

do  
what  
comes  
naturally.

Seed

# Seed

## fresh pressed juices

<b>Heart Beets</b> red beets, carrots, pineapple, lemon juice	10	<b>Green Machine</b> kale, lettuce, parsley, apples, lemon juice, ginger root	10
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## smoothies

<b>Greenvana</b> green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana, & kiwi	12	Add into any smoothie	
<b>Glow Getter</b> oat milk, strawberry, raspberry, banana, dates, hemp seeds, flax seeds, & vanilla	13	<b>FRUITS</b> strawberries, raspberries, banana, green apple, dates, kiwi, blueberries, mango, pineapple	+2
<b>Golden Lassi</b> 🍷 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, & cinnamon	12	<b>VEGETABLES</b> spinach, avocado, kale	+2
<b>The Funky Cacao</b> oat milk, hemp seeds, maple syrup, avocado, cacao, & banana	13	<b>SEEDS</b> chia, hemp, sunflower, sesame, flax, pumpkin	+1
		<b>NUTS</b> almonds, cashews	+2
		<b>BUTTERS</b> almond butter, peanut butter	+1
		<b>SUPERFOODS</b> spirulina, maca, ashwagandha, lion's main mushroom	+2
		<b>PROTEIN</b> vegan protein powder	+2

## breakfast

<b>Muffin</b> daily fresh offering, gluten free options available	5	<b>Greek Yogurt Parfait</b> orange greek yogurt, housemade chia seed granola, berries	9
<b>Mini Green Chile Scone</b> GF	6	<b>Egg Frittata Bites</b> GF daily fresh offering served until 12pm	12
<b>Cinnamon Roll</b> v	6		

## lunch

<b>Brie, Fig, &amp; Apple Grilled Cheese Panini</b> fig jam, arugula on noble ciabatta, served with chips or tabbouleh	17	<b>Smoked Turkey Pesto Panini</b> pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips or tabbouleh	17
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## bevvies

<b>HOT</b>		<b>Iced Vanilla Matcha Latte</b> matcha, oat milk, organic vanilla syrup	9	<b>Emera Light Hazy IPA</b> greenwood brewing   phoenix   3.6% abv	8
<b>Coffee</b> small / large	4 / 6	<b>Honey Lavender Latte</b> double shot of espresso, oat milk, lavender, raw honey	9	<b>Purpose Pilsner</b> greenwood brewing   phoenix   5.5% abv	8
<b>Latte or Cappuccino</b> small / large	5 / 7	<b>Blue Honey Oat Latte</b> earl grey, blue spirulina, honey, oat milk	9	<b>Plant Hard Seltzer</b> ca   4.5% abv   100 calories	12
<b>Espresso</b> single / double	4 / 7			<b>Juneshine Kombucha</b> san diego, ca   6% abv, probiotic, gluten free	7
<b>Hot Tea</b>	4	<b>CANNED</b>		<b>WINE</b>	
<b>Chai Tea Latte</b> small / large	5 / 7	<b>Rishi Sparkling Tea</b> assorted flavors	6	<b>West + Wilder</b> choice of white, rosé, or sparkling	14
<b>COLD</b>		<b>Dram Apothecary CBD Soda</b>	8		
<b>Botanicals</b> lemon lavender, caffeine free	6	<b>Huss Arizona Light Lager</b> japanese rice lager   international distillers & vintners, china   4.8% abv	7		
<b>Iced Tea</b> raspberry lemon, caffeine	6				
<b>Cold Brew</b>	6				
<b>Iced Americano</b>	7				