

breakfast



fall 2020

Breakfast items are available until 10:45am Mon-Fri, 12n Sat-Sun

- Morning Wrap Up** 8.5
Organic scrambled eggs, smoked turkey, broccoli, white cheddar, red pepper spread, whole wheat tortilla, served with seasonal fruit
- Ready, Set, Go** GF · V 7.5
Steel-cut oats with Vega® vanilla protein, almond milk, topped with walnuts, cranberries, apples, hemp seeds, cinnamon
- Savory Breakfast Bowl** GF 9.5
Two soft boiled eggs, quinoa, avocado, cilantro pesto, sun-dried tomato, topped with hemp seeds and toasted pine nuts

INSPIRED TOASTS

- Toast to Health*** VT 6.5
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way
- Let's Go!** V NEW 5.5
with almond butter, coconut bacon, hemp seeds, honey drizzle
- Coastal Toast** NEW 8.5
with cashew cream cheese, smoked salmon, capers, red onion, Everything Spice, house-made lemon preserves

beverages & caffè

- Iced and Hot Tea** see counter for full tea menu 2.5
- Homemade Lemonade** see counter for flavors 3
- Kombucha** see counter for flavors 4|6
- Coffee** 3.5
- Bulletproof™ Coffee** 5
Organic coffee, MCT oil, grass-fed butter
- Latte | Cappuccino** 5
Organic cow milk, almond milk, or coconut milk
- Matcha Latte** NEW 6
Matcha, choice of agave, honey, or maple syrup, choice of milk
- Hug In A Mug** 6
Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices + add espresso
- Ashwagandha Latte** 6
Ashwagandha, almond milk, coconut milk, maple syrup, cinnamon
- Charcoal Lavender Latte** 6
Espresso, almond milk, maple syrup, vanilla, lavender, charcoal
- Collagen Chai** 6
Chai, collagen, coconut butter, choice of milk
- Maca Mocha** 6
Espresso, almond and coconut milk, cacao, maca, maple syrup, cinnamon, vanilla
- Mush-vroom! Latte** 6
Espresso, coconut milk, lion's mane + chaga mushroom, maple syrup

cold-pressed juices

- Cleansing** Detoxifying, Hydrating, Anti-Inflammatory, Fat-Burning
Green apple, lemon, zucchini, cucumber, kale, spinach, romaine, parsley, ginger, sea salt
- Metabolizing** Fat-Burning, Detoxifying, Alkalizing
Ruby Red grapefruit, green apple, fennel, lemon, sea salt
- Oxygenizing** Energizing, Post-Workout, Heart Health, Brain Focus
Orange, green apple, beet, cucumber, basil, sea salt
- Rejuvenizing** Immune-Boosting, Anti-Inflammatory, Anti-Oxidant
Carrot, pineapple, cucumber, fennel, ginger, sea salt
- Greenzing** No Sugar, Alkalizing, Anti-Inflammatory, Mineralizing
Cucumber, lemon, spinach, swiss chard, fennel, ginger, sea salt
- Celery Juice** 100% organic celery juice
Immune-Boosting, Anti-Inflammatory, Toxin Removal, Liver Health
- Seasonal Juice** enjoypurefood.com/cold-pressed-juices
Please call or visit our website for our current seasonal juice

8oz glass - 4.5 | 16oz bottle - 9

smoothies

- Tastes-Like-Ice-Cream Kale** Energy, Protein, Digestion
Kale, banana, cashews, dates, vanilla, ginger
- Blueberry Brain Booster** Energy, Brain Focus, Digestion, Detox
Blueberries, banana, almond milk, chia, flax, hemp, maple syrup, cinnamon
- Mighty Mojo** Energy, Protein, Workout Endurance & Recovery
Raw coconut water, banana, almond butter, cacao, maca, chia, Vega® chocolate protein powder
- Green Mojito** Anti-Inflammatory, Immunity, Detox, Hydration
Pineapple, raw coconut water, spinach, mint, lime, stevia
- Pumpkin Latte Smoothie** Energy, Protein-Rich SEASONAL
Espresso, pumpkin, cashews, banana, maple syrup, vanilla, ginger, pumpkin pie spice

One Size | 16oz - 9

smoothie bowls

- Clean Livin'** GF · V · O 11
Açaí, banana, blueberries, Vega® vanilla protein, almond milk, topped with granola and flax seeds
- Gorgeous** GF · V 11
Dragonfruit, pineapple, banana, dates, coconut milk, topped with granola and hemp seeds
- Green Beauty** GF · V 11
Avocado, spinach, banana, oats, almond butter, almond milk, topped with granola and chia seeds
- Strawberry Rose Ice Cream** GF · V NEW 10
Strawberry, banana, rose water, dates, cashews, vanilla, almond milk, topped with granola

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M-F: 8AM-8PM | Sat: 9AM-8PM | Sun: 9AM-3PM

Please visit our website as our hours may change.

small plates

Guacamole Goodness GF · V	8
Fresh guacamole served with organic tortilla chips	
Chickpea Hummus GF · V	7.5
House-made hummus served with GF crackers, cucumbers, grape tomatoes + add Albacore tuna +2	
Yin, n' Yang GF · V	7.5
Roasted red pepper and walnut spread + chickpea hummus, served with GF crackers, cucumbers	
Homemade Soups GF	4.5 6
<ul style="list-style-type: none"> Chicken and Vegetable, in a lemon ginger broth Daily Vegan Soup 	
Roasted Brussels Sprouts GF · V SEASONAL	8
with walnuts, caramelized onion, coconut bacon, garlic, stone mustard dressing	

SEASONAL SIDES GF · V

Mashed Cauliflower 7	Sweet Potato Cubes 5
with garlic cashew cheese	with pecans and Autumn spices
Mushroom Risotto 6	Coconut-Miso Bok Choy 5
Brown Rice 3.5	Quinoa 3.5

handhelds

Gluten-Free Bread +2 | Vegan Cheese +1.5

Mexicali Cool Wrap	11
Chicken, Mexican coleslaw, guacamole, white cheddar, cilantro pesto, whole-wheat tortilla	
Spicy Rooster Sandwich	11
Chicken, avocado, lettuce, tomato, jalapeño aioli, toasted multi-grain bread	
Gobble It Up Sandwich	10
Turkey, white cheddar, coconut bacon, tomato, lettuce, Dijon-mayo, multi-grain bread	
Trail Hike Sandwich	10.5
Tuna, avocado, apples, cranberries, walnuts, onion, celery, Dijon-mayo, multi-grain bread	
Barefoot Burger VT	10
Veggie burger on whole-wheat bun with tomato, lettuce, house-made pickles, choice of vegan mayo or ketchup	
Vegeocious Wrap v	9
Mixed greens, avocado, quinoa, tomato, red onion, almonds, red pepper spread, balsamic vinaigrette, whole-wheat tortilla	
Paradiso Tostada GF · V	11
Three crispy corn tortillas with ground mushrooms and walnuts, roasted red pepper spread, avocado, tomato, lettuce, house-made salsa	

Sandwiches + Wraps Include Choice Of:

Green Salad | Tortilla Chips | Soup Cup +2.5

all-day breakfast

Toast to Health* VT	6.5
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way	
Oh My Omelette VT	8.5
Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast	

warm bowls

Take On The World GF · V · O	10
Red and white quinoa, avocado, kale, broccoli, beets, almonds, hemp seeds, ginger-miso dressing	
Ahi Poke* GF	15
Sesame crusted seared ahi tuna, fresh mango, pickled ginger, avocado, cucumber, sweet potatoes, brown rice, soy glaze	
Great Catch GF · O	13
Alaskan wild-caught salmon, sautéed kale, caramelized sweet potatoes, onion, celery, citrus-ginger vinaigrette	
Countryside GF · O	11
Cauliflower rice, chicken, cilantro pesto, peas, topped with diced tomatoes, shredded carrots, cilantro, microgreens	
Terra Bella GF · V	12
Vegan lasagna with roasted zucchini, eggplant, marinara, house-made cashew cheese	

large plates NEW

Seared Sesame Ahi Tuna* GF	16
Seared sesame-crusted ahi tuna over brown rice, served with coconut-miso bok choy and pineapple salsa	
Salmon + Goat Cheese GF	16
Wild-caught salmon and goat cheese with balsamic reduction, served with mushroom risotto and broccoli	
Stuffed Acorn Squash GF · V	14
with zucchini, mushroom, tomato, red pepper, carrot, spinach, onion, and garlic, served with mushroom risotto	
Chicken Parmesan GF	14
Lightly breaded chicken breast with parmesan, house-made marinara and pesto, served with mashed cauliflower and broccoli	

fresh salads

Farmer's Market GF · VT · O	12
Mixed greens, avocado, tomato, broccoli, carrots, beets, peas, cucumber, almonds, Manchego cheese, balsamic vinaigrette	
Bountiful GF · VT NEW	11
Massaged curly kale, coconut bacon, goat cheese, roasted squash, granola, cranberries, pecans, smokey white balsamic	
Fit Caesar GF	11
Chicken, chopped romaine, avocado, tomatoes, capers, vegan Caesar dressing	
Classico GF	13
Butter lettuce, turkey, white cheddar, egg, avocado, tomato, red onion, Kalamata olives, hemp seeds, zesty Italian dressing	

ADDITIONAL PROTEIN

Free-Range Chicken	+ 3.5	Albacore Tuna	+ 3
Wild-Caught Salmon	+ 6	Hard Boiled Egg	+ 1

desserts

Pumpkin + Squash Tart GF · V NEW	7
Chocolate Caramel Mousse Torte GF · V	7

GF gluten-free · V vegan · VT vegetarian · O organic (85% or more)

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness.