

do
what
comes
naturally.

Seed

Seed

smoothies

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

grab n' go

SNACKS

Greek Yogurt Parfait with hempseed & chia granola, & berries 8

Overnight Oats DF with toasted coconut 8

Hummus with crudite 14

Date Energy Bites date, pistachio, coconut, hemp, chia, almond, dried cherry 9

SALADS / BOWLS

Mediterranean Greek Bowl marinated garbanzos, castelvetrano olives, feta cheese, fiesta peppers, romanesco, cucumber, cherry tomato, spinach, red wine vinaigrette 15

Chopped Kale Crunch Salad 🌱 kale, sweet potato, garbanzo, broccoli cabbage slaw, pumpkin and sunflower seed crunch, lemon tahini dressing, on a whole wheat tortilla 15

Poblano Hummus Vegetable Wrap roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap 16

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

WINE

West + Wilder 14
choice of white, rosé, or sparkling

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