

SALAD & GRAIN BOWLS

hearty & healthy salads with heaping portions of organic green goodness

HERB & PUMPKINSEED (V, GF, NF) 10.95

calories: 420

avocado, fresh herbs, parmesan cracker, cucumber, kale, arugula, fresh cherry tomato, fermented curtido, pumpkin seeds

dressing: maple basil

|| suggested add-ons: Joyce Farms roasted chicken (2) #fried egg (1)

VILLAGE COBB (GF, NF) calories: 760 13.95

Joyce Farms roasted chicken, thick cut bacon, hard boiled egg, fresh cherry tomato, avocado, green onion, crumbled cheese, sweet corn, romaine

dressing: village ranch*

TROPICAL CHICKEN (GF) calories: 430 12.95

Joyce Farms roasted chicken, fresh mango, honey sesame roasted cashews, cilantro, sesame-dusted goat cheese medallions, chopped romaine

dressing: cilantro lime ginger || suggested add-on: avocado (1.5)

FARMER'S DAUGHTER (GF) calories: 550 10.95

Joyce Farms roasted chicken, sweet potato, green apple, spiced almonds, brown rice, choice of kale or spinach

dressing: balsamic dijon and roasted carrot vinaigrette

MISO BOWL (VG, GF, NF) calories: 470 9.95

red peppers, carrot, pumpkin seeds, avocado, nori seaweed, brown rice, choice of kale or spinach

dressing: miso ginger

|| suggested add-ons: #fried egg (1), Joyce Farms roasted chicken (2)

BRUSSELS & BACON (GF, NF) calories: 650 11.95

brussels sprouts, charred cherry tomato, bacon, parmesan cracker, spinach, brown rice || sub quinoa (+1)

dressing: fig balsamic

SOUTHWEST (V, GF, NF) calories: 572 10.95

black beans, mango salsa, avocado, sharp cheddar, chopped romaine, sweet corn, cilantro, brown rice, green onion

dressing: avocado goddess || suggested add-on: Joyce farms roasted Chicken (2), #fried egg (1)

MEDITERRANEAN (V, GF, NF) calories: 570 10.95

spiced chickpeas, feta, cherry tomato, cucumber, quinoa, fresh herbs, arugula, chopped romaine

dressing: lemon garlic || suggested add-on: Joyce farms roasted Chicken (2), #fried egg (1)

SMOOTHIE & BREAKFAST BOWLS

TOPPED WITH SUPER FOODS. SPOON REQUIRED.

PINKY SWEAR BOWL (VG, GF) calories: 330 **8.95**
 oat milk, strawberry, banana, date. topped with strawberry, banana, toasted almond crumble, goji berries.

SUNSET BOWL (VG, GF) calories: 400 **10.95**
 oat milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango

COCO-NUT-BUTTER BOWL (V, GF) calories: 440 **10.95**
 oat milk, banana, almond butter, date. topped with frozen blueberry, toasted almond crumble, banana, bee pollen.

AÇAÍ BOWL (VG, GF) calories: 530 **11.95**
 oat milk, acai, banana, strawberry and date. topped with banana, cacao nib, strawberry, coconut

OVERNIGHT OATS (VG, GF) calories: 440 **7.95**
 GF oats, oat milk, almond butter, strawberry, honey, banana, almond crumble

- LOCATIONS -

205 S. STRATFORD ROAD, WINSTON-SALEM | 400 W. 4TH STREET, WINSTON-SALEM (DOWNTOWN) |
 OPTIMIST HALL, CHARLOTTE | 126 W. BRUCE ST, HARRISONBURG
 | WAKE FOREST UNIVERSITY, WINSTON SALEM | ELON UNIVERSITY, ELON
 | UNIVERSITY OF NORTH CAROLINA, CHAPEL HILL | UNIVERSITY OF SOUTH CAROLINA, COLUMBIA

BOOSTERS:

BLEND-IN SUPERFOODS | GREENS | PROTEINS

- | | |
|-------------------|---------------------|
| ACAI (2) | COLLAGEN* (1.50) |
| ALMOND BUTTER (1) | HEMP PROTEIN (1.50) |
| AVOCADO (1.5) | HEMP SEEDS (.75) |
| BANANA (.50) | KALE (.75) |
| BLUEBERRY (.75) | MANGO (.75) |
| CACAO POWDER (1) | PEA PROTEIN (1.50) |
| CACAO NIBS (.75) | PINEAPPLE (.75) |
| CHIA SEEDS (.50) | SPINACH (.75) |
| COLD BREW (.75) | STRAWBERRY (.75) |

Extra Bowl Toppings

- | | |
|----------------------|---------------------|
| ALMOND BUTTER (1) | COCONUT CHIPS (.75) |
| ALMOND CRUMBLE (.75) | GOJI BERRIES (1) |
| BANANA (.25) | HEMP SEEDS (1) |
| BEE POLLEN* (.50) | PUMPKIN SEEDS (1) |
| BLUEBERRY (.75) | STRAWBERRIES (.75) |
| CACAO NIBS (1) | MANGO (.75) |
| CHIA SEEDS (1) | |

*contains animal products

All products in this facility may contain allergens. Please notify us if you have any food or nut allergies.

SMOOTHIES

MADE WITH OAT MILK. VEGAN. GLUTEN FREE.

MOCHA-NANA (VG, GF, NF) calories: 280 **7.95**
oatmilk, cold brew coffee, cacao, banana, date

PINKY SWEAR (VG, GF, NF) calories: 320 **7.95**
oat milk, strawberry, banana, date

SUNSET (VG, GF, NF) calories: 400 **8.95**
oat milk, pineapple, banana, mango, lime

MINT CHIP (VG, GF, NF) calories: 340 **8.95**
oat milk, cacao nibs, spinach, banana, date, fresh mint

CURIOUS GEORGE (VG, GF) calories: 450 **7.95**
oat milk, cacao nibs, almond butter, banana, date

GREEN COCO (VG, GF, NF) calories: 270 **8.95**
oat milk, mango, cucumber, spinach, kale, fresh mint, banana

SUPER BLUE* (GF) calories: 480 **9.95**
oat milk, blueberry, almond butter, date, chia seed, banana, collagen*

*contains animal products

TOASTS & Wraps

OPEN-FACED SANDWICHES SERVED ON LOCAL BREAD. GF available

NUT BUTTER & BANANA (V) calories: 550 **8.95**
cashew butter, banana, honey
|| suggested add-ons: strawberry (.50)

BASIL, BACON & TOMATO (NF) **9.95**
calories: 210
thick cut bacon, tomato, basil with housemade avocado spread
|| suggested add-ons: #fried egg (1)

AVO VEGAN (VG, NF) calories: 260 **9.95**
housemade avocado spread, fermented curtido, herb oil, microgreens

BACON, CHICKEN, AVOCADO WRAP 9.95
(NF) calories: 620
Joyce Farms roasted chicken, thick cut bacon, heirloom tomato, melted sharp cheddar, avocado & housemade ranch wrapped in a flour tortilla and lightly toasted.

may be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

V: vegetarian | GF: gluten free | VG: vegan | NF: nut free