

ALL DAY BREAKFAST

Griddlewich \$12

Sausage, Egg and Cheese between 2 Griddle Cakes
+Make it Vegan

Plantish Breakfast Wrap \$13

Breakfast Potato, Peppers & Onions, Chimichurri, Avocado,
+Chicken or Beef \$2 ea

Avocado Toast \$12

Sourdough, Pepitas, Radish, Aleppo
+Smoked Salmon, Egg or Vegan Egg \$2 ea

Kale Hash \$13

Sweet Potato, Brussels Sprouts, Onions, Peppers, Harissa
+Egg, Vegan Egg, Chicken or Beef \$2 ea

Acai Bowl \$11

Coconut Yogurt, Toasted Coconut Granola, Seasonal Fruits

JUICES \$11 Gingerbeet

Kalevate

Kale, Apple, Cucumber, Lemon and Ginger

GingerBeet

Beet, Apple, Orange, Lemon and Ginger

GlowUp

Apple, Orange, Carrot, Lemon and Ginger

Immunity

Orange, Turmeric, Lemon and Ginger

CAFE \$6

Cortado

Latte

Cappuccino

Machiato

Matcha Latte

TEA \$5

Earl Grey Black Tea

Calming Tea

Chamomile and lemon

Immunity Tea

elderberry, ginger, orange peel, holy basil

Mushroom Tea

Chai Tea

LUNCH MENU

Gem Lettuce Salad \$15

Green Goddess Dressing, Radish, Pickled Red Onion,
Pepitas, Chickpeas

+Chicken, Fish or Beef \$2 ea

Cold Soba Noodles Bowl \$13

Sesame Tamari Vinaigrette, Edamame, Pickled
Radish, Snow Peas, Peanuts

Thai Noodle Salad \$15

Smash Burger \$15

+Make it Vegan

Roasted Turkey BLT \$13

Ciabatta, Gem Lettuce, Aioli, Tomato

SMOOTHIES \$10

Green Peace

Green Apple, Lime, Spinach, Mango,
Coconut Water

Spicy Rita

Pineapple, Apple, Lime, Ginger, Coconut
Water

Golden Nectar

Turmeric, Oat Milk, Almond Butter,
Banana, Agave, Mango

Berry Behavior

Mixed Berries, Red Beets, Agave, Coconut
Water

Tropical Breeze

Mango, Pineapple, Passion Fruit, Coconut
Water, Lime

Milk Options

Whole | 2% | Oat | Almond | Coconut | Soy