

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
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smoothies

Orange Crush anti-oxidants, vitamin c 13 orange juice, coconut water, goji berries, camu camu, lucuma, hemp seeds, cashew, dates, orange zest	Radiance glowing, skin protector 13 coconut water, banana, strawberry, blueberry, raspberry, flax seeds, maqui, tocos, rose water
Rise & Shine energy, strengthening 13 almond milk, banana, hemp seed, vegan protein, unsweetened almond butter, cacao, red maca, coffee powder	Golden Lassi anti-inflammatory, vitamin c 12 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon
Recovery anti-inflammatory, calming 13 almond milk, banana, dates, turmeric, reishi, ashwagandha, astragalus, cinnamon, clove	
Green Goddess nourishing, hydrating 13 coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water, magnesium water	

smoothie additions:

seeds +2, nuts +2, butters +1, superfoods +3, protein +3

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 oat 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
Americano	5 / 7
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

Overnight Oats GF chia, coconut flakes	8	Greek Yogurt Parfait orange greek yogurt, housemade chia seed granola, berries	9
Egg Frittata Bites GF daily fresh offering	12		

served until 12pm

lunch

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

canned bevies

Rishi Sparkling Tea assorted flavors	6	Plant Hard Seltzer	12
Emera IPA	8	ca 4.5% abv 100 calories	
helton brewing co. phoenix, az 6.2% abv		Juneshine Kombucha	7
Purpose Pilsner	7	san diego, ca 6% abv, probiotic, gluten free	
greenwood brewing Co. phoenix, az 5.5% abv			

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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