

Fresh Pressed Juices \$7.00

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 \$7.50

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

OUR FOOD

Protein Rich Bowl \$11.99

pick your protein

Chickpea & quinoa

Lentils

Quinoa

pick your veggies

Roasted yam & broccoli

Butternut squash & brussels

Portobello & roasted red pepper

choose your green

Spinach

Kale

finish with a dressing

Balsamic vinaigrette

Lemon vinaigrette

Basil pesto

Add avocado \$1.50

Chipotle Grill \$12.00

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

Oven Baked Lentil \$12.00

Lentil patties, tomato, grilled onion, dill aioli

Jerk Tofu and Yam \$12.00

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

Plum Reuben \$12.00

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

Fancy salads

Half \$6.99 Full \$12

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 \$13/lbs

Mac & Yease Regular & GF

Handmade Flatbread

\$4.99/\$5.99

Varies by day, available while supplies last.

GF now available!

Soup of the day

Cup \$4 Bowl \$6