



Fall Menu.

Cold-Pressed Juice.



Sol. 11oz. 9.

Filtered Water, Raw Blue Agave*, Lemon Juice*, Ginger*.

The Magician. 11oz. 9.

Cucumber*, Celery*, Kale*, Spinach*, Lemon*, Dandelion*, Ginger*.

Alchemy. 11oz. 9.

Ingredients:
Fuji Apple*, Cucumber*, Kale*, Spinach*, Lemon Juice*, Ginger*.

Genesis. 11oz. 9.

Fuji Apple*, Kale*, Lemon Juice*, Ginger*.

Celery. 11oz. 9.

Ingredients:
Celery*.

The Void. 11oz. 9.

Filtered Water, Raw Blue Agave*, Lemon Juice*, Ginger*, Activated charcoal.

Oasis 11oz. 9.

Filtered Water, Raw Blue Agave*, Lemon Juice*, Ginger*, Blue Spirulina*.

Terra. 11oz. 9.

Pineapple*, Carrot*, Turmeric Juice*, Lime*.

Love Dr. 11oz. 9.

Pear*, Pineapple*, Ginger*, Grapefruit Juice*, Beet*.

Roots. 11oz. 9.

Ingredients:
Green Apple*, Carrot*, Lemon Juice*, Beet*, Turmeric Juice*.

Trinity. 11oz. 9.

Fuji apples*, Lemon Juice*, Ginger*.

Turmeric Bomb. 2oz. 4.

Lemon juice*, Ginger*, Turmeric Juice*, Raw Apple Cider Vinegar*.

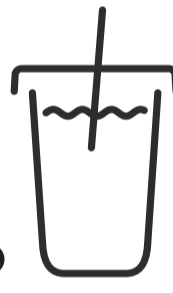
Charcoal Bomb. 2oz. 4.

Filtered Water, Lemon Juice*, Ginger*, Blue Agave*, Activated Charcoal.

Ginger Bomb. 2oz. 4.

Lemon Juice*, Ginger*.

Smoothies.



Blueberry Pie. 9/12.

Banana*
Blueberry*
Oat*
Date*
Almond Butter*
Cinnamon*
Oat Milk*

CBDelicious. 10/13.

Banana*
CBD*
Hemp Milk*
Hemp Seed*
Cacao Powder*
Date*
Espresso Grinds*

Blueberry Mocha. 9/12.

Banana*
Blueberry*
Chocolate Protein*
Espresso*
Reishi Mushroom*
Oat Milk*
Date*

Immunity Lassi. 9/12.

Pineapple*
Mango*
Coconut Yogurt*
Turmeric*
Date*
5-Defenders Mushroom Mix*

Go Green. 10/13.

Spinach*
Green Apple*
Avocado*
Banana*
Date*
Flax Seed*
Oat Milk*

Power Pumpkin. 9/12.

Pumpkin Spice Puree*
chocolate Protein*
Maca*
Lion's Mane*
Banana*
Date*
Oat milk*

BlueGreen Protien. 9/12.

Banana*
Blueberry*
Spinach*
Spirulina*
Vanilla Protein*
Date*
Oat Milk*

Tahini Shake. 9/12.

Banana*
Tahini*
Date*
Vanilla Protein*
Oat Milk*

Collagen Boost. 9/12.

Pineapple*
Banana*
Blueberry*
Wheatgrass*
Aloe Juice*
Maple Syrup*
Oat Milk*

StrawNana. 9/12.

Strawberry*
Banana*
Date*
Oat Milk*

*Indicates Organic Ingredient

Food.



Smoothie Bowls.

Power Pumpkin Bowl. 12.

Pumpkin Spice Puree*
chocolate Protein*
Maca*
Lion's Mane*
Banana*
Date*
Oat milk*

DragonFruit Bowl. 12.

Banana*
Blueberry*
Spinach*
Spirulina*
Vanilla Protein*
Date*
Oat Milk*

Salads.

Asian Ginger Salad. 14.

Spinach*
Red Cabbage*
Chickpea Salad*
Buckwheat*
Sesame Ginger Dressing*

Cobb Salad. 14.

Romaine*
Tomato*
Red Onion*
Carrot "Bacon" Bits*
Blue Cheese Dressing*
Tofu "Eggs"*

Bowls.

Pad Thai. 14.

Kelp Noodle
Peanut-Free Pad Thai Sauce*
Microgreens*
Black Sesame Seed*
Cashews*
Shredded Carrot*

Wraps.

Buffalo Chickpea Wrap. 12.

Buffalo Chickpea Salad*
House-Made Ranch Dressing*
Spinach*
Flour Tortilla*

Spring Rolls. 8.

Fresh Vegetables*
Rice Paper*
House-Made Dipping Sauce*

Toasts.

Avocado Toast. 12.

Toast*
Avocado*
Hemp Seed*
"Cheese"*
Microgreens*
Pumpkin Seed*
Balsamic Drizzle*

Mushroom Bacon Avo Toast. 12.

Toast*
Mushroom "Bacon"*
Chipotle Mayo*
Tomato*
Avocado*
Spinach*

Oats.

Autumn Spice Oats. 8.

Oats*
Chia Seed*
Apple*
Raisin*
Pumpkin Seed*
Hemp Seed*
Cinnamon*
Maple Syrup*

Nutty Oats. 8.

Oats
Almond Butter* (nut or seed butter opt.)
Granola*
Banana*
Maple Syrup*
House Made Nutella Drizzle*

Açaí Bowl. 12.

Açaí*
Banana*
Blueberry*
Fresh Fruit Juice*
Granola*
Cacao Nib*
Banana Slices*

Caesar Salad. 14.

Romaine*
"Cheese" Crumble*
Caesar Dressing*
Toasted Chickpea Croutons*

Harvest Bowl. 14.

Sweet Potato Dressing*
Romaine*
Spinach*
Sprouted Brown Rice*
Dried Cranberry*
Pumpkin Seed*
Tahini Drizzle*

Curried Tofu Wrap. 12.

Tofu*
Curried Mayo*
Hummus*
Cucumbers*
Spinach*
Tomato*
Flour Tortilla*

Black Bean Avo Toast. 12.

Toast*
Black-Bean Patty*
Avocado*
Chipotle Mayo*
Microgreens*

PB3 10.

Toast*
Peanut Butter* (nut or seed butter opt.)
Banana*
Berries*
Chia Seed*
Hemp Seed*
Granola*
House Made Nutella Drizzle*

Berry Oats. 8.

Oats*
Chia Seed*
Banana*
Blueberry*
Strawberry*
Granola*
Maple Syrup*

Coffee, Teas & Snacks.

Coffee.

Cappuccino*	4.
Latte*	4.75/5.50
Americano*	3.50/4.50
Nitro Cold Brew*	5.50
Draft Latte*	6.50-7.50
Focus Latte* - Vanilla-Mint Oat Milk Latte with L-tyrosine and Lion's Mane	5.50/6.25
Energize Latte* - mocha oat milk latte with rhodiola	5.50/6.25
Nutella Latte* - house-made nutella oat milk latte with l-glutamine	5.50/6.25
Pumpkin Latte* - house-made pumpkin spice oat milk latte	5.50/6.25
Chill Out Latte* - Lavender Oat Milk Latte with Kava Kava	5.50/6.25

Speciality Drinks.

Detox Latte* - dandy blend latte with burdock root and milk thistle	5.50/6.25
Matcha Latte* - matcha with oat milk	5.50/6.25
Golden Hour* - spiced turmeric latte with oat milk and vanilla syrup	5.50/6.25
Chai Latte* - Chai Latte- house-made rooibos chai concentrate with oat milk	5.50/6.25

Speciality Drinks.

Nori Sticks* - housemade "taco meat" wrapped in nori	4.
Protein Cookies* - chickpea cookies, rotating flavors	4.
Overnight Oats* - oats, coconut yogurt, cinnamon, raisins, oat milk, maple syrup, granola, coconut flakes, house-made rotating jam	6.
Chia Pudding* - chia seeds, oat milk, maple syrup, house-made rotating jam, granola, coconut flakes	6
Peach Cobbler Bites* - dried peaches, almond butter, pecans, cinnamon, coconut oil	4.50