

breakfast

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

- Toast to Health*** *VT available all day* 6.5
Multi-grain toast topped with mashed avocado, lime, fresh spinach, one egg your way
- Oh My Omelette** *VT available all day* 8.5
Three-egg omelette with sautéed mushrooms, onions, spinach, coconut bacon, goat cheese, tomatoes, multi-grain toast
- 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
- Let's Go!** *V* 5.5
with almond butter, coconut bacon, hemp seeds, honey drizzle
- Coastal Toast** 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
- Cool-Berry Matcha** *SEASONAL* 7
Blueberry infused almond milk, lavender, matcha, agave, served iced
- Hug In A Mug** 6
Steamed almond milk, coconut milk, maple syrup, vanilla, ginger, turmeric, spices **+ add espresso**
- Matcha Latte** 6
Matcha, choice of agave, honey, or maple syrup, choice of milk
- 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



summer 2021

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
- Replenishing** *SEASONAL Hydrating, Anti-Inflammatory, Anti-Anxiety*
Watermelon, cucumber, green apple, lemon, ginger, rose water, sea salt

8oz glass - 4.5 | 16oz bottle - 9

smoothies

- Tastes-Like-Ice-Cream Kale** *Energy, Protein, Digestion* 9
Kale, banana, cashews, dates, vanilla, ginger
- Blueberry Brain Booster** *Energy, Brain Focus, Digestion, Detox* 9
Blueberries, banana, almond milk, chia, flax, hemp, cinnamon, choice of maple syrup or dates
- Mighty Mojo** *Energy, Protein, Workout Endurance & Recovery* 9
Raw coconut water, banana, almond butter, cacao, maca, chia, Vega® chocolate protein powder
- Green Mojito** *Anti-Inflammatory, Immunity, Detox, Hydration* 9
Pineapple, raw coconut water, spinach, mint, lime, stevia
- High Vibe** *SEASONAL · NEW* 11
Alkalizing, Immunity, Detox, Anti-Inflammatory
Spinach, fresh spirulina, avocado, lime, coconut butter, ginger, monk fruit, stevia

One Size | 16oz

smoothie bowls

Substitute Grain-Free Topping + 1
Crushed almonds, walnuts, coconut flakes, hemp seeds, cinnamon

- 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* 10
Strawberry, banana, rose water, dates, cashews, vanilla, almond milk, topped with granola

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

Please visit our website as our hours may change.
Prices and availability subject to 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 	

SEASONAL SIDES GF · V

Spring Brussels Sprouts - 6 with ginger-miso dressing	Rice + Black Beans - 4.5 with brown rice and mashed black beans
Mashed Cauliflower - 5 with garlic cashew cheese	Quinoa Tabbouleh - 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	11
Tuna, avocado, apples, cranberries, walnuts, onion, celery, Dijon-mayo, multi-grain bread	
Omega Burger	11
Salmon patty on whole-wheat bun with shredded lettuce, tomato, sliced cucumber, hemp seeds, Dijon mayo	
Barefoot Burger VT	10
Veggie burger on whole-wheat bun with tomato, lettuce, house-made pickles, choice of vegan mayo or ketchup	
Vegelicious Wrap V	10
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	

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

warm bowls

Take On The World GF · V · O	10
Red and white quinoa, avocado, kale, broccoli, beets, almonds, hemp seeds, ginger-miso dressing	
Pals Forever GF	12
Chicken, broccoli, mushrooms, carrots, peas, grilled onions, Mojo sauce	
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	12
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

Salmon + Goat Cheese GF	16
Wild-caught salmon and goat cheese with balsamic reduction, served with mashed cauliflower and broccoli	
Chicken Parmesan GF	15
Lightly breaded chicken breast with parmesan, house-made marinara and pesto, served with mashed cauliflower and broccoli	
Fiesta! GF · V	11
Brown rice, mashed black beans, Pico de Gallo, guacamole, Guajillo red sauce, choice of mushroom and walnut mix or chicken +2	

fresh salads

Farmer's Market GF · VT · O	12
Mixed greens, avocado, tomato, broccoli, carrots, beets, peas, cucumber, almonds, Manchego cheese, balsamic vinaigrette	
Tuna Niçoise GF	12
Tuna, mixed greens, hard boiled egg, tomatoes, green beans, new potatoes, Kalamata olives, smokey balsamic dressing	
Bountiful GF · VT	11
Massaged curly kale, coconut bacon, goat cheese, roasted squash, granola, cranberries, pecans, smokey balsamic dressing	
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

Chocolate Caramel Mousse Torte GF · V	7
Lime Tart GF · V SEASONAL	6

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