

Seed

breakfast

Overnight Oats NF VG 9 chia, coconut flakes	Greek Yogurt Parfait GF NF V 10 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 15 orange juice, coconut water, goji berries, hemp seeds, cashew, dates, orange zest	Golden Lassi GF NF VG anti-inflammatory, vitamin c 15 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon
Rise & Shine GF VG energy, strengthening 15 almond milk, banana, hemp seed, vegan protein, cacao, unsweetened almond butter, coffee powder	Berries Smoothie Bowl GF NF VG 15 coconut water, banana, strawberry, blueberry, raspberry, mint, rose water, house-made chia seed granola, flax seeds
Recovery GF VG anti-inflammatory, calming 15 almond milk, banana, dates, turmeric, cinnamon, clove	Cacao Smoothie Bowl GF VG 15 almond milk, banana, hemp, vegan protein, cacao, coconut, unsweetened almond butter, vanilla powder, coffee powder, fig, mint, house-made chia seed granola, salted cashew caramel
Green Goddess GF NF VG nourishing, hydrating 15 coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water	
Radiance GF NF VG glowing, skin protector 15 coconut water, banana, strawberry, blueberry, raspberry, flax seeds, rose water	

lunch

Hummus & Crudité GF NF VG 15 garlic hummus with seasonal fresh vegetables	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
Caponata & Pita NF 9 eggplant, capers, tomatoes, bell pepper, olives, celery,	Antioxidant Bowl NF VG 18 kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette
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	Poblano Hummus Vegetable Wrap NF VG 17 roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips
Golden Beet Miso Soup GF NF VG 12 pureed roasted vegetable soup with scallions & lemon olive oil	Brie, Fig, & Apple Grilled Cheese Panini NF V 18 fig jam, arugula on noble ciabatta, served with chips
Winter Vegetable Soup GF NF 12 tomato-based vegetable soup, crouton, basil oil	Smoked Turkey Pesto Panini 18 pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips
Mother Earth Salad GF 18 kale, onion, radish, beet, almonds, local carefree honey, black sesame seeds, pumpkin seeds, apple cider mustard dressing	
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	
Greek Salad GF NF VG 18 arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium	

lunch additions:

- local farm fresh cage-free hard boiled egg* +4 GF NF V
- grilled natural chicken breast +10 GF NF
- grilled chilled salmon +12 GF NF

fresh pressed juices

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

Cozy Chocolate GF NF VG immunity, clarity oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only	8	Vanilla Matcha Latte GF NF VG anti-inflammatory oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced	8
Chai Dream GF NF VG longevity, immunity, relaxation oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced	8	Matcha Straight-Up GF NF VG anti-inflammatory hot water, kiwami matcha / hot or iced	7

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
Matcha Latte	6 / 8	Iced Latte	5
Espresso single / double	3 / 5	Iced Matcha Latte	6
Hot Tea	4		

additions:

flavors - lavender +1, rose +1, vanilla +1 / sweeteners - maple, agave, honey / milks - oat, almond, coconut, dairy

refreshers

Hibiscus Aqua Fresca GF NF VG hibiscus, orange blossom, sparkling water	9	Pitaya Lemonade GF NF VG coconut water, apple cider vinegar, lemon, rose water, pitaya, agave	9
Dragon Lemonade GF NF VG filtered water, lemon, dragon fruit, strawberry, maple syrup	9	CIVANA Switchel GF NF VG nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup	9
Blue Lemonade GF NF VG filtered water, lemon, blue spirulina, maple syrup	9		

GF Gluten Free NF Nut Free DF Dairy Free VG Vegan V Vegetarian 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

do
what
comes
naturally.

Seed