



smoothies + bowls

make it a smoothie bowl + \$2

includes 8 oz of housemade gluten-free granola layered with your choice of smoothie, coconut whipped cream, and fresh fruit.

açai blueberry chia

açai, blueberries, chia seeds, and hemp seeds blended with housemade almond milk, bananas, and a raw date. \$8.50

add super probiotic boost + \$1.50

mega mango greens

apple, mango, kale, and spirulina blended with housemade almond milk, bananas, and a raw date. \$8.50 • add superfood protein + \$1

pb chocolate love

peanut butter, raw cacao, and raw maca root powder blended with housemade almond milk, bananas, and a raw date. \$8.50
substitute almond butter + \$1 • add espresso + \$2

strawberry omega

strawberries, chia seeds, cinnamon, and cardamom blended with housemade almond milk, bananas, and a raw date. \$8.50 • add superfood protein + \$1

tropical bliss

pineapple, mango, and strawberries blended with housemade almond milk, bananas, and a raw date. \$8.50
make it VIBRANT! add beet juice + \$1

fresh juices

\$8.00

detox

apple, kale, lemon, and ginger root.
(optional cayenne)

immunity

carrot, cucumber, apple, lemon, ginger root, and turmeric.

nourish

cucumber, kale, apple, lemon, and spirulina.

rejuvenate

beet, apple, carrot, and lemon.

superfood boosts (additional charge)

*available in smoothies only
organic kale • wheatgrass powder • spirulina powder
chia seeds • raw cacao powder* • maca root powder
turmeric powder • probiotic boost • coconut flakes

protein boosts (additional charge)

almond butter • peanut butter
hemp protein • brown rice protein

 gluten-free

we offer self-serve
breakfast bar • hot bar
waffle + ice cream bar

open all day • only \$9.99/lb


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breakfast + bar

tortilla wraps available + \$1 • add small green salad + \$1

breakfast sandwich available until 11am
grilled maple tempeh, scrambled tofu, roasted potatoes, spinach, bell peppers, vegan cheese, avocado, tomato, and vegan mayo inside toasted sliced sourdough. served with fresh fruit. \$12.50
sub gluten-free bread + \$1

cheesy scramble  available until 11am
roasted potatoes, scrambled tofu, vegan cheese, spinach, and bell peppers, topped with avocado, tomato, cilantro, and chutney. served with a slice of toast. \$12.50 • add grilled maple tempeh + \$1

pancakes  available until 11am
two gluten-free pancakes with fresh fruit, veggie butter, maple syrup. \$10.50
add grilled maple tempeh + \$1

yogurt parfait 
housemade granola, yogurt, fresh fruit, and coconut whipped cream. \$10.50

housemade granola 
toasted rolled oats, almonds, walnuts, cashews, and pecans slightly sweetened and spiced, served hot or cold with fresh fruit and chilled or steamed milk. \$6.50


toast / bagel 
with veggie butter. \$3.50
add strawberry jelly/vegan cream cheese/pb/almond butter + \$.50 • add avocado + \$2 • sub  bread + \$1

bowls

make any bowl a burrito + \$1 • add side salad + \$1

all-day breakfast 
brown rice, pinto beans, roasted potatoes, scrambled tofu, avocado, tomato, cabbage, cilantro, hummus, and chutney. \$12.50 • add grilled maple tempeh + \$2

baja chipotle


brown rice, black beans, marinated and grilled jackfruit, grilled corn, avocado, tomato, cabbage, cilantro, hummus, and chipotle dressing. \$12.50
substitute protein to make it 

broccoli ginger hemp




brown rice, sautéed tofu, broccoli, zucchini, garbanzo beans, cabbage, carrots, red bell pepper, and grilled corn topped with cilantro, roasted cashews, sesame seeds, and miso ginger sauce. \$12.50
try it TERIYAKI PINEAPPLE style!

protein buddha



brown rice, black beans, roasted potatoes, topped with sautéed kale, avocado, and tofu topped with almond nutritional yeast dressing. \$12.50
try it KALEFORNIA PESTO style!

bbq jackfruit tacos



two grilled corn tortillas filled with bbq style jackfruit, topped with fresh cabbage, tomato, cilantro, and cashew cheese. served with a small side of rice and beans. \$12.50

deli style

try it as a wrap + \$1 • add side soup + \$1

avocado lemon love salad



fresh salad greens, double the avocado, cashew cheese, grilled and chilled tofu strips, roasted garbanzo beans, tomato, cucumber, shredded carrots, and sprouts, with lemon love dressing. \$12.50

green energy bowl

grilled and chilled tempeh, kale, carrots, cabbage, cilantro, seaweed nori strips, tahini ginger dressing, cashew cheese, and sauerkraut. \$12.50

plant power burger

sprouted quinoa and mixed vegetable patty with lettuce, tomato, avocado, cucumber, sprouts, homemade hummus, and vegemaise served on toasted bread with a small green salad. \$12.50

reuben sandwich

marinated and grilled tempeh with avocado, tomato, sprouts, homemade sauerkraut, mustard, and vegenaïse served on toasted bread with a small green salad. \$12.50

desserts + baked goods

gluten-free cookies

variety changes daily (chocolate chip, snickerdoodle, cacao walnut "brownie," maple sugar, or coconut granola bliss). \$3.00

gluten-free donuts

variety changes daily (chocolate glaze, maple glaze, lavender "cream cheese," pumpkin "cream cheese," or chai "cream cheese"). \$3.00

live & gluten-free bliss balls

your choice between these signature nutrient, protein, and all-around healthy-calorie-dense nutri-balls: almond butter spirulina, peanut butter coconut, or goji berry maca. \$3.00

pie bites 2 oz \$2.20 • 5 oz \$4.50

these uncooked dreams are loaded with live enzymes and nutrients that may otherwise be lost to the heating process of traditional baking. choice of:

live chocolate mousse (our avocado-based signature)
spirulina mint chocolate "cheesecake,"
blueberry "cheesecake," or coconut "cheesecake"
(our dairy-free, cashew-based signature)



kid's menu

bowl

rice, beans, hummus, and avocado. \$6.50

quesadilla

grilled flour tortilla with veggie cheese. \$6.50
add small side of rice and beans + \$1

pb&j

peanut butter and strawberry jelly on toasted multi-grain bread. \$6.50

12 oz fresh juice or smoothie

carrot or apple juice or tropical bliss smoothie. \$6.50



drinks

our coffee is organic and fair trade.

variety of espresso and coffee beverages

lemonade 12 oz \$2.00 • 16 oz \$2.50

tea, iced or hot 12 oz \$2.00 • 16 oz \$2.50

kombucha on tap 12 oz \$3.25 • 16 oz \$4.25

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