

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 sweet spicy mango dressing. 15.45



Coconut Curry

GF|DF

chicken, seasoned kale,
turmeric rice, mild spicy 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

GF
tri-tip, choice
of base, roasted broccoli,
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



Mon - Fri 7:30am - 11am

breakfast

Sat 7:30am - 12:00pm

Veggie Omelette

Pasture raised eggs, spinach, mozzarella, red bell pepper, green onion, avocado smash, mesclun, signature sesame dressing, local organic multiseed whole wheat sourdough. 12.95



Egg Sandwich

Local organic multiseed whole wheat sourdough, avocado smash, spinach, mozzarella, grape tomatoes, red bell pepper, pasture raised eggs, cashew cilantro jalapeño dressing. GF option +2 12.95



Egg Avocado Bowl

Pasture raised eggs, tomatoes, red pepper, red onions, kale, goat cheese, avocado smash, microgreens with local organic multiseed whole wheat sourdough. 13.45



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 available +1 12.45



Avocado Smash Toast v

Local organic multiseed whole wheat sourdough, housemade cashew cream, avocado smash, cucumber, grape tomatoes, hemp seeds, red pepper, olive oil & microgreens. Pasture raised eggs +2 GF option +2 9.95



Almond Berry Toast v

Local organic multiseed whole wheat sourdough, almond butter, chia seeds, cinnamon, strawberry, blueberry, unsweetened coconut chips, raw honey (optional) GF option +2 10.95



Mushroom Avocado Toast

sourdough bread, avocado smash, arugula, walnut pesto mushroom, goat cheese, microgreens. 12.95



Shakshuka

tomato sauce, pasture raised eggs, feta cheese, cilantro, sourdough bread. 12.95



Cheesebread GF

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

- 2 3.25 12 16.95
- 6 8.95 24 33.95



Overnight Oats GF,V

wholegrain oats, coconut milk, vanilla, dates, granola, chia seeds unsweetened coconut chips, strawberry, blueberry, green apple, almond butter, pomegranate, raw honey (option). 11.95



Hi-Vibe GF,V

housemade cashew milk, apple, banana, spinach, kale, turmeric, ginger, cucumber, broccoli, celery, lemon, parsley, spirulina, flax & hemp seeds. 11.95



Wake Up Call GF,V

Spinach, kale, turmeric, ginger, cucumber, celery, broccolis, lemon, flax and hemp seeds, mint, parsley, spirulina, coconut water. 9.95



Chocolate Nut Milk GF,V [has nuts]

Dates, housemade cashew milk, cocoa, almond butter and vanilla. 6.95



melts

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

salads

REPLACE
PROTEIN

Chicken
Organic Tofu
Falafel

Grass-Fed
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

grass-fed 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 **GF** V

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 **GF**

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



nuts

Mango Goat **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**

grass-fed tri-tip steak, baby spinach, romaine, red onions, green apples, walnuts, grape tomatoes, parmesan, 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



nuts

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



[no caffeine]

Artisan Organic Herbal Tea GF,V

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



[no caffeine]

Iced Chai

housemade cashew milk, chai, organic stevia, cinnamon, ice. 6.95



[no caffeine]

Hibiscus Raspberry Tea

wild raspberry hibiscus tea. 3.95



[no caffeine]

Cucumber Mint Lemonade

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



[no caffeine]

Cevaccino v

a delicious Italian recipe: housemade cashew milk, organic stevia, cevada (barley), cocoa powder. 5.95



[no caffeine]

Hot Chai Tea Latte v

housemade cashew milk, chai, organic stevia, cinnamon. 6.95



[no caffeine]

Strawberry Lemonade

squeezed lemon juice, strawberry, organic stevia. 3.95



[no caffeine]

Chamomile Tea

chamomile tea, ginger tea. 3.95



[no caffeine]

Pineapple Ginger Juice

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



[no caffeine]

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



Baked Chicken Bites GF, DF

six bites with cashew cilantro cashew jalapeno dressing. 8.95



Hummus Plate v

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



Mac'n Cheese

Tri-Tip Plate GF

gluten free mac 'n cheese, tri-tip, roasted broccolis & signature dressing drizzle. 16.95 8oz



NEW

Gluten Free Mac'n Cheese GF

Italian elbow pasta, with bread crumbs. 8oz 8.95



NEW

Exotic Dip Plate v

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



NEW

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]



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.