

# bowls

REPLACE  
BASE

almond-wild rice  
quinoa  
turmeric rice  
cauliflower rice +2.50

REPLACE  
PROTEIN

Chicken  
Organic Tofu  
Falafel  
Tri - Tip +2.50  
Salmon +3

an Aubergine favorite

Ask our cashier how to  
create your own bowl.

Do you have any allergies?  
bowls come with side of cheesebread (GF)  
not dairy free

## Chicken Spaghetti Squash

NEW GF|DF

spaghetti squash with european  
cashew mushroom sauce, spicy  
chicken thigh , and a pinch of  
microgreens.

16.45



nuts

## Mango Salmon

GF|DF

seasoned kale, quinoa, wild salmon,  
red cabbage salad, walnut pesto  
mushroom, roasted cauliflower,  
mango salsa, microgreens, **cashew**  
cilantro jalapeno dressing. 17.45



nuts

## Rio

GF|DF

chicken, tomato vinaigrette,  
black beans, kale, turmeric rice,  
roasted onions & bell peppers,  
avocado, microgreens, **cashew**  
cilantro jalapeno dressing. 13.95



nuts

## Mediterranean

GF|V

baked falafel, seasoned kale,  
quinoa, hummus or baba  
ghanoush, aubergine salad,  
carrot salad, red cabbage salad,  
hemp tabouli and muhammara  
dip, microgreens, tahini  
dressing. 13.45



nuts

## Chicken Harvest

GF|DF

chicken, kale, almond wild rice,  
roasted broccoli & cauliflower,  
tomato vinaigrette, baked sweet  
potato bites, microgreens, **cashew**  
cilantro jalapeno dressing. 13.95



nuts

## Thai

NEW GF|DF

seasoned kale, turmeric rice,  
roasted broccolis, roasted onions  
& bell peppers, carrot salad,  
spicy chicken thigh, thai sauce,  
cilantro, cashews, microgreens. 14.45



nuts

## Peanut Tofu

GF|V [has peanuts]

seasoned kale, almond wild-rice,  
organic tofu, red cabbage salad,  
roasted broccoli, walnut pesto  
mushroom, mango salsa,  
microgreens, peanut dressing. 14.95



nuts

## Vitality Bowl

GF|DF

By Dr. Redd, sweet potatoes,  
seasoned kale, brussels sprout,  
cauliflower rice, chicken, red  
cabbage salad, microgreens,  
and mango sauce. 15.45



## Spicy Coconut Curry

GF|DF

chicken, seasoned kale,  
turmeric rice, coconut curry  
simmered with carrots, green  
pea, sweet potato, cauliflower &  
chickpeas, microgreens. 13.45



## Tri-Tip Madeira

GF

tri-tip steak, seasoned kale,  
turmeric rice, brussels sprouts,  
baked sweet potato bites,  
peppercorn mushroom madeira  
sauce, microgreens. 16.45



## new plates

comes with house salad: mesclun, arugula, radish,  
carrot, cucumber, roasted slivered almond, feta cheese,  
pomegranate, green onions, and a pinch of cilantro.

## Steak Plate

tri-tip, choice of base,  
roasted broccolis,  
baked sweet potatoes,  
house salad, basil  
dressing. 19.95

NEW



nuts

## Roasted Chicken Plate

GF  
roasted chicken, choice  
of base, roasted  
broccolis, baked  
sweet potatoes, house salad,  
basil dressing. 17.45

NEW



nuts

## Wild Salmon Plate

GF  
wild salmon, choice of  
base, roasted broccolis,  
baked sweet potatoes,  
house salad, basil  
dressing. 19.95

NEW



nuts

# melts

salads come with side of  
cheesebread (GF) - not dairy free

# salads

REPLACE  
PROTEIN

Chicken  
Organic Tofu  
Falafel

Tri - Tip +2.50  
Salmon +3

Ask our cashier how to  
create your own salad.

an Aubergine favorite

## Aubergine Melt **NEW**

whole wheat pita bread, walnut pesto, mozzarella, aubergine salad, parmesan cheese, basil, sriracha dressing on the side. side salad: mesclun, carrots, drizzle of signature sesame dressing. 12.45



nuts

## Avocado Cashew Melt v

whole wheat pita bread, cashew cream, spicy cashew dressing, avocado, spinach, grilled onions, housemade pesto mushrooms, lime tomato vinaigrette, basil, avocado jalapeño dressing. cheese option +1. side salad: mesclun, carrots, drizzle of signature sesame dressing. 12.45



nuts

## Hot Steak Melt

grilled tri-tip steak, mozzarella, pita bread, tomato vinaigrette, cashew cilantro jalapeno dressing. side salad: mesclun, carrots, drizzle of signature sesame dressing. 15.45



nuts

## Chicken Caprese Melt

grilled chicken, mozzarella, fresh basil, tomato vinaigrette, pita bread, housemade pesto, cashew cilantro jalapeno dressing. side salad: mesclun, carrots, drizzle of signature sesame dressing. 13.45



nuts

## Chicken Muhammara Melt

chicken, muhammara, goat cheese, mesclun on pita bread. side salad: mesclun, carrots, drizzle of signature sesame dressing. 13.45



nuts

## Garden Delight GFV

arugula, kale, radish, cucumber, chickpeas, pomegranate, pumpkin seeds, grape tomato, avocado, red onions, basil, basil vinaigrette. 13.45



nuts

## Dream GF

chicken, romaine, walnuts, baby spinach, red onions, green apples, parmesan, grape tomatoes, bell peppers, basil, cilantro cashew jalapeno dressing. 13.45



nuts

## Very Berry Salad GF

kale, romaine, chicken, goat cheese, organic quinoa, strawberry, blueberry, basil, green apple, sweet spicy mango dressing. 13.95



nuts

## Protein Avocado Crisp GF

mesclun, kale, chicken, pasture raised egg, avocado, parmesan crisp, grape tomato, red onion, cilantro cashew jalapeno dressing. 14.45



nuts

## Mango Goat

Cheese GF  
arugula, red cabbage, mango, grape tomato, goat cheese, slivered almond, chicken, basil, peanut dressing. 14.45



nuts

## Wild Salmon GF, DF

arugula, red cabbage, mesclun, wild salmon, carrots, cucumber, cashew, cilantro, fresh squeezed lemon, spicy cashew dressing. 16.45



nuts

## Tri-Tip Salad GF

tri-tip steak, romaine, baby spinach, green apples, red onions, walnuts, parmesan, grape tomatoes, bell peppers, cilantro cashew jalapeno dressing, basil. 15.45



nuts

## Greek with Greens GF

baked falafel or chicken, romaine, kale, kalamata olives, grape tomatoes, cucumbers, red onions, feta cheese, bell peppers, radish, basil, signature dressing. 12.95



All salads will be tossed with dressing. Ask our cashier for dressing on the side.

# cold & hot drinks

# sides & plates

## Hot Chocolate v

housemade cocoa sauce, housemade cashew milk, housemade coconut whipped cream. 5.95



nuts

[no caffeine]

## Artisan Organic Herbal Tea GF,V

supreme quality of organic tea. chamomile or mint, by Art of Tea. 3.95



try with honey

[no caffeine]

## Iced Chai

housemade cashew milk, chai, organic stevia, cinnamon, ice. 7.25



nuts

[no caffeine]

## Hibiscus Raspberry Tea

wild raspberry hibiscus tea. 3.95



nuts

## Cucumber Mint Lemonade

fresh squeezed lemon juice, mint, cucumber, organic stevia. 3.95



nuts

## Cevaccino v

a delicious Italian recipe: housemade cashew milk, organic stevia, cevada (barley), cocoa powder. 6.95



nuts

[no caffeine]

## Hot Chai Tea Latte v

housemade cashew milk, chai, organic stevia, cinnamon. 7.25



nuts

[no caffeine]

## Strawberry Lemonade

squeezed lemon juice, strawberry, organic stevia. 3.95



nuts

## Chamomile Tea

chamomile tea, ginger tea. 3.95



nuts

## Pineapple Ginger Juice

ginger, spirulina, organic stevia, mint, pineapple. 3.95



nuts

## Cheesebread GF

warning: be ready to order many, many, many more.

2 3.25 12 16.95  
6 8.95 24 33.95



## Baked Sweet Potato Bites GF, DF

a heavenly, non-fried sweet potato variety with cashew cilantro cashew jalapeño dressing. 4.99



nuts

## Baked Chicken Bites GF, DF

six bites with cashew cilantro cashew jalapeno dressing. 8.95



nuts

## Hummus Plate v

made to share hummus, stick carrots, radish, cucumber, pita bread with zaatar. 9.95



NEW

## Cashew Mac'n Cheese

### Tri-Tip Plate GF

gluten free cashew mac 'n cheese, tri-tip, roasted broccolis & signature dressing drizzle. 16.95



nuts

### Gluten Free Cashew Mac'n Cheese GF

Italian elbow pasta, with bread crumbs. 12oz 9.95



nuts

### Exotic Dip Plate v made to share

muhammara, falafel, baba ghanoush hummus, pita bread with zaatar. 12.95



nuts

# nice cream

No added sugar. Hazelnut & Chocolate Sauce Shell +2

**Nice Cream** GF|V  
vanilla or cocoa, pure vanilla, coconut milk, dates.  
Add 2 toppings +1  
small - 5.75 large - 6.95 pint - 10.95  
**NEW chocolate hazelnut shell +2**



**Sundae** GF|V [nuts]  
vanilla and chocolate nice cream, coconut whipped cream, strawberry, banana, almond butter, cocoasauce. [has nuts]



**Brownie Layers** GF|V  
brownie, vanilla nice cream, coconut whipped cream, cocoa sauce, strawberry on top. [has nuts]



**Niceshakes** GF|V  
nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry on top.  
**flavors:** cocoa, vanilla, strawberry: 10.45  
nocciola: (with either vanilla or chocolate nice cream) 12.45



**Nice-ookie** GF|DF  
cookie, vanilla nice cream, whipped cream, cocoa sauce, strawberry [has nuts] 9.45



# acai & superfood bowl

No added sugar

**Sunrise Acai** GF|V  
organic acai, berries, banana. toppings: mango, peanut butter, strawberry, blueberry, chia seeds, banana, housemade granola. 14.45



**Brazilian Acai** GF|V  
organic acai, berries, banana. toppings: strawberry, granola, blueberry, banana, coconut flakes. 13.45



**Almond Lover** GF|V  
organic acai, berries, banana. toppings: granola, banana, strawberry, coconut, almond butter. 13.45



**Nice Acai Cup** GF|V  
vanilla nice cream, housemade granola, acai, coconut whipped cream, strawberry. 11.45



**Ocean Magic** GF|DF  
blue wave base, toppings: blueberry, coconut chips, almond butter, hemp seed, housemade granola. 14.95



# superfood smoothies

No added sugar in any smoothies

Replace housemade cashew milk with coconut milk at no cost

**Immune Boost** GF|V  
orange, pineapple, spinach, spirulina, banana, fresh ginger, dates, topped with strawberries. 9.95



**Blue Wave** GF|DF  
coconut milk, coconut, blue spirulina, dates, almond butter, vanilla collagen, cinnamon, avocado, coconut chips on top. [has nuts] 12.95



**Peanut Butter Bomb** GF  
housemade cashew milk, banana, "just ingredients" vanilla whey protein, peanut butter, cocoa powder, maca, cocoa sauce. 10.95 [contains dairy & nuts]



**Banana Monkey** GF|V  
almond butter, banana, cinnamon, dates, flax seeds, housemade cashew milk. [has nuts] 8.95



## mix-ins

hemp seeds +2  
spirulina +2  
chia seeds +1  
flax seeds +1  
plant based protein +2  
whey protein +2

almond butter +2  
blue spirulina +2  
peanut butter +2  
vegan protein +2  
collagen +2  
sea moss +3

# Strawberry Glow

GF|DF [has nuts]  
housemade cashew milk, sea moss, vanilla collagen, avocado, banana, dates, strawberries, housemade coconut whip cream, housemade strawberry sauce. 12.95



**Super Protein Berry** GF|V [has nuts]  
housemade cashew milk, banana, avocado, blueberry, almond butter, plant based protein. 9.95



**Cocoa Mint** GF [has dairy & nuts]  
housemade cashew milk, "Just Ingredients" mint chocolate whey protein, cocoa powder, avocado, vanilla, dates, coconut whipped cream, cocoa sauce, mint, chocolate toppings. 10.95



# Hi-Vibe

GF|V  
housemade cashew milk, apple, banana, spinach, kale, turmeric, ginger, cucumber, broccoli, celery, lemon, parsley, spirulina, flax & hemp seeds. 11.95 [has nuts]



*introducing ...*

## pumpkin pie smoothie

pumpkin, banana, almonds, cashews,  
dates, cinnamon, and vanilla,  
and housemade granola. 10.95

nuts

gluten free, vegan, no added sugar



## nocciola niceshake

nice cream, hazelnut, housemade  
coconut whipped cream, chocolate chips,  
and housemade chocolate sauce. 12.45

gluten free, vegan, no added sugar



all dressings are gluten & dairy free with no added sugar.

spice    nuts    soy    vegan    egg    evoo    sesame

cilantro jalapeno cashew

spicy



aubergine sriracha

spicy



sweet spicy mango

spicy



spicy cashew

mild



avocado jalapeno

mild



peanut dressing

mild



tahini

none



walnut balsamic

none



signature sesame

none



basil vinaigrette

none



fresh squeezed lemon or extra virgin olive oil as an option.