

Fresh Pressed Juices

Gingerlicious

Red apple, green apple, ginger, lemon

Black Eyed Pear

Pear, kiwi, ginger, lemon, beets

Green Monster

Kale, spinach, cucumber, celery, lime, cilantro, mint, pear

Smoothies Milkshakes

Cold brew coffee blast

Cold brew, coconut ice cream

Peanut butter banana

Banana, peanut butter, coconut ice cream, non-dairy milk

Tropical Fruit freeze

Mango, strawberry, pineapple, coconut water

FOOD

Protein Rich bowl

1. Chickpea & quinoa
2. Lentils
3. Quinoa

Roasted yam & broccoli

Butternut squash & asparagus

Portobello & roasted red pepper

Spinach

Kale

Balsamic vinaigrette

Lemon vinaigrette

Basil pesto

Chipotle Grill

Baked tempeh, avocado, chipotle aioli, tomato, cilantro, grilled onions

Oven Baked Lentil

Lentil patties, tomato, grilled onion, dill aioli

Jerk Tofu and Yam

Jamaican spice tofu, grilled onion, tomato, pickled cabbage, mustard aioli

Plum Reuben

Tofustrami, reuben sauce, pickled cabbage, vegan cheese, grilled onions

Fancy salads

Mama Africa GF

Mixed greens quinoa & millet, tempeh, seasonal fruit, avocado, almonds, lemon vinaigrette, mustard aioli

Raw Kale and Seaweed GF/NF

Raw kale, tofu, purple cabbage, seaweed, garlic ginger dressing

Handcrafted pasta

Mac & Yease Regular & GF

Handmade flatbread

Varies by day, available while supplies last.

GF now available!

Soup of the day