



DRINKS

FRESH PRESSED JUICES | \$7 NO ADDED SUGAR

Gingerlicious

Green Apple, Red Apple, Lemon, Ginger

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



FOOD

PROTEIN RICH BOWLS | \$12.99

1. Choose a base

Chickpea & Quinoa G/F
Lentils G/F
Quinoa G/F

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, Caramelized 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



FOOD

FANCY SALADS *NEW* | FULL \$8

Mama Africa G/F

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

Baked Tempeh Kale Caesar G/F

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 G/F

THE CHANGE EVERYDAY SO ASK US!

SOUP OF THE DAY

ASK! IT'S SOMETHING SURE TO PLEASE!