

Seed

breakfast

Egg Frittata Bites GF 12 daily fresh offering		Farmers Breakfast Sandwich* NF 16 pasture-raised farm eggs, turkey bacon, white cheddar, arugula, truffle aioli, english muffin
Overnight Oats NF VG 9 chia, coconut flakes		Southwest Breakfast Burrito DF NF V 16 scrambled eggs, black beans, onions, cilantro, smashed avocado, mushroom chorizo
Lemon Chia Seed Pudding GF NF VG 8		
Greek Yogurt Parfait GF NF V 10 orange greek yogurt, house-made chia seed granola, berries		

smoothies & bowls

Orange Crush GF VG anti-oxidants, vitamin c 15 orange juice, coconut water, goji berries, hemp seeds, cashew, dates, orange zest		Golden Lassi GF NF VG anti-inflammatory, vitamin c 15 mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon
Rise & Shine GF VG energy, strengthening 15 almond milk, banana, hemp seed, vegan protein, cacao, unsweetened almond butter, coffee powder, vanilla		Berries Smoothie Bowl GF NF VG 16 coconut water, banana, strawberry, blueberry, raspberry, mint, rose water, house-made chia seed granola, flax seeds
Recovery GF VG anti-inflammatory, calming 15 almond milk, banana, dates, turmeric, cinnamon, clove		Cacao Smoothie Bowl GF VG 16 almond milk, banana, hemp, vegan protein, cacao, coconut, unsweetened almond butter, vanilla powder, coffee powder, fig, mint, house-made chia seed granola, salted cashew caramel, vanilla
Green Goddess GF NF VG nourishing, hydrating 15 coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water		
Radiance GF NF VG glowing, skin protector 15 coconut water, banana, strawberry, blueberry, raspberry, flax seeds, rose water		

lunch

Hummus & Crudité GF NF VG 15 garlic hummus with seasonal fresh vegetables		Poblano Hummus Vegetable Wrap NF VG 17 roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips
Vegan Cheese Platter GF VG 18 rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond		Brie, Fig, & Apple Grilled Cheese Panini NF V 18 fig jam, arugula on noble ciabatta, served with chips
Sunflower Salad GF NF VG 18 baby gem, cucumber, avocado, hemp seeds, flax seeds, cherry tomatoes, dehydrated dulce crackers, dehydrated enoki mushroom, flax oil, sunflower miso dressing, nasturtium, edible flowers		Smoked Turkey Pesto Panini 18 pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips
Greek Salad GF NF VG 18 arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium		Rainbow Glass Noodle Bowl GF NF VG 18 sweet pepper, carrots, broccoli, purple cabbage, pickled mushrooms, toasted cashew, thai basil
Forager Bowl GF NF VG 20 kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers		Shrimp Ceviche* GF NF DF 18 pico de gallo, corn tortilla chips
Antioxidant Bowl NF VG 18 kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette		

lunch additions:

- local farm fresh cage-free hard boiled egg* +4 GF NF V
- grilled natural chicken breast +10 GF NF
- grilled chilled salmon* +15 GF NF
- tofu +8 GF NF V

GF Gluten Free NF Nut Free DF Dairy Free VG Vegan V Vegetarian Items above are prepared with gluten-free ingredients. However, our kitchen is not completely gluten free. Please let us know if you have a food allergy or sensitivity. *These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of a food borne illness.

fresh pressed juices

Miracle Red Juice GF NF VG 10 red beets, carrots, pineapple, lemon juice	Green Machine GF NF VG 10 kale, lettuce, parsley, apples, lemon juice, ginger root
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lattes

Cozy Chocolate GF NF VG immunity, clarity 8 oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only	Vanilla Matcha Latte GF NF VG anti-inflammatory 8 oat milk, matcha, vanilla extract, maple syrup / hot or iced
Chai Dream GF NF VG longevity, immunity, relaxation 8 oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced	Matcha Straight-Up GF NF VG anti-inflammatory 7 hot water, matcha / hot or iced
	Protein Latte GF NF VG 30 grams of protein per cup 9 oat milk protein latte lightly sweetened with cinnamon, maple and vanilla topped with protein cold foam / hot or iced

coffee & tea

HOT	COLD
Coffee small / large 4 / 6	Botanicals Seasonal Tea 6
Americano 5 / 7	Cold Brew 6
Latte or Cappuccino small / large 5 / 7	Iced Americano 7
Matcha Latte 6 / 8	Iced Latte 5
Espresso single / double 3 / 5	Iced Matcha Latte 6
Hot Tea 4	

additions:

flavors - lavender +1, rose +1, vanilla +1 / sweeteners - maple, agave, honey / milks - oat, almond, coconut, dairy / protein cold foam - oat milk, cinnamon, maple, vanilla, guar gum +3

refreshers

Hibiscus Aqua Fresca GF NF VG 9 hibiscus, orange blossom, sparkling water	Pitaya Lemonade GF NF VG 9 coconut water, apple cider vinegar, lemon, rose water, pitaya, agave
Dragon Lemonade GF NF VG 9 filtered water, lemon, dragon fruit, strawberry, maple syrup	CIVANA Switchel GF NF VG 9 nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup
Blue Lemonade GF NF VG 9 filtered water, lemon, blue spirulina, maple syrup	

wine by the glass

Pinot Grigio 15 giuseppe luigi, friuli, italy	Chardonnay 19 domaine ventoura chablis, burgundy, france
Sauvignon Blanc 14 taonga, new zealand	Pinot Noir 15 montinore, willamette valley, oregon

cocktails

Strawberry Cooler 17 local vodka, strawberry, honey, lime, coconut water, served frozen	Desert Citrus Paloma 16 tequila, grapefruit, prickly pear, lime, club soda
Passionfruit Cooler 17 tequila, pineapple, mango, passion fruit, honey, coconut water, served frozen	Elderflower & Strawberry Spritz 17 st germaine, strawberry liquor, lemon, prosecco, club soda
Mimosa 16 classic or hibiscus pamplemousse	Blackberry Collins 16 local gin, lemon, blackberry lemonade social tonic, lavender

do
what
comes
naturally.

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