

mon-fri 7:30am-11am

breakfast

sat 7:30am-12:00pm



SUNNY BOWL

GF, DF | quinoa, sweet potato, avocado, grape tomatoes, sunny eggs, mushrooms, sesame seeds, cashew cilantro jalapeño dressing. 14.45



EGG AVOCADO BOWL

pasture-raised eggs, tomatoes, red pepper, red onions, kale, goat cheese, avocado & seasonings, microgreens, local organic multiseed whole wheat sourdough. 13.95



OVERNIGHT OATS

whole grain oats, vanilla, dates, housemade granola, coconut milk, chia seeds, unsweetened coconut chips, green apple, strawberry, blueberry, almond butter, (honey optional). 11.95



SHAKSHUKA

tomato sauce, pasture-raised eggs, feta cheese, cilantro, local organic multiseed whole wheat sourdough bread. 12.95



AVOCADO SMASH TOAST

V | avocado smash, housemade cashew cream, grape tomatoes, olive oil, cucumber, red pepper, hemp seeds, local organic multiseed whole wheat sourdough, microgreens (eggs +2). 9.95



ALMOND BERRY TOAST

V | local organic multiseed whole wheat sourdough, almond butter, chia seeds, cinnamon, strawberry, blueberry, coconut chips, housemade granola, (honey optional). 11.45



MUSHROOM AVOCADO TOAST

local organic multiseed whole wheat sourdough, avocado smash, arugula, pesto mushroom, goat cheese, microgreens. 12.95



EGG SANDWICH

local organic multiseed whole wheat sourdough, avocado smash, grape tomatoes, spinach, mozzarella, red bell pepper, pasture-raised eggs, cashew cilantro jalapeño dressing. 12.95



WAKE UP CALL

GF, V | coconut water, spinach, kale, celery, turmeric, flax & hemp seed, parsley, ginger, spirulina, cucumber, broccoli, lemon. 9.95



HI-VIBE

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



AVOCADO CASHW MELT

V | whole wheat pita bread, cashew cream, spicy cashew dressing, grilled onions, avocado, spinach, mushroom pesto, lime tomato vinaigrette, basil, avocado jalapeño dressing. (cheese option +1) 12.45



VEGGIE OMELETTE

pasture-raised eggs, spinach, mozzarella, red bell pepper, green onion, avocado smash, mesclun, signature sesame dressing, local organic multiseed whole wheat sourdough. 13.45

bowls & protein plates

replace base: almond-wild rice, quinoa, turmeric rice, cauliflower rice +2.50
replace protein: chicken, organic tofu, falafel, tri-tip +2.50, wild salmon +3

comes with gluten free cheesebread



favorite

CHICKEN HARVEST BOWL

GF, DF | chicken, seasoned kale, almond-wild rice, broccoli, cauliflower, lime tomato vinaigrette, baked sweet potato bites, microgreens, cashew cilantro jalapeño dressing. 14.45



RIO BOWL

GF, DF | chicken, seasoned kale, black beans, turmeric rice, lime tomato vinaigrette, roasted onions, roasted bell peppers, avocado, microgreens, cashew cilantro jalapeño dressing. 14.45



favorite

MEDITERRANEAN BOWL

GF, V | baked falafel, seasoned kale, quinoa, hummus or baba ghanoush, aubergine salad (tomatoes, peppers, onion, raisins, eggplant, seasoning), carrot salad (carrots, raisins), red cabbage, hemp tabouli, muhammara, microgreens, tahini dressing. 13.95



MANGO SALMON BOWL

GF, DF | seasoned kale, quinoa, wild salmon, red cabbage salad, walnut pesto, mushroom, roasted cauliflower, mango salsa, microgreens, cashew cilantro jalapeño dressing. 17.65



BETTER EARTH BOWL

GF, V | seasoned kale, quinoa, pesto mushroom, broccoli, roasted onion, carrot salad, red cabbage salad, avocado, cilantro, microgreens, mango dressing. 14.45



THAI BOWL

GF, DF, | seasoned kale, turmeric rice, broccoli, carrot salad, roasted onions, signature chicken, thai sauce, cilantro, microgreens. 14.45



PEANUT TOFU BOWL

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



VITALITY BOWL

GF, DF | by Dr. Josh Redd: seasoned kale, cauliflower rice, chicken, sweet potatoes, Brussels sprout, red cabbage salad, microgreens, spicy mango dressing. 16.45



favorite

COCONUT CURRY BOWL

GF, DF | chicken, seasoned kale, turmeric rice, mild spicy coconut curry simmered with carrots, green peas, sweet potatoes, cauliflower, chickpeas, microgreens. 13.95



TRI-TIP MADEIRA BOWL

GF | tri-tip steak, seasoned kale, turmeric rice, Brussels sprout, baked sweet potato bites, mushroom & peppercorn madeira sauce, microgreens. 16.95



STEAK PLATE

GF | choice of base, tri-tip, roasted broccoli, sweet potatoes, house salad. 19.95



ROASTED CHICKEN PLATE

GF | choice of base, roasted chicken, roasted broccoli, sweet potatoes, house salad. 17.45



WILD SALMON PLATE

GF | choice of base, wild salmon, roasted broccoli, sweet potatoes, house salad. 19.95

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

melts & fresh salads

salads come with gluten free cheesebread. salads will be tossed with dressing, unless specified otherwise.

replace greens: kale, arugula, red cabbage, spinach, romaine
replace protein: chicken, organic tofu, falafel, tri-tip +2.50, wild salmon +3

nuts



AUBERGINE MELT
pita bread, walnut pesto, mozzarella, aubergine salad, parmesan cheese, basil, sriracha dressing. 12.45

nuts



AVOCADO CASHEW MELT
V | whole wheat pita bread, cashew cream, spicy cashew dressing, grilled onions, avocado, spinach, mushroom pesto, lime tomato vinaigrette, basil, avocado jalapeño dressing. (cheese +1) 12.45

nuts



HOT STEAK MELT
tri-tip steak, mozzarella, pita bread, lime tomato vinaigrette, cashew cilantro jalapeño dressing. 15.45

nuts



favorite
CHICKEN CAPRESE MELT
chicken, mozzarella, basil, lime tomato vinaigrette, walnut pesto, pita bread, cashew cilantro jalapeño dressing. 13.45

nuts



CHICKEN MUHAMMARA MELT
chicken, muhammara, goat cheese, mesclun, pita bread. 13.45

nuts



favorite
PROTEIN AVOCADO CRISP SALAD
GF | mesclun, kale, chicken, red onion, pasture-raised egg, avocado, grape tomato, parmesan crisp, cashew cilantro jalapeño dressing. 15.95

nuts



MANGO GOAT CHEESE SALAD
GF | arugula, red cabbage, mango, grape tomato, goat cheese, slivered almond, chicken, basil, peanut dressing. 15.45

nuts



WILD SALMON SALAD
GF, DF, | arugula, wild salmon, red cabbage, mesclun, carrots, cucumber, cashew, cilantro, fresh squeezed lemon, spicy cashew dressing. 16.45

nuts



favorite
TRI-TIP SALAD
GF, CONTAINS NUTS | tri-tip steak, romaine, baby spinach, red onions, green apples, walnuts, parmesan cheese, grape tomatoes, bell peppers, basil, cashew cilantro jalapeño dressing. 16.45

nuts



GARDEN DELIGHT SALAD
V | arugula, kale, radishes, red onions, cucumber, chickpeas, pumpkin seeds, grape tomatoes, pomegranate, avocado, basil, basil vinaigrette. 13.95

new



VERY BERRY SALAD
GF | kale, romaine, chicken, goat cheese, organic quinoa, green apple, strawberry, blueberry, basil, sweet spicy mango dressing. 14.95

new



NEW GREEK SALAD
GF | romaine, grape tomatoes, cucumbers, kalamata olives, radish, red onions, red bell pepper, feta cheese, falafel, oregano, basil, signature dressing. without falafel: 12.95 with falafel: 15.95

introducing ...

PASSION SALAD GF, V | romaine, arugula, red bell pepper, red cabbage, carrots, cucumber, red onion, avocado, cilantro, organic tofu, sesame, green onion, cashews, with our new passion fruit dressing. without tofu: 12.95 with tofu: 15.95

new

nuts



nice cream | açai

no added sugar

cocoa sauce+1.5, peanut butter+1.5, whip cream+2,
banana +1.5, strawberry+1.5, almond butter+2, granola+1.5

superfood smoothies

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



NICE CREAM

pick a flavor:

vanilla: GF, V | pure vanilla, coconut milk, dates.

cocoa: GF, V | unsweetened cocoa, pure vanilla, coconut milk, dates.

twist: blend cocoa & vanilla.



pick a size:

small: 5.75 | large: 6.95 | pint: 10.95

chocolate hazelnut shell +3



SUNDAE

GF, V | vanilla & cocoa nice cream, coconut whipped cream, strawberry, banana, almond butter, cocoa sauce. 9.45



BROWNIE LAYERS

GF, V | brownie, vanilla nice cream, coconut whipped cream, cocoa sauce, organic stevia, strawberry on top. 9.45



NICESHAKES

GF, V | nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry on top.

flavors:

cocoa: 10.65 | strawberry: 10.65

vanilla: 10.65 | nocciola (hazelnut): 12.45



nuts

SUNRISE

GF, V | organic açai, berries, bananas. toppings: mango, peanut butter, strawberry, blueberry, banana, chia seeds, housemade granola. 14.95



nuts

BRAZILIAN

GF, V | organic unsweetened açai, berries, banana, dates. toppings: housemade granola, strawberries, blueberry, banana, coconut chips. 13.95



nuts

ALMOND LOVER

GF, V | organic unsweetened açai, berries, bananas, dates toppings: housemade granola, banana, coconut, strawberries, almond butter. 13.95



nuts

OCEAN MAGIC

GF, DF | coconut milk, avocado, blue spirulina, almond butter, collagen, cinnamon, dates. toppings: blueberry, coconut chips, granola, hemp seeds. 15.45



nuts

NICE AÇAÍ CUP

GF, V | vanilla nice cream, housemade granola, organic açai, housemade coconut whipped cream, strawberries. 11.45



IMMUNE BOOST

GF, V | orange, spinach pineapple, spirulina, banana, fresh ginger, dates, strawberries. 9.95



nuts

BLUE WAVE

GF, DF | coconut milk, coconut, avocado, blue spirulina, almond butter, vanilla collagen, cinnamon, dates, coconut chips.. 13.45



nuts

PEANUT BUTTER BOMB

GF | housemade cashew milk, banana, grass-fed vanilla whey protein, peanut butter, cocoa powder, maca, cocoa sauce. 10.95



nuts

HI-VIBE

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



new

PASSION FRUIT

GF, V | banana, passion fruit, mango, monk fruit, flax seeds, housemade strawberry sauce, strawberry on top. 12.45



nuts

SUPER PROTEIN BERRY

GF, V | housemade cashew milk, banana, almond butter, avocado, blueberry, plant based protein. 10.45



nuts

STRAWBERRY GLOW

GF, DF | sea moss, cashew milk, banana, avocado, vanilla collagen, dates, strawberries, housemade coconut whip cream and strawberry syrup. 13.45



nuts

BANANA MONKEY

GF, V | almond butter, banana, dates, flax seeds, cinnamon, housemade cashew milk. 8.95

housemade drinks | sides and plates

new



BUTTERFLY TEA
passion fruit, butterfly tea, organic stevia, lemon on top. 7.45

PINEAPPLE GINGER JUICE
fresh ginger, mint spirulina, organic stevia, pineapple. 3.95

CUCUMBER MINT LEMONADE
fresh squeezed lemon juice, cucumber, mint, organic stevia. 3.95

HIBISCUS RASPBERRY TEA
raspberry, unsweetened hibiscus tea. 3.95

STRAWBERRY LEMONADE
fresh squeezed lemon juice, strawberry, organic stevia. 3.95



HOT COCOA
V | housemade cashew milk, whipped cream, cocoa sauce, coconut (no caffeine). 5.95



CEVACCINO
V | a delicious Italian recipe: cevada (barley), housemade cashew milk, organic stevia, cocoa powder (no caffeine) served hot or iced. 5.95



ICED CHAI TEA LATTE
V | housemade cashew milk, chai, organic stevia, cinnamon (no caffeine). 6.95



CHAI TEA LATTE
V | housemade cashew milk, chai, organic stevia, cinnamon. (no caffeine). 6.95



ORGANIC HERBAL TEA
DF, V | by art of tea. (no caffeine). flavors: mint or chamomile. 3.95



CHEESEBREAD
GF | WARNING: be ready to order more.

2 3.25 12 16.95
6 8.95 24 33.95



SIDE OF GF MAC'N CHEESE
GF, 12oz | Italian elbow pasta, bread crumbs. 9.45



BAKED CHICKEN BITES
GF, DF | 6 chicken bites, cashew cilantro jalapeño dressing. 9.95



BAKED SWEET POTATO BITES
GF, V | non-fried sweet potatoes, cashew cilantro jalapeño dressing. 5.49

EXOTIC DIP PLATE V | falafel, hummus, baba ghanoush, muhammara, pita bread with za'atar, toppings: chickpeas, paprika, microgreens, pomegranate, olives, olive oil. 13.95

nuts
made to share



MAC'N CHEESE TRI-TIP PLATE
GF | mac'n cheese, tri-tip, roasted broccolis, signature dressing drizzle. 17.95



HUMMUS & PITA
V | hummus, pita bread with za'atar. 9.95 made to share

HUMMUS & VEGGIES
V | hummus, carrots sticks, cucumber, radish. 9.95 made to share

