

BOWLS

Nourish \$10.99
Spinach, Wild Rice, Sweet Potato + Chickpea, Cucumber, Tomato, Feta, Creamy Dijon | 472cal

Harvest \$10.99
Mixed Greens, Wild Rice, Broccoli, Carrots, Blackened Chickpea, Pumpkin Seed Crunch, Lemon Dressing | 456cal

Baja \$10.99
Mixed Greens, Wild Rice, Sweet Potato + Black Bean Hash, Pickled Onion, Cabbage, Pumpkin Seed, Cashew Lime Crema | 288cal

BYO BOWL \$10.99

- 1 Choose your greens + grain
- 2 Pick 4 Add Ins
- 3 Choose your Dressing

SMOOTHIES

made with fresh almond mylk

Green Wave \$8.99
Orange Juice + Almond Mylk , Mango, Pineapple, Spinach, Agave | 368cal

Wildflower \$8.99
Orange Juice + Almond Mylk, Dragon Fruit, Pineapple, Agave, Banana | 392cal

Refuel \$10.99
Pea + Rice Protein, Banana, Peanut Butter, Honey | 450cal

Elevate \$10.99
Pea + Rice Protein, Cold Brew, Banana, Agave

Straw-Nana \$10.99
Strawberry, Banana, Almond Butter, Cinnamon, Agave | 368cal

Hullabaloo-Berry \$10.99
Blueberry, Banana, Almond Butter, Cinnamon, Agave | 368cal

Taco \$13.99
Mixed Greens, Wild Rice, Picadillo Beef, Tomato, Fire Roasted Corn, Black Beans, Cheddar, Salsa | 500cal

Buff \$12.99
Mixed Greens, Wild Rice, Organic Chicken, Grape Tomato, Cucumber, Pickled Onion, Mozzarella, Ranch, Buffalo Sauce | 470cal

Protein Power \$14.99
Choose Double Protein, Grain, Veggie, Sauce | 250-500cal

Caesar \$10.99
Romaine lettuce, Housemade Crouton, Organic Chicken, Creamy Caesar Dressing, Parmesan | 360cal

Hummus \$12.99
Tomato, Greek Olive, Feta, Cucumber, Sundried Tomato, Dill, Za'atar Seasoning, creamy hummus, warm pita | 568 cal



The HOT HONEY BOWL

ROMAINE, TACO BEEF, AVOCADO, SWEET POTATO+CHICKPEA, WHIPPED GOAT CHEESE, RED PEPPER FLAKE, HOT HONEY

624CAL | \$13.99

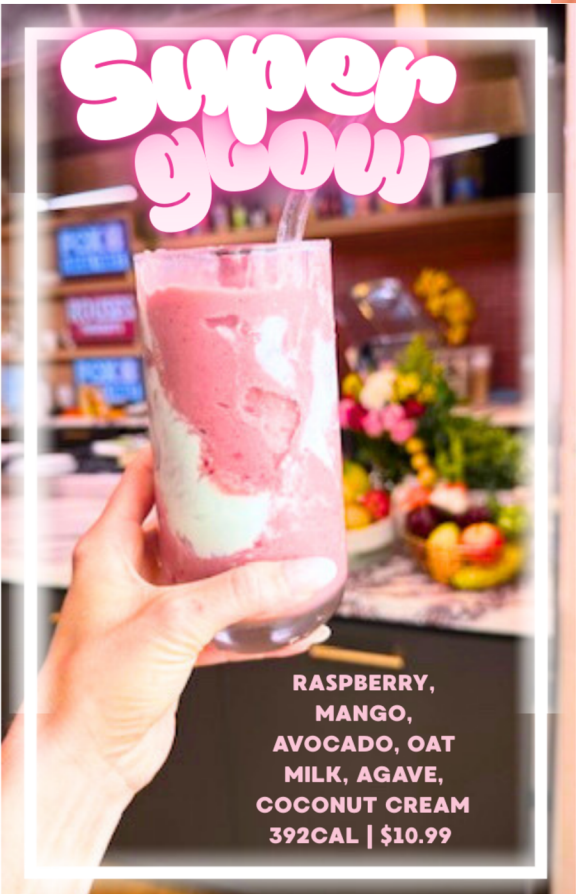
ADD-INS

- Collagen Peptides \$1.49
- Sea Moss Gell \$1.99
- Granola \$1.49
- Pea + Protein \$1.49
Chocolate / Vanilla
- Coffee Flavors \$1.49
Vanilla/ Hazelnut/ Caramel
- Spinach \$1.99
- Oat Milk \$1.99

COFFEE

proudly serving Cherry Roasters

- Iced Latte \$7.29
- Cold Brew \$7.19
- Vietnamese Iced \$7.29
(John & Mary's Local)



Super glow

RASPBERRY, MANGO, AVOCADO, OAT MILK, AGAVE, COCONUT CREAM
392CAL | \$10.99

FLAT BREAD

Caprese \$14.99
Red Sauce, Fresh Mozzarella, Tomato, Balsamic, Basil | 544cal

Quatro Formaggi \$12.99
Red Sauce, Four Cheese | 544cal

Mediterranean \$14.99
Pesto, Four Cheese, Sundried Tomato, Greek Olive, Feta, Basil, Balsamic, | 864cal

Pepperoni \$13.99
Red Sauce, Four Cheese, Pepperoni | 704cal

Buffalo Chicken \$14.99
Alfredo, Chicken, Four Cheese, Pickled Red Onion, Buffalo Sauce and Ranch Sauce | 840cal

Wildflower \$8.49
Avocado, Feta, Pickled Onion, Pumpkin Seed, Feta, Balsamic | 440cal

Honey \$7.99
Goat Cheese, Fig, Hot Honey, Walnut | 512cal

Nutty Nana \$7.99
Banana, Peanut Butter or Nutella, Granola, Honey, Chia + Flax | 328cal



ADD A HARDBOILED EGG TO YOUR TOAST OR BOWL +\$1.29



New York \$8.99
Avocado, Smoked Salmon, Feta, Pickled Onion, Everything Seasoning, Dill | 384cal



NUTTY NANA

TOAST

Gluten friendly toast available (+1.99)

Truff \$8.99
Avocado, Tomato, Red Pepper, Truffle Oil | 376cal

OG \$5.49
Avocado, Everything Seasoning | 336cal

Cheesy Toast \$3.99
Four Cheese and Herb Seasoning|390cal