

Breakfast & Lunch

served all day

Granola Bowl (raw)

homemade granola splashed with home-made milk \$6
add fresh fruit \$2
add nuts \$1

Belgian Waffle

spelt/ flax waffle with maple syrup \$6

Waffle Toppings

extra maple syrup \$1
banana and/or apple \$2
homemade nut butter \$2
coconut icecream \$1.50
walnut crumbles \$1.50

Berry Banana Smoothie

berries and bannana in a base of apple juice \$6
in a base of homemade nut milk \$7 (raw & gluten-free)

Green Juice (raw & gluten-free)

kale, collards, lemon, dates in a base of
alkalized water \$5

Smoothie/ Juice Add Ins (raw & gluten-free)

Maca \$2
blue green algae \$1
hemp protein \$1
homemade nut butter \$2
flax meal (omega fatty acids) \$1

Lunch & Dinner

served all day

Soup of the day (gluten-free)

ask for what the soup of the day is \$5/ \$7.50

Superfood Salad (raw & gluten-free)

kale, collard, chard, mixed greens, cabbage,
and carrots with the superfood dressing \$5.50/ \$8

Spring Greens Salad (raw & gluten-free)

mixed greens, walnuts, and red cabbage \$5.50/ \$8

Sunflower Nori Wrap (raw & gluten-free)

sunflower seed paté with avocado
and the superfood salad inside \$6/ \$8.50

Collard Wrap (raw & gluten-free)

pumpkin seed, parsley paté with avocado
and the superfood salad inside \$6/ \$8.50

Hummus Plate (gluten-free)

hummus with carrots and cucumbers \$7.50
add flax crackers \$2

Quinoa Bowl (gluten-free)

curry dill spiced quinoa \$5/ \$ 7

Cajun Bowl (gluten-free)

cajun spiced brown rice and lentils \$5/ \$7

Specials

Soup & Salad (gluten-free)

soup of the day and your choice of salad \$9

Soup Salad Hummus Plate (gluten-free)

soup of the day, superfood salad, and hummus plate \$12
add flax crackers \$2

Salad Cajun Bowl (gluten-free)

superfood salad on top of cajun-spiced brown rice and lentils \$9

Salad Quinoa Bowl (gluten-free)

superfood salad on top of quinoa \$9

Dessert

Berry Nut Mousse (raw & gluten-free)

mixed berry mousse with a nut, date crust \$6.50

Coconut Icecream (gluten-free)

Dark Chocolate, vanilla, coconut, almond fudge
mint chocolate chip, pineapple coconut \$4/ \$5.50

Fruit Bowl (raw & gluten-free)

the day's fresh fruit with dates and walnuts \$5.50

Beverages

Coconut Water

Young Thai coconut water (not certified organic) \$4

Homemade Milk (raw & gluten-free)

the days fresh nut milks \$3.50 small \$5.50 tall

Juice of the day (gluten-free)

ask for available juices \$3.50 small \$5.50 tall

Tea

herbal (non-caffeinated) - 4 berry rooibos,
calm and content, immune support,
new day, fix me up, mint green,
black (caffeinated) - nekk midnight,
masala chai, orange spice, earl grey \$2.50
add nut/ seed/ or oat milk of the day \$.50

Wine

Table Red (no sulfites added)

California's Our Daily Red table wine \$5 glass / bottle \$15

Cabernet Sauvignon

Argentina's Pircas Negres \$7 glass / bottle \$20

Syrah

Argentina's Pircas Negres \$7 glass / bottle \$20

Pinot Noir

California's Girasole \$7 glass / bottle \$20

Chardonnay

Chile's Natura \$7 glass / bottle \$20

Sauvignon Blanc

Chile's Nuevo Mundo \$7 glass / bottle \$20

Beer

Amber Ale

Washington's Fish Tale \$4

India Pale Ale

Washington's Fish Tale \$4

Golden Ale

California's North Coast
Prankster (7.6%) (non-organic) \$5

Porter

Washington's Eel River \$4

Seasonal Ale (gluten-free)

Wisconsin's New Grist (non-organic) \$4.50

Malt (gluten-free)

Minnesota's Bard's (non-organic) \$5

Irish Lager

Oregon's Rogue Kells (22oz) (non-organic) \$7.50