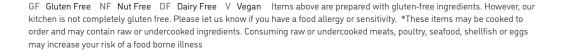
## Seed

extract, vanilla extract, maple syrup / hot or iced

fresh pressed juices			
Miracle Red Juice red beets, carrots, pineapple, lemon juice	10	Green Machine kale, lettuce, parsley, apples, lemon juice, ginger root	10
smoothies			
Orange Crush anti-oxidants, vitamin c orange juice, coconut water, goji berries, camu camu, lucuma, hemp seeds, cashew, dates, orange zest	13	Radiance glowing, skin protector coconut water, banana, strawberry, blueberry, raspberry, flax seeds, maqui, tocos, rose water	13
Rise & Shine energy, strengthening almond milk, banana, hemp seed, vegan protein, unsweetend almond butter, cacao, red maca, coffee powder	13 ed	Golden Lassi anti-inflammatory, vitamin c mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon	12
$Recovery \ \ {\it anti-inflammatory, calming} \\ almond \ milk, \ banana, \ dates, \ turmeric, \ reishi, \ ashwagandha, \\ astragalus, \ cinnamon, \ clove$	13	smoothie additions: seeds +2, nuts +2, butters +1, superfoods +3, protein +3	
Green Goddess nourishing, hydrating coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water, magnesium water	13		
superfood lattes			
Shroomy Chocolate immunity, clarity oat milk, cacao butter, lion's mane, chaga, reishi, vanilla extra maple syrup / hot only	8 act,	Mindful Dopamine brain dopamine almond milk, kiwami matcha*, mucuna pruriens, lion's mane, strawberry powder, dragon fruit, maple syrup / iced only	9
Cosmic Cacao heart opener, clarity homemade oat milk, cacao, rose extract, lion's mane, cinnam vanilla extract, maple syrup / hot only	8 ion,	Golden Rest anti-inflammatory, calming, relaxation oat milk, ashwagandha, eleuthero, ginger, turmeric, black peppercorn, raw honey / hot or iced	8
Kava Dream longevity, immunity, relaxation oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), noble kava, ponderos	8 .a	Vanilla Matcha Latte anti-inflammatory oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced	8
pine pollen, cinnamon, vanilla extract, maple syrup / hot or i  Floral Shin energy almond milk, espresso shot, activated charcoal, lavender	ced 8	$\label{eq:matcha} \begin{tabular}{ll} Matcha Straight-Up & anti-inflammatory \\ hot water, kiwami matcha / hot or iced \\ \end{tabular}$	7

coffee & tea			
НОТ		COLD	
Coffee small/large	4 / 6	Botanicals Seasonal Tea	6
Americano	5/7	Cold Brew	6
Latte or Cappuccino small/large	5/7	Iced Americano	7
Espresso single / double	4 / 7		
Hot Tea	4		
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 served until 12pm	12		
lunch			
Mediterranean Greek Bowl  marinated garbanzos, castelvetrano olives, feta cheese, fiesta peppers, romanesco, cucumber, cherry tomato, spinach, red wine vinaigrette		Poblano Hummus Vegetable Wrap roasted poblano, sweet potato, spinach, fiesta peppers, cu on a whole wheat wrap	16 Icumber,
		Brie, Fig, & Apple Grilled Cheese Panini	17
Antioxidant Bowl	16	fig jam, arugula on noble ciabatta, served with chips	
kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette		Smoked Turkey Pesto Panini 17 pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips	
canned bevvies			
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

greenwood brewing Co. | phoenix, az | 5.5% abv



san diego, ca | 6% abv, probiotic, gluten free