

Seed

breakfast

Egg Frittata Bites GF	12	Farmers Breakfast Sandwich* NF	16
daily fresh offering		pasture-raised farm eggs, turkey bacon, white cheddar, arugula, truffle aioli, english muffin	
Overnight Oats NF VG	9	Southwest Breakfast Burrito DF NF V	16
chia, coconut flakes		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	Golden Lassi GF NF VG anti-inflammatory, vitamin c	15
orange juice, coconut water, goji berries, hemp seeds, cashew, dates, orange zest		mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon	
Rise & Shine GF VG energy, strengthening	15	Berries Smoothie Bowl GF NF VG	16
almond milk, banana, hemp seed, vegan protein, cacao, unsweetened almond butter, coffee powder, vanilla		coconut water, banana, strawberry, blueberry, raspberry, mint, rose water, house-made chia seed granola, flax seeds	
Recovery GF VG anti-inflammatory, calming	15	Cacao Smoothie Bowl GF VG	16
almond milk, banana, dates, turmeric, cinnamon, clove		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	Poblano Hummus Vegetable Wrap NF VG	17
garlic hummus with seasonal fresh vegetables		roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips	
Vegan Cheese Platter GF VG	18	Brie, Fig, & Apple Grilled Cheese Panini NF V	18
rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond		fig jam, arugula on noble ciabatta, served with chips	
Sunflower Salad GF NF VG	18	Smoked Turkey Pesto Panini	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		pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips	
Greek Salad GF NF VG	18	Rainbow Glass Noodle Bowl GF VG	18
arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium		sweet pepper, carrots, broccoli, purple cabbage, pickled mushrooms, toasted cashew, thai basil	
Forager Bowl GF NF VG	20	Shrimp Ceviche* GF NF DF	18
kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers		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 VG10	Green Machine GF NF VG10
red beets, carrots, pineapple, lemon juice	kale, lettuce, parsley, apples, lemon juice, ginger root

lattes

Cozy Chocolate GF NF VG immunity, clarity8	Vanilla Matcha Latte GF NF VG anti-inflammatory8
oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only	oat milk, matcha, vanilla extract, maple syrup / hot or iced
Chai Dream GF NF VG longevity, immunity, relaxation8	Matcha Straight-Up GF NF VG anti-inflammatory7
oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced	hot water, matcha / hot or iced
	Protein Latte GF NF VG 30 grams of protein per cup9
	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 / large4 / 6	Botanicals Seasonal Tea 6
Americano 5 / 7	Cold Brew 6
Latte or Cappuccino small / large5 / 7	Iced Americano 7
Matcha Latte 6 / 8	Iced Latte 5
Espresso single / double3 / 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 VG9	CIVANA Switchel GF NF VG9
hibiscus, orange blossom, sparkling water	nature's gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup
Dragon Lemonade GF NF VG9	Uplift GF NF VG sparkling refresher10
filtered water, lemon, dragon fruit, strawberry, maple syrup	passionfruit, pineapple, orange, lime, dragon fruit, club soda
Blue Lemonade GF NF VG9	Restore GF NF VG sparkling refresher10
filtered water, lemon, blue spirulina, maple syrup	tart cherry, hibiscus, prickly pear, lime, rose water, blue spirulina, club soda
Pitaya Lemonade GF NF VG9	Exhale GF NF VG sparkling refresher10
coconut water, apple cider vinegar, lemon, rose water, pitaya, agave	lavender honey, lemon, butterfly pea tea, club soda

do
what
comes
naturally.

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