

# Seed

## fresh pressed juices

**Miracle Red Juice** 10  
red beets, carrots, pineapple, lemon juice

**Green Machine** 10  
kale, lettuce, parsley, apples, lemon juice, ginger root

## smoothies

**Orange Crush** anti-oxidants, vitamin C 13  
orange juice, coconut water, goji berries, camu camu, lucuma, hemp seeds, cashew, orange zest

**Radiance** glowing, skin protector 13  
coconut milk, banana, strawberry, blueberry, raspberry, flax seeds, maqui, tocos, rose water

**Rise & Shine** energy, strengthening 13  
coconut milk, banana, hemp seed, pumpkin seed protein, unsweetened almond butter, cacao, red maca, vanilla powder, coffee powder

**Golden Lassi** ☺ 12  
mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon

**Recovery** anti-inflammatory, calming 13  
almond milk, coconut meat, banana, dates, turmeric, reishi, ashwagandha, astragalus, cinnamon, clove

**smoothie additions:**  
seeds +2, nuts +2, butters +1, superfoods +3, protein +3

**Green Goddess** nourishing, hydrating 13  
coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water, magnesium water

## superfood lattes

**Shroomy Chocolate** immunity, clarity 8  
oat milk, cacao butter, lion's mane, chaga, reishi, vanilla extract, maple syrup / hot only

**Mindful Dopamine** brain dopamine 9  
almond milk, kiwami matcha\*, mucuna pruriens, lion's mane, strawberry powder, dragon fruit, maple syrup / iced only

**Cosmic Cacao** heart opener, clarity 8  
homemade coconut milk, cacao, rose extract, lion's mane, cinnamon, vanilla extract, maple syrup / hot only

**Golden Rest** anti-inflammatory, calming, relaxation 8  
oat milk, ashwagandha, eleuthero, ginger, turmeric, black peppercorn, raw honey / hot or iced

**Kava Dream** longevity, immunity, relaxation 8  
oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), noble kava, ponderosa pine pollen, cinnamon, vanilla extract, maple syrup / hot or iced

**Vanilla Matcha Latte** anti-inflammatory 8  
oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced

**Floral Shin** energy 8  
almond milk, espresso shot, activated charcoal, lavender extract, vanilla extract, maple syrup / hot or iced

**Matcha Straight-Up** anti-inflammatory 7  
hot water, kiwami matcha / hot or iced

## coffee & tea

### HOT

Coffee small / large	4 / 6
Latte or Cappuccino small / large	5 / 7
Espresso single / double	4 / 7
Hot Tea	4

### COLD

Botanicals Seasonal Tea	6
Cold Brew	6
Iced Americano	7

## breakfast

Muffin GF ask for today's fresh offerings	5	Greek Yogurt Parfait orange greek yogurt, housemade chia seed granola, berries	9
Mini Green Chile Scone GF	6	Egg Frittata Bites GF V daily fresh offering served until 12pm	12
Cinnamon Roll V	6		

## lunch

Mediterranean Greek Bowl 15 marinated garbanzos, castelvetrano olives, feta cheese, fiesta peppers, romanesco, cucumber, cherry tomato, spinach, red wine vinaigrette		Brie, Fig, & Apple Grilled Cheese Panini 17 fig jam, arugula on noble ciabatta, served with chips or tabbouleh	
Antioxidant Bowl 16 kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette		Smoked Turkey Pesto Panini 17 fig jam, arugula on noble ciabatta, served with chips or tabbouleh	
Poblano Hummus Vegetable Wrap 16 roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap			

## canned bevies

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

GF Gluten Free NF Nut Free DF Dairy Free V Vegan Items 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. \*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

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