

V: VEGETARIAN | GF: GLUTEN FREE | VG: VEGAN| NF: NUT FREE

A()(HA-NANA (V(1, (1F, NF) calories 200	6.95	CURIOUS GEORGE (VG, GF) calories: 450 7.9
AOCHA-NANA (VG, GF, NF) calories: 280 at milk, cold brew coffee, banana, date, cacao		oat milk, cacao nibs, almond butter, banana, date
PINKY SWEAR (VG, GF, NF) calories: 320 at milk, organic strawberry, banana, date	7.95	GREEN COCO (VG, GF, NF) calories: 270 8.9 oat milk, mango, cucumber, spinach, kale, banana, mint
SUNSET (VG, GF, NF) calories: 400 at milk, pineapple, banana, mango, lime	7.95	SUPER BLUE (GF) calories: 480 9.9 oat milk, organic blueberry, almond butter, date, chia seed, banana, collagen*
AINT CHIP (VG, GF, NF) _{calories:} 340 at milk, spinach, banana, date, cacao nibs, mint leaves	8.95	*contains animal products
Smoothie Bowls & Breakfas	st Boy	WIS TOPPED WITH SUPERFOODS. Bowl full of vegan goodness
PINKY SWEAR BOWL (VG, GF) calories: 330 at milk, organic strawberry, banana, date. topped with organic trawberry, banana, toasted almond crumble, goji berries	8.95	AÇAÍ BOWL (VG, GF) calories: 440 10.9 oat milk, organic acai, banana, organic strawberry and date. topped with banana, cacao nib, organic strawberry, coconut, toasted almond crumble
SUNSET BOWL (VG, GF) calories: 400 8.95 oat milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango		OVERNIGHT OATS (GF, V) calories: 440 7.9 gluten free oats, oat milk, almond butter, organic strawberry, honey,
COCO-NUT-BUTTER BOWL (V, GF) calories: 440 8.95 oat milk, banana, almond butter, date. topped with frozen organic		source of the basis, backmind, annote butter, organic strawberry, noney, banana, toasted almond crumble
lueberry, toasted almond crumble, banana, bee pollen*		
BOOSTERS: BLEND-IN SUPERFOC ACAI (2) CHIA SEEDS (.50) SPINA)DS ACH (.75)	EXTRA BOWL TOPPINGS ALMOND BUTTER (1) CACAO NIBS (1)
ALMOND BUTTER (1) COLD BREW (.75) PEA P AVOCADO (1) COLLAGEN* (1.50) FROZEN BERRIES (.75) HEMP PROTEIN (1.50)	PROTEIN (1	I.50) ALMOND CRUMBLE (.75) CHIA SEEDS (1) BANANA (.25) COCONUT CHIPS (.75) BEE POLLEN* (.50) GOJI BERRIES (1)
Toasts & Wraps gourmet open faced	& WRAPPE	ED SANDWICHES Gluten free options: Simple Kneads Sourdoug -or- Sweet Potato slices
QUIT YOUR JOB (V) calories: 520 crambled egg, tomato, avocado, sharp cheddar, avocado godde riracha and wrapped in flour tortilla & topped with mango salsa		NUT BUTTER & BANANA (V) calories: 5507.9cashew butter, banana, honeysuggested add-ons: strawberry (.50)
suggested add-ons: bacon (1.5)CHICKEN BACON AVOCADO WRAP (NF)10.95oyce Farms roasted chicken, thick cut bacon, heirloom tomato, sharpcheddar, avocado, spinach, housemade ranch and wrapped in flour tortillacalories: 620		AVO VEGAN (VG, NF) calories: 260 9.9 housemade avocado spread, local curtido, herb oil, micro-greens suggested add-ons: bacon (1.5), #over-easy egg (1)
		BASIL, BACON & TOMATO (NF) calories: 210 9.9 bacon, heirloom tomato, basil with housemade avocado spread suggested add-ons: #over-easy egg (1), crumbled goat cheese (1)
Salads & Grain Bowls HEAPING BC	WLS OF G	OODNESS. Want it chopped? Just ask!
ILLAGE COBB (GF, NF) calories: 760 byce Farms roasted chicken, thick cut bacon, egg, cherry tomato vocado, green onion, blue crumbled cheese, sweet corn, romain ressing: dressing: village ranch* or avo-goddess		BRUSSELS & BACON (GF, NF) calories: 650 11.9 brussels sprouts, charred tomato, thick cut bacon, parmesan crisp, brown rice, spinach Sub quinoa (1) dressing: fig balsamic
ROPICAL CHICKEN calories: 430 byce Farms roasted chicken, fresh mango, cilantro, honey sesan ashews, sesame goat cheese medallions, romaine ressing: cilantro lime ginger suggested add-on: avocado (1)	12.95 ne	MEDITERRANEAN (V, GF, NF) calories: 570 10.9 spiced chickpeas, feta, cherry tomato, cucumber, quinoa, fresh herbs romaine, organic arugula dressing: lemon garlic suggested add-ons: Joyce Farms roasted chicken (2) over-easy egg (
MISO BOWL (VG, GF, NF) calories: 470 9.95 roasted red peppers, roasted carrots, pumpkin seeds, avocado, nori strips, brown rice, kale or spinach dressing: miso ginger suggested add-ons: #over-easy egg (1), Joyce Farms roasted chicken (2)		SOUTHWEST (V, GF, NF) calories: 572 10.9 black beans, mango salsa, chopped romaine, sharp cheddar, cilantro, avocado, brown rice, sweet corn, green onion dressing: avocado goddess suggested add-ons: Joyce Farms roasted chicken (2) over-easy egg (
ARMER'S DAUGHTER (GF) calories:550 oyce Farms roasted chicken, green apple, sweet potato, spiced lmonds, brown rice, kale or spinach ressing: balsamic dijon & roasted carrot vinaigrette suggested add-on: avocado (1)	10.95	*contains animal products BUILD ANY SALAD OR BOWL Customize your bowl with your choice of: UP TO 2 BASES UP TO 4 TOPPINGS DRESSING 8+

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.