

plum

PANTRY

JUICE & SANDWICHES

## DRINKS

### FRESH PRESSED JUICES | \$7 NO ADDED SUGAR

#### **Gingerlicious**

Green Apple, Red Apple, Lemon, Giner

#### **Green Monster**

Kale, Cucumber, Celery, Spinach, Apple, Cilantro, Mint, Lime

#### **Carrot Appleade**

Carrot, Apple, Ginger, Lemon

#### **Turnip the Beet**

Carrot, Orange, Beet, Pineapple

### SMOOTHIES & MILKSHAKES | \$7.50 MADE WITH FRESH & FROZEN INGREDIENTS

#### **Cold Brew Coffee Blast**

Housemade Ice Cream, Cold Brew Coffee

#### **Hawaiian Berry Freeze**

Pineapple, Mango, Black & Blue Berries, Coconut Water

#### **Peanut Butter Banana**

Housemade Ice Cream, Bananas, Peanut Butter, Non Dairy Milk

## BOTTLE DRINKS

**Cold Brew coffee | \$4.99**

**Lemonade | \$4**

**Coconut Water | \$4**

**Bottled Water | \$2**

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## FOOD

### PROTEIN RICH BOWLS | \$12.99

#### 1. Choose a base

Chickpea & Quinoa GF  
Lentils GF  
Quinoa GF

#### 2. Choose your Veggies

Roasted Yam & Broccoli  
Butternut Squash & Asparagus  
Protobello & Roasted Red Pepper

#### 3. Pick a Green

Spinach  
Kale

#### 4. Pick your Dressing

Balsamic Vinaigrette  
Lemon Vinaigrette  
Basil Pesto (contains nuts)

#### 5. Add Avocado or Tofu | \$2 extra

### SANDWICHES \*NEW\*

ALL SANDWICHES COME WITH A MIXED GREEN SALAD  
(gf options available)

#### Purple Haze | \$13

Smoked Eggplant, Roasted Red Pepper, Spinach, Tomatoes,  
Pesto, Cheese

#### Lemon Dill Gyro | \$13

Griller Seitan, Caramalized Onions, Tomatoes, English Cucumbers,  
Dill Aioli, Spinach Naan

#### Macho Burrito | \$12

Soy Chorizo, Black Beans, Mexican Rice, Greens, Cheese,  
Pico de Gallo, Avocado, Chipotle & Jalapeno Aioli

#### BBQ Pulled Shroom Po' Boy | \$13

Oyster Mushrooms, Pickled Cabbage, Grilled Onions,  
Avocado, Ranch Aioli

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## FOOD

### FANCY SALADS \*NEW\* | FULL \$8

#### **Mama Africa** GF

Mixed Greens, Seasonal Fruit, Quinoa & Millet, Tempeh, Avocado, Almonds, Lemon Vinaigrette, Mustard Aioli

#### **Baked Tempeh Kale Ceasar** GF

Kale, Tempeh, Fried Chickpeas, Caesar Dressing, Lemon Wedge

### HANDCRAFTED PASTA | \$13.99LB

#### **Mac & Yease (Vegan Mac and Cheese)**

Just try it! Available in Gluten Free too!

### HANDMADE FLATBREADS | \$4.99 / \$5.99 GF

THE CHANGE EVERYDAY SO ASK US!

### SOUP OF THE DAY

ASK! IT'S SOMETHING SURE TO PLEASE!