 7  
odell brewing co. | fort collins, co | 4.5% abv
- Northeast IPA** 8 helton  
brewing co. | phoenix, az | 6.2% abv
- Purpose Pilsner** 8  
greenwood brewing Co. | phoenix, az | 5.5% abv
- Plant Hard Seltzer** 12  
ca | 4.5% abv | 100 calories | choose from assorted flavors
- Juneshine Kombucha** 7  
assorted flavors | san diego, ca | 6% abv, probiotic, gluten free
- WINE
- West + Wilder** 14  
choice of white, rosé, or sparkling

- COCKTAILS
- Piña Colada** + dark rum floater 14  
non-alcoholic 10
- CBD Spritz** aperol, prosecco, cbd-infused zero-sugar soda 14
- Mimosa** choice of classic or hibiscus pamplemousse 14
- Prickly Pear Sangria** white wine, hendrick's solstice gin, seasonal fruit, prickly pear 14
- Moscow Mule** chakra vodka, big marble organic ginger beer, lime 12