

Seed

breakfast

Overnight Oats NF VG 8 chia, coconut flakes	Greek Yogurt Parfait GF NF VG 9 orange greek yogurt, house-made chia seed granola, berries
Egg Frittata Bites GF 12 daily fresh offering served until 12pm	

smoothies & bowls

Orange Crush GF VG anti-oxidants, vitamin c 13 orange juice, coconut water, goji berries, camu camu, lucuma, hemp seeds, cashew, dates, orange zest	Golden Lassi GF NF VG anti-inflammatory, vitamin c 12 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon
Rise & Shine GF VG energy, strengthening 13 almond milk, banana, hemp seed, vegan protein, unsweetened almond butter, cacao, red maca, coffee powder	Berries Smoothie Bowl GF NF VG 16 coconut water, banana, strawberry, blueberry, raspberry, mint, maqui, rose water, house-made activated granola, flax seeds
Recovery GF VG anti-inflammatory, calming 14 almond milk, banana, dates, turmeric, reishi, ashwagandha, astragalus, cinnamon, clove	Cacao Smoothie Bowl GF VG 16 almond milk, banana, hemp, vegan protein, cacao, unsweetened almond butter, red maca, vanilla powder, coffee powder, mint, house-made activated granola, fig, coconut, salted caramel
Green Goddess GF NF VG nourishing, hydrating 14 coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water	
Radiance GF NF VG glowing, skin protector 14 coconut water, banana, strawberry, blueberry, raspberry, flax seeds, maqui, rose water	

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

lunch

Caponata & Charcoal Pita NF 8 eggplant, capers, tomatoes, bell pepper, olives, celery, local carefree honey, charcoal pita, micro mint	Forager Bowl GF NF VG 18 kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers
Vegan Cheese Platter GF VG 18 rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond	Antioxidant Bowl NF VG 16 kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette
Mother Earth Salad GF 18 kale, onion, radish, beet, almonds, pumpkin seeds, black sesame seeds, apple cider mustard dressing, local carefree honey	Poblano Hummus Vegetable Wrap NF VG 16 roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips
Sunflower Salad GF NF VG 18 baby gem, cucumber, avocado, hemp seeds, flax seeds, cherry tomatoes, dehydrated dulce crackers, dehydrated enoki mushroom, flax oil, sunflower miso dressing, nasturtium, edible flowers	Brie, Fig, & Apple Grilled Cheese Panini NF V 17 fig jam, arugula on noble ciabatta, served with chips
Greek Salad GF NF VG 18 arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta cheese, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium	Smoked Turkey Pesto Panini 17 pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips

lunch additions:
local farm fresh cage-free hard boiled egg* +4 GF NF V
grilled natural chicken breast +10 GF NF

fresh pressed juices

Miracle Red Juice GF NF VG 10 red beets, carrots, pineapple, lemon juice	Green Machine GF NF VG 10 kale, lettuce, parsley, apples, lemon juice, ginger root
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superfood lattes

Shroomy Chocolate GF NF VG immunity, clarity 8 oat milk, cacao butter, lion's mane, chaga, reishi, vanilla extract, maple syrup / hot only	Mindful Dopamine GF VG brain dopamine 9 almond milk, kiwami matcha*, mucuna pruriens, lion's mane, strawberry powder, dragon fruit, maple syrup / iced only
Cosmic Cacao GF NF VG heart opener, clarity 8 oat milk, cacao, rose extract, lion's mane, cinnamon, vanilla extract, maple syrup / hot only	Golden Rest GF NF V anti-inflammatory, calming, relaxation 8 oat milk, ashwagandha, eleuthero, ginger, turmeric, black peppercorn, raw honey / hot or iced
Kava Dream GF NF VG longevity, immunity, relaxation 10 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 GF NF VG anti-inflammatory 8 oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced
Floral Shin GF VG energy 8 almond milk, espresso shot, activated charcoal, lavender extract, vanilla extract, maple syrup / hot or iced	Matcha Straight-Up GF NF VG anti-inflammatory 7 hot water, kiwami matcha / hot or iced

coffee & tea

HOT	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	

refreshers

Activated Lemonade GF NF VG 8 coconut water, apple cider vinegar, lemon, activated charcoal, rose water, pitaya, agave	Dragon Lemonade GF NF VG 8 filtered water, ashwagandha, lemon, dragon fruit, strawberry, maple syrup
Hibiscus Aqua Fresca GF NF VG 8 hibiscus, schisandra, reishi, orange blossom, CBD sparkling water	CIVANA Switchel GF NF VG 8 nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup
Blue Lemonade GF NF VG 8 filtered water, lemon, blue spirulina, maple syrup	

do
what
comes
naturally.

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