

C A F E

meto

Smoothies (16 oz)

WHITE LIGHT (GF, V) 9

Delicious and soothing coconut vanilla smoothie. Coconut milk, coconut butter, banana, dates, vanilla, cinnamon, ice.

PINK RADIANCE (GF, V) 9

Antioxidant energizing smoothie: Almond milk, strawberry, blueberry, almond butter, ice.

GREEN GLOW (GF, V) 9

Nourishing inside and out. Almond milk, avocado, spinach, pineapple, ice.

Added Boosters

GINGER 1

anti-inflammatory, immunity booster & digestive health

MATCHA 2

energy & antioxidant rich

SPIRULINA 2

detox, energy & iron

HEMP SEEDS 1

protein and heart healthy fats

GROUND FLAX 1

heart, brain & digestive health

CHIA SEEDS 1

rich in Omega-3 fatty acids, minerals & fiber

GOJI BERRIES 2

supports immunity & rich in antioxidants

TURMERIC 1

anti-inflammatory, antioxidant rich, brain & heart health

COCOA POWDER 2

rich in protein, iron & antioxidants

FLAX OIL 1

heart, brain & digestive health

BEE POLLEN 2

rich in protein and B vitamins

PLAIN YOGURT 1

Fresh Pressed Juices, Tonics and Elixirs

CARROT ORANGE ELIXIR (GF, V) 8

Carrot, orange, ginger

GREEN TONIC (GF, V) 9

Celery, spinach, kale, lemon and orange

THE BODY CLEANSE (GF, V) 9

Celery, cucumber, parsley, spinach, kale, carrot, red beet, lemon, red apple, ginger

FRESH JUICE OF THE DAY (GF, V) 8

FRESH SQUEEZED ORANGE JUICE (GF, V) 6

BUILD YOUR OWN JUICE 11

BUILD YOUR OWN SMOOTHIE 11

Health Shots

IMMUNITY BOOSTER 3

Lemon, ginger, tumeric, apple

DIGESTION BOOSTER 3

Pomegranate, ginger

WELLNESS BOOSTER 3

Turmeric, ginger, honey, black pepper

HEALTH BOOSTER 3

Celery, apple, lemon, ginger, cayenne

Signature Coffees, Teas and Beverages

GOLDEN MILK LATTE (GF, V) 5

Almond milk, turmeric, cardamom, ginger, cinnamon, maple syrup

KOMBUCHA WILD TONIC / JUN TEA 6

ESPRESSO (GF, V) 3

Coffee, rich & aromatic, prepared in its purest form

CAPPUCCINO (GF) 4

Espresso blended with steamed & frothed milk or milk alternative

CAFFE LATTE (GF) 4

Espresso mixed with steamed milk or milk alternative, finished with layer of froth

MACCHIATO (GF) 4

Espresso with touch of steamed & frothed milk or milk alternative

CAFFE MOCHA (GF) 4

Espresso blended with thick chocolate & steamed milk or milk alternative

AMERICANO (V, GF) 4

Espresso diluted with hot water

LOCAL ROASTED FRESH BREWED COFFEE (V, GF) 3

COLD BREW (V, GF) 6

HOT CHOCOLATE (V, GF) 3

TEA POT (V, GF) 4

We feature Rishi Teas.

BONE BROTH 4

Grass fed beef broth with ghee

Available upon request



Commitment to quality: we make it our mission to choose organic, local, sustainable, grass-fed and local farms whenever possible. Our menu is full of vibrant color and all food is prepared to maximize digestibility and nutrient density. All of our menu items are non-GMO, contains no hydrogenated fats, hormones or preservatives.

(V) Vegan | (VEG) Vegetarian | (GF) Gluten Free

While we offer gluten free items, we are not a 100% gluten free restaurant and cannot ensure that cross-contamination will not occur.

*These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.