

NOW SERVING
THE FALL MENU



MODIFICATIONS FOR PROTEIN PLATES & BOWLS

REPLACE BASE: Almond wild rice, turmeric rice, quinoa (no charge) | cauliflower rice +2.50
REPLACE FALAFEL OR TOFU: chicken +\$2.5, tri-tip steak +\$3.45, salmon +\$3.95
REPLACE CHICKEN: falafel or tofu at no charge, tri-tip steak +\$2.50, salmon +\$3
REPLACE TRI-TIP STEAK WITH SALMON: \$0.50

PLATES



mediterranean plate



aubergine
parmigiana

(NEW) MEDITERRANEAN GF V NUTS 14.95

Baked falafel, organic quinoa, seasoned kale, hummus (or baba ghanoush), aubergine salad carrot salad, red cabbage, hemp tabouli, pomegranate seed, muhammara, tahini dressing

(NEW) AUBERGINE PARMIGIANA GF 16.95

Eggplant parmigiana, turmeric rice (or sweet potato bites), broccoli

(NEW) CHICKEN PARMIGIANA* GF 16.95

Chicken parmigiana, turmeric rice (or sweet potato bites), broccoli

MAC'N CHEESE TRI-TIP* GF 17.95

Grass-fed tri-tip steak, mac'n cheese, broccoli, basil vinaigrette drizzle

SERVED WITH HOUSE SALAD

ROASTED CHICKEN* GF 17.45

Roasted chicken, {choice of base}, broccoli, sweet potato, house salad[†]

STEAK* GF 19.95

Grass-fed trip-tip steak, {choice of base}, broccoli, sweet potato, house salad[†]

WILD SALMON* GF 19.95

Wild Salmon, {choice of base}, broccoli, sweet potato, house salad[†]

House salad: mesclun, arugula, radish, carrot, cucumber, roasted slivered almond, feta cheese, pomegranate seeds, green onions, and a pinch of cilantro

MODIFICATIONS FOR SALADS

REPLACE GREENS: Kale, arugula, red cabbage, spinach, mesclun
REPLACE FALAFEL OR TOFU: chicken +\$2.5, tri-tip steak +\$3.45, salmon +\$3.95
REPLACE CHICKEN: falafel or tofu at no charge, tri-tip steak +\$2.50, salmon +\$3
REPLACE TRI-TIP STEAK WITH SALMON: \$0.50

SALADS

Served with gluten free cheesebread (sub pita). Salads will be tossed with dressing, unless specified otherwise.

GARDEN DELIGHT GF V NUTS 13.95

Arugula, kale, radish, red onion, cucumber, chickpea, pumpkin seeds, grape tomato, pomegranate seeds, avocado, basil, basil vinaigrette

DREAM SALAD* GF NUTS 14.95

Roasted chicken, mesclun, baby spinach, red onion, green apple, walnut, parmesan cheese, grape tomato, bell pepper, basil, cashew cilantro jalapeño dressing

VERY BERRY* GF 15.45

Roasted chicken, organic quinoa, kale, mesclun, goat cheese, green apple, strawberry, blueberry, basil, sweet spicy mango dressing

MANGO GOAT CHEESE* GF NUTS 15.45

Roasted chicken, arugula, red cabbage, mango, grape tomato, goat cheese, slivered almond, basil, peanut dressing

GREEK 15.95

Falafel, mesclun, arugula, grape tomato, cucumber, kalamata olive, radish, red onion, red bell pepper, feta cheese, oregano, basil, housemade sourdough bread-crumbs, basil vinaigrette dressing

FAVORITE

PROTEIN AVOCADO CRISP* GF NUTS 15.95

Roasted chicken, mesclun, kale, red onion, pasture-raised egg, avocado, grape tomato, parmesan crisp, cashew cilantro jalapeño dressing

FAVORITE

TRI-TIP* GF NUTS 16.45

Grass-fed tri-tip steak, mesclun, baby spinach, red onion, green apple, walnut, parmesan cheese, grape tomato, bell pepper, basil, cashew cilantro jalapeño dressing

WILD SALMON* GF DF NUTS 16.95

Wild salmon, arugula, mesclun, red cabbage, carrot, cucumber, roasted cashew, cilantro, fresh squeezed lemon, spicy cashew dressing

protein
avocado
crisp



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

INTRODUCING THE
POWER PASTURE BOWL



BOWLS

V VEGAN **GF GLUTEN FREE** **DF DAIRY FREE** **NUTS CONTAINS NUTS**

Served with gluten free cheesebread (sub pita).

COCONUT CURRY* **GF DF** **FAVORITE** **14.45**
Roasted chicken, turmeric rice, seasoned kale, broccoli, mild spicy coconut curry simmered with carrot, green pea, sweet potato, cauliflower, chickpea, sesame seed, microgreens

CHICKEN HARVEST* **GF DF NUTS** **FAVORITE** **14.95**
Roasted chicken, almond-wild rice, seasoned kale, broccoli, cauliflower, lime tomato vinaigrette, baked sweet potato bites, microgreens, cashew cilantro jalapeño dressing

TRI-TIP MADEIRA* **GF** **17.45**
Grass-fed tri-tip steak, turmeric rice, seasoned kale, brussels sprout, baked sweet potato bites, sesame seeds, mushroom & peppercorn madeira sauce, microgreens

PEANUT TOFU **GF V NUTS** **14.95**
Organic tofu, almond wild-rice, seasoned kale, red cabbage salad, broccoli, walnut pesto mushroom, mango salsa, microgreens, peanut dressing

BETTER EARTH BOWL **GF V NUTS** **14.95**
Roasted organic quinoa, seasoned kale, pesto mushroom, broccoli, roasted onion, carrot salad, red cabbage salad, avocado, cilantro, microgreens, mango dressing

EUROPEAN SPAGHETTI SQUASH* **GF DF NUTS** **LIMITED TIME** **16.95**
Roasted chicken, spaghetti squash, european mushroom sauce, microgreens

RIO* **GF DF NUTS** **14.95**
Roasted chicken, turmeric rice, seasoned kale, black bean, lime tomato vinaigrette, roasted onion, roasted bell pepper, avocado, microgreens, cashew cilantro jalapeño dressing

TERI* **GF DF NUTS** **LIMITED TIME** **15.95**
Roasted chicken, turmeric rice, seasoned kale, broccoli, carrot salad, roasted onion, roasted cashew, sesame seed, green onion, microgreens, housemade teri sauce (organic soy)

VITALITY by Dr. Josh Redd* **GF DF** **16.95**
Roasted chicken, cauliflower rice, seasoned kale, sweet potato, brussels sprouts, red cabbage salad, microgreens, sesame seeds, sweet spicy mango dressing

MANGO SALMON* **GF DF NUTS** **17.95**
Wild salmon, organic quinoa, seasoned kale, red cabbage salad, walnut pesto mushroom, roasted cauliflower, mango salsa, microgreens, cashew cilantro jalapeño dressing

(NEW) POWER PASTURE* **GF NUTS** **17.95**
Grass-fed tri-tip steak, pasture-raised egg, turmeric rice, seasoned kale, roasted onion, vinaigrette, carrot salad, feta cheese, microgreens, cashew cilantro jalapeño dressing

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CREATE YOUR OWN KIDS MEAL NUTS 8.25

Choose one half-portioned protein and two sides.

PROTEIN: Falafel, chicken, chicken bits, tofu | tri-tip steak +\$2.50 | wild salmon +\$4.45

SIDE: Rice and beans, apple, strawberry, black beans, cauliflower, baked sweet potato, broccoli, cucumber, almond-wild rice, turmeric rice, hummus

MELTS



chicken caprese melt

AUBERGINE NUTS 12.45

Whole wheat pita bread, mozzarella, aubergine salad, walnut pesto basil, parmesan cheese, basil, sriracha dressing

CHICKEN FAVORITE NUTS 13.95

Whole wheat pita bread, roasted chicken, mozzarella, basil, tomato vinaigrette, housemade walnut pesto, cashew cilantro jalapeño dressing

HOT STEAK* NUTS 16.45

Whole wheat pita bread, grass-fed tri-tip steak, mozzarella, tomato vinaigrette, cashew cilantro jalapeño dressing

SIDES

CHEESEBREAD GF

WARNING be prepared to order more

2 3.25 **6** 8.95 **12** 16.95 **24** 33.95

BAKED SWEET POTATO BITES GF DF NUTS 5.49

Non-fried sweet potato, cashew cilantro jalapeño dressing

MAC'N CHEESE GF 9.45

12oz | Italian elbow pasta

BAKED CHICKEN BITES* GF DF NUTS 9.95

6 chicken bites, cashew cilantro jalapeño dressing

HUMMUS PLATE WITH PITA V 9.95

Hummus with pita bread with za'atar

HUMMUS PLATE WITH VEGGIES V 9.95

Hummus with carrots sticks, radish, and cucumber

EXOTIC DIP PLATE V NUTS 13.95

Falafel, hummus, pita bread with za'atar, baba ghanoush, muhammara. *Toppings: chickpeas, paprika, microgreens, pomegranate seed, olives, olive oil*



hummus plate with pita

HOUSEMADE DRINKS

STRAWBERRY LEMONADE 3.95

Fresh squeezed lemon juice, strawberry, organic stevia

RASPBERRY HIBISCUS TEA 3.95

Raspberry, unsweetened hibiscus tea

CUCUMBER MINT LEMONADE 3.95

Fresh squeezed lemon juice, cucumber, mint, organic stevia

PINEAPPLE GINGER JUICE 3.95

Fresh ginger, fresh mint, spirulina, organic stevia, pineapple

CHAMOMILE TEA 3.95

Chamomile, mint, ginger tea

ARTISAN ORGANIC HERBAL TEA GF V NUTS 3.95

The supreme quality of organic tea, by *Art of Tea* (no caffeine). *Flavors: pacific coast mint or egyptian chamomile (honey optional)*

HOT CHOCOLATE GF V NUTS 5.95

Oat milk, housemade cocoa sauce, housemade coconut whipped cream

CEVACCINO V NUTS 5.95

A delicious Italian recipe: cevada (barley), oat milk, organic stevia, cocoa powder (no caffeine) served hot

CHAI TEA LATTE (HOT OR ICED) V NUTS 6.95

Oat milk, chai, organic stevia, cinnamon (no caffeine)

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ACAÍ, SMOOTHIE & DESSERT ADD-ONS

+3 Sea moss

+2 Honey, vegan protein, whey protein, collagen, chocolate sauce, blue spirulina, peanut butter, almond butter

+1.5 coconut, dates, cinnamon, cocoa powder, cocoa chips, chia seeds, flax seeds, maca, hemp seeds

+1 kale, spinach

AÇAÍ

NICE AÇAÍ CUP GF V NUTS 11.95

Organic açai, vanilla nice cream, house-made granola, organic açai, housemade coconut whipped cream, strawberry

ALMOND LOVER GF V NUTS 13.95

Organic açai, mixed berries, banana, dates. *Toppings: granola, banana, coconut, strawberry, almond butter*

BRAZILIAN GF V NUTS 13.95

Organic açai, mixed berries, banana, dates. *Toppings: granola, strawberry, blueberry, banana, coconut chips*

SUNRISE GF V NUTS 14.95

Organic açai, mixed berries, bananas. *Toppings: mango, peanut butter, strawberry, blueberry, banana, chia seed, housemade granola*

OCEAN MAGIC GF DF NUTS 15.45

Coconut milk, avocado, blue spirulina, almond butter, collagen, cinnamon, dates, pure vanilla, monk fruit. *Toppings: blueberry, coconut chips, granola, hemp seed*

DESSERTS

NICE CREAM GF V

VANILLA: Pure vanilla, coconut milk, dates, olive oil

COCOA: Unsweetened cocoa, pure vanilla, coconut milk, dates, olive oil

SMALL 5.75 | LARGE 6.95 | PINT 10.95

+3 *Chocolate hazelnut shell (no pint)*

SUNDAE GF V NUTS 9.45

Vanilla & cocoa nice cream, housemade coconut whipped cream, strawberry, banana, almond butter, cocoa sauce

BROWNIE LAYERS GF V NUTS 9.45

Brownie, vanilla nice cream, housemade coconut whipped cream, cocoa sauce, strawberry on top

NICESHAKES GF V

Nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry

COCOA 10.65 | VANILLA 10.65

STRAWBERRY 10.65

NOCCIOLA (HAZELNUT) 12.45

(NEW) TIRAMISU NICESHAKE 12.95

Vanilla nicecream, coconut milk, marscapone, cevada, cocoa powder, housemade chocolate sauce, whipped cream, chocolate chips

SUPERFOOD SMOOTHIES

BANANA MONKEY GF V NUTS 8.95

Unsweetened almond milk, almond butter, banana, dates, flax seed, cinnamon

IMMUNE BOOST GF V 9.95

Pineapple, spinach, blue spirulina, banana, orange juice, fresh ginger, dates, strawberry

SUPER PROTEIN BERRY GF V NUTS 10.95

Unsweetened almond milk, banana, almond butter, avocado, blueberry, plant based protein

PEANUT BUTTER BOMB GF NUTS 11.95

Unsweetened almond milk, banana, grass-fed vanilla whey protein, peanut butter, cocoa powder, maca, cocoa sauce

HI-VIBE GF V 11.95

Coconut water, banana, spinach, kale, turmeric, ginger, cucumber, celery, lemon, parsley, blue spirulina, pineapple, flax and hemp seed

PUMPKIN PIE GF V NUTS 12.95

Unsweetened almond milk, pumpkin, banana, almond butter, dates, cinnamon, flax seed, pure vanilla, housemade coconut whip cream, granola

COCOA MINT GF NUTS 12.95

Unsweetened almond milk, "Just Ingredients" vanilla grass-fed whey protein, cocoa powder, avocado, pure vanilla, dates, housemade coconut whipped cream, cocoa sauce, fresh mint, chocolate toppings



BLUE WAVE GF DF NUTS 13.45

Coconut milk, coconut, avocado, blue spirulina, almond butter, collagen, pure vanilla, cinnamon, dates, coconut chips

STRAWBERRY GLOW GF DF NUTS 13.95

Unsweetened almond milk, sea moss, avocado, banana, collagen, pure vanilla, dates, strawberry, housemade coconut whip cream, housemade strawberry sauce

(NEW) MATCHA POWER GF DF NUTS 13.95

Unsweetened almond milk, matcha, banana, mint leaves, collagen, sea moss, mushroom blend, pure vanilla

(NEW) WHEY TO PARADISE GF 13.95

Whey protein, orange juice, banana, mango, housemade mango sauce, pineapple, collagen, pure vanilla, coconut chips



sunrise bowl

BREAKFAST

MON-FRI: 7:30AM-11AM | SAT: 7:30AM-12PM

V VEGAN **GF** GLUTEN FREE **DF** DAIRY FREE **NUTS** CONTAINS NUTS

CHOCOLATE NUT MILK **GF** **V** **NUTS** **7.95**

Unsweetened almond milk, unsweetened cocoa, almond butter, dates, vanilla

WAKE UP CALL **GF** **V** **9.95**

Coconut water, spinach, kale, celery, turmeric, flax and hemp seeds, parsley, ginger, blue spirulina, cucumber, lemon

AVOCADO SMASH TOAST **V** **NUTS** **10.95**

Housemade multiseed whole wheat sourdough, avocado smash, hemp seeds, housemade cashew cream, grape tomatoes, olive oil, cucumber, red pepper, microgreens (pasture-raised eggs +2)

ALMOND BERRY TOAST **NUTS** **11.45**

Housemade multiseed whole wheat sourdough, strawberry, blueberry, almond butter, chia seeds, cinnamon, unsweetened coconut chips, housemade granola (honey optional)

MUSHROOM AVOCADO TOAST **NUTS** **12.95**

Housemade multiseed whole wheat sourdough, avocado smash, goat cheese, arugula, walnut pesto mushroom, microgreens

(NEW) BREAKFAST PLATE* **DF** **NUTS** **12.95**

Sunny-side up eggs, sweet potato, avocado, cucumber, sesame seeds, housemade multiseed whole wheat sourdough, cashew cilantro jalapeño dressing

SHAKSHUKA* **13.45**

Pasture-raised egg, feta cheese, cilantro, tomato sauce, housemade multiseed whole wheat sourdough

VEGGIE OMELETTE **13.95**

Pasture-raised eggs, mozzarella, avocado smash, spinach, red bell pepper, green onion, mesclun, housemade multiseed whole wheat sourdough, basil vinaigrette

EGG AVOCADO BOWL **13.95**

Pasture raised eggs, avocado, goat cheese, kale, tomatoes, red onion, red pepper, microgreens, housemade multiseed whole wheat sourdough, hemp seeds

FAVORITE

SUNNY BOWL* **GF** **NUTS** **14.95**

Sunny-side up eggs, quinoa, sweet potato, avocado, grape tomatoes, walnut pesto mushroom, sesame seeds, cashew cilantro jalapeño dressing

FAVORITE

CHICKEN CAPRESE* **NUTS** **13.95**

Whole wheat pita bread, chicken, mozzarella, basil, tomato vinaigrette, housemade walnut pesto, cashew cilantro jalapeño dressing



egg avocado bowl

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BREAKFAST HOUSEMADE DRINKS



herbal tea



hot chocolate



chai tea latte

STRAWBERRY LEMONADE 3.95
Fresh squeezed lemon juice, strawberry, organic stevia

PINEAPPLE GINGER JUICE 3.95
Fresh ginger, blue spirulina, mint, pineapple, organic stevia

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

RASPBERRY HIBISCUS TEA 3.95
Raspberry, unsweetened hibiscus tea

ARTISAN ORGANIC HERBAL TEA 3.95
The supreme quality of organic tea, by art of tea (no caffeine). *Flavors: pacific coast mint or egyptian chamomile (honey optional)*

HOT CHOCOLATE GF V NUTS 5.95
Oat milk, housemade cocoa sauce, housemade coconut whipped cream

CEVACCINO V NUTS 5.95
A delicious Italian recipe: cevada (barley), oat milk, organic stevia, cocoa powder (no caffeine) served hot

CHAI TEA LATTE (HOT OR ICED) V NUTS 6.95
Oat milk, chai, organic stevia, cinnamon (no caffeine)

ACAÍ, SMOOTHIE & DESSERT ADD-ONS

+3 Sea moss

+2 Honey, vegan protein, whey protein, collagen, chocolate sauce, blue spirulina, peanut butter, almond butter

+1.5 coconut, dates, cinnamon, cocoa powder, cocoa chips, chia seeds, flax seeds, maca, hemp seeds

+1 kale, spinach

AÇAÍ

NICE AÇAÍ CUP GF V NUTS 11.95
Organic açai, vanilla nice cream, housemade granola, organic açai, housemade coconut whipped cream, strawberry

ALMOND LOVER GF V NUTS 13.95
Organic açai, mixed berries, banana, dates. *Toppings: granola, banana, coconut, strawberry, almond butter*

BRAZILIAN GF V NUTS 13.95
Organic açai, mixed berries, banana, dates. *Toppings: granola, strawberry, blueberry, banana, coconut chips*

SUNRISE GF V NUTS 14.95
Organic açai, mixed berries, bananas. *Toppings: mango, peanut butter, strawberry, blueberry, banana, chia seed, housemade granola*

OCEAN MAGIC GF V NUTS 15.45
Coconut milk, avocado, blue spirulina, almond butter, collagen, cinnamon, dates, pure vanilla, monk fruit. *Toppings: blueberry, coconut chips, granola, hemp seed*

DESSERTS

NICE CREAM GF V 9.45
VANILLA: Pure vanilla, coconut milk, dates, olive oil
COCOA: Unsweetened cocoa, pure vanilla, coconut milk, dates, olive oil

SMALL 5.75 | LARGE 6.95 | PINT 10.95
+3 Chocolate hazelnut shell (no pint)

SUNDAE GF V NUTS 9.45
Vanilla & cocoa nice cream, housemade coconut whipped cream, strawberry, banana, almond butter, cocoa sauce

BROWNIE LAYERS GF V NUTS 9.45
Brownie, vanilla nice cream, housemade coconut whipped cream, cocoa sauce, strawberry on top

NICESHAKES GF V 12.95
Nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry

COCOA 10.65 | VANILLA 10.65
STRAWBERRY 10.65
NOCCIOLA (HAZELNUT) 12.45

(NEW) TIRAMISU NICESHAKE 12.95
Vanilla nicecream, coconut milk, marscapone, cevada, cocoa powder, housemade chocolate sauce, whipped cream, chocolate chips



sunrise bowl