

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
The Funky Cacao oat milk, hemp seeds, maple syrup, avocado, cacao, & banana	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

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

COLD

Botanicals lemon lavender, caffeine free	6
Iced Tea raspberry lemon, caffeine	6
Cold Brew	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
Blue Honey Oat Latte earl grey, blue spirulina, honey, oat milk	9

WINE

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

Rishi Sparkling Tea assorted flavors	6
Dram Apothecary CBD Soda	8
Huss Arizona Light Lager japanese rice lager international distillers & vintners, china 4.8% abv	7
Northeast IPA helton brewing co. phoenix, az 6.2% abv	8
Purpose Pilsner greenwood brewing co. phoenix, az 5.5% abv	8
Plant Hard Seltzer ca 4.5% abv 100 calories	12
Juneshine Kombucha san diego, ca 6% abv, probiotic, gluten free	7