

SMOOTHIES

100% ORGANIC PRODUCE!

12 oz 6.99 | 16 oz 7.99

FRUITS

breezy
coconut milk, strawberry, raspberry, blueberry, banana.

joyful
pineapple coconut juice, strawberry, raspberry, peach, banana.

vibrant
coconut milk, mango, avocado, vanilla yogurt, honey.

GREENS

energetic
romaine lettuce, kale, broccoli, celery, mango, cucumber, parsley.

brave
apple, mango, cucumber, fennel, kale, lime, ginger.

fit
pineapple coconut juice, peach, spinach, wheatgrass.

SUPERFOODS

powerful
coconut milk, orange juice, peach, blueberry, banana, matcha tea.

fierce
vanilla coconut milk, banana, protein, cocoa, Udo's oil, maca.

savvy
coconut milk, mango, banana, turmeric, ginger, honey, cinnamon, sea salt.

glowing
almond milk, vanilla yogurt, banana, almond butter, honey.



BOOSTERS

champion booster 1.99
Whey Protein, BCAA + Creatine.

immunity booster 1.99
vitamin C, echinacea

warrior booster 0.99
bee pollen, collagen, maca.

SHOTS

energy bomb 2 oz 3.49
celery, apple, lemon, ginger, cayenne.

tummy bomb 2 oz 3.49
celery, turmeric, ginger.

brain bomb 2 oz 3.49
celery, mint, Udo's oil.

ORGANIC JUICE

100% ORGANIC PRODUCE!

12 oz 6.99 | 16 oz 7.99 | 32 oz 14.99

FRUITS

harmonize
carrot, orange, apple.

revive
apples, lemon, cucumber, celery.

recover
orange, carrot, lemon, turmeric.

ROOTS

invigorate
carrot, ginger, lemon, orange.

thrive
beets, carrots, apple, celery.

restore
carrot, beet, parsley, ginger, garlic.

LEAVES

refresh
romaine lettuce, lime, celery, apple, parsley.

replenish
kale, romaine lettuce, cucumber, apple, parsley.

alive
apple, cucumber, fennel, lime, kale, ginger.

rejuvenate
celery, carrot, kale, parsley.

vitalize
apple, romaine lettuce, lemon, kale.

nourish
celery, romaine lettuce, cucumber, kale, broccoli, parsley.

Ask about our 100% organic cold pressed juice and wellness shots.

● vegan | ● vegetarian | ● made without gluten | ● paleo | ● keto

HOT DRINKS

organic coffee 8 oz 1.69 12 oz 1.99 16 oz 2.49
regular or decaffeinated

tea 1.99 any size
black, herbal, or green

hot chocolate 8 oz 1.49 12 oz 1.99

hot turmeric elixir 12 oz 5.99



BAKED GOODS

Selection changes seasonally. Check in-store to see what's new.

MUFFINS

vegan bran ●

cranberry apple

carrot millet ●

coffee break

pumpkin

plum raspberry

keto raspberry almond muffin ● ●

fruit & veggie muffin ●

COOKIES

mighty bite

happy trails

paleo snickerdoodle ●

LOAVES

zucchini loaf

banana bread

paleo london fog loaf ●

DESSERTS

sweet & salty bar ● ●

vegan rice crispy bar ● ●

carrot cake ●

cranberry pear tart

pecan pie cheesecake ● ●

mulled blackberry apple galette

paleo turmeric ball ● ● ●

puffed bucket wheat & quinoa square ● ● ●

marshmallow sprinkle bar ● ● ●

keto lemon zinger bar ● ● ●



BREAKFAST

southwestern egg muffin 3.99 | 4.49 ●

Muffin, free range eggs mixed with green onion topped with Havarti cheese, Que Pasa Salsa, and mayonnaise.

southwest tofu scramble wrap 7.49 | 7.99 ● ●

Tofu, red pepper, roasted yam, green onion, roasted garlic, southwest spice, and turmeric.

ham & cheese egg bites 1.49

Free run egg, black forest ham, cheddar cheese, green onion, and Dijon mustard.

SALAD PLATE 2.69/100g

choose three or more salads



SALADS

kale caesar 6.99
Kale and tempeh bacon with cashew Caesar dressing.

roasted squash & pear with maple cider vinegar dressing 2.79/100g ● ● ●

Butternut squash, pears, black kale, cranberries, leeks, pumpkin seeds, and sage with maple cider vinegar dressing.

moroccan shaker with chermoula dressing 6.99

Black quinoa, red pepper, chickpeas, parsley, green onion, dates, and almonds with chermoula dressing.

winter harvest slaw 2.59/100g ● ● ●

Celery root, carrots, yellow beet, cranberries, and walnuts with an apple cider vinegar dressing.

sesame seaweed salad 2.99/100g ● ● ●

Broccoli, carrots, cucumbers, red pepper with a miso dressing.

turmeric couscous 2.79/100g ● ●

Couscous, roasted parsnip, cranberries and toasted pecans with turmeric and mustard dressing.

candied walnut & greens salad with beet apple cider vinegar dressing 8.49 ● ● ●

Butternut squash, pears, black kale, cranberries, leeks, pumpkin seeds, and sage with maple cider vinegar dressing. Available with or without chicken.

yam & spiced nut 2.69/100g ● ● ●

Yam, cranberries, and spiced nuts with an orange juice and mustard dressing.

curried sweet potato kale 2.59/100g ● ● ●

Sweet potatoes, kale, apples, and raisins with a curry dressing.

honey mustard beet 2.59/100g ● ● ●

Yellow beets, pecans, and goat feta with a honey and mustard dressing.

ENTRÉES

beef lasagna 2.99/100g
Pasta and beef layered with meat sauce, spinach, cottage cheese, feta, and mozzarella.

spinach and feta meatloaf 3.99/100g ● ● ●

Free run chicken, spinach, feta, onion, and panko.

popeye protein buddha bowl 8.99 ● ● ●

Fresh spinach, roasted yam, sprouted beans, chickpeas, walnuts, and pea shoots on a bed of quinoa. Topped with a hardboiled free run egg and a side of Vegan Harvest dressing.

coconut chicken buddha bowl 8.99 ● ● ●

Rice noodles, free run teriyaki chicken, kimchi, baby bok choy, edamame, almonds, and cilantro with coconut curry dressing.

pulled jackfruit bowl 8.99 ● ● ●

Pulled jackfruit, brown basmati rice, summer slaw, and black beans.

cheddar lentil loaf 3.69/100g ● ● ●

Green lentils, carrot, asparagus, celery, green beans, green onion, oats, cheddar, diced tomato, eggs, honey BBQ sauce, and spices.

classic meat hand pie 5.49

Ground beef, garlic, onion, and parsley in a flaky pastry.

vegan cauliflower mac & cheese 6.99 ● ● ●

Cauliflower, vegan cream sauce, panko, and fresh thyme.

roasted red pepper & chorizo flatbread 7.99 ● ● ●

Roasted red pepper sauce, chorizo, caramelized onion, mozza cheese on a cauliflower flatbread crust.

kale pesto flatbread 7.99 ● ● ●

Kale pesto, red onion, sundried tomato, mozza cheese on a cauliflower flatbread crust.

spaghetti squash & lentil balls 8.99 ● ● ●

Spaghetti squash and lentil meat balls in tomato sauce.

Soup + Sandwich
save \$1.00 when you make it a combo



SANDWICHES

tuna melt 6.99 | 7.49 ● ● ●

Tuna, celery, and red onion with quinoa and Havarti cheese.

bison with pickled vegetables 8.49

Bison, pickled vegetables, fresh basil, lettuce, and feta cheese.

beet, goat cheese, arugula 6.99

Beets, arugula pesto, goat cheese, pea shoots, and spinach.

chicken avocado 8.49

Free range chicken, tomato, red onion, avocado, and lettuce.

egg salad 6.49 | 6.99 ● ● ●

Free range eggs, fresh dill, celery, green onion, Dijon mustard, and lettuce.

chicken delicious 8.49 ● ● ●

Free run chicken salad made with fresh dill, celery, green onion, and parsley. Wrapped up with Dijon mustard and fresh tomato.

green goddess 6.99 ● ● ●

Peppers, cucumber, pickled zucchini, avocado, spinach, and pea shoots.

chicken teriyaki 8.49

Free run chicken, tomato, red onion, Havarti cheese, gluten-free teriyaki sauce, and lettuce.

turkey reuben 8.49

Roasted turkey and kimchi with Dijon mustard and Swiss cheese.

veggie & hummus sandwich 6.49 | 6.99 ● ● ●

Tomato, cucumber, bell peppers, red onion, hummus, and lettuce.

WRAPS

egg salad 5.99 | 6.49 ● ● ●

Free range eggs, mayonnaise, fresh dill, celery, green onion, Dijon mustard, and lettuce.

greek falafel 6.49 ● ● ●

Tomato, cucumber, red onion, tzatziki, hummus, falafel, and lettuce.

avocado sweet potato 6.99 | 7.49 ● ● ●

Black bean-chickpea and chili-lime sweet potato salads blended with avocado, and chickpea with crisp lettuce.

chicken delicious 6.99 | 7.49 ● ● ●

Free run chicken salad made with fresh dill, celery, green onion, and parsley. Wrapped up with Dijon mustard and fresh tomato.

chicken teriyaki 6.99 | 7.49 ● ● ●

Free run chicken, tomato, red onion, havarti cheese, gluten-free teriyaki sauce, and lettuce.

curry chicken 6.99 | 7.49 ● ● ●

Free run chicken, havarti cheese, tomato, red onion, lettuce, and curry spice.