

FARE

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Our Summer Menu

Bowls

Smoky Chicken Bowl 13.99

Lemony Kale, House Grains, Green Goddess Slaw, Harissa Sweet Potatoes, Creamy Tahini

Turkey Meatball Bowl 14.99

Romaine & Spinach, Roasted Red Peppers, Chickpeas & Feta, Sweet & Sour Cucumbers, Creamy Tahini

Salmon Bowl 16.99

Lemony Kale, Elote Corn Salad, Tomatoes & Peaches, Greek Yogurt Ranch

Miso Tofu Veggie Bowl 13.99

Romaine & Spinach, Roasted Carrots, Sweet & Sour Cucumbers, Herby Pesto

+ GF Cornbread Muffin 0.99

Plates

All plates come with a GF Cornbread Muffin

Smoky Chicken Plate 15.99

Harissa Sweet Potatoes, Green Goddess Slaw, Mac & Cheese, Spicy Red Pepper Sauce

Turkey Meatball Plate 16.99

House Grains, Sweet & Sour Cucumbers, Roasted Carrots, Greek Yogurt Ranch

Salmon Plate 18.99

Harissa Sweet Potatoes, Tomatoes & Peaches, Sweet & Sour Cucumbers, Creamy Tahini

Miso Tofu Plate 15.99

House Grains, Roasted Red Peppers, Chickpeas & Feta, Roasted Carrots, Herby Pesto

 Gluten Free  Vegan  Contains Nuts

Create Your Own

Bowl

Starting at 11.99

1. Choose Your Base
2. Choose 2 Sides
3. Optional Protein

Smoky Chicken  +3.49
Basil Turkey Meatballs  +4.99
Roasted Salmon  +6.99
Avocado Mash   +2.99
Miso Tofu   +3.49

4. Choose a Signature Sauce



Plate

Starting at 13.99

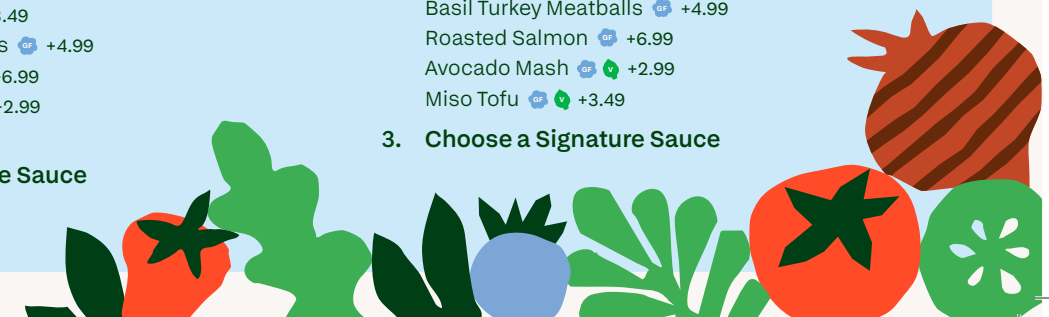
1. Choose 3 Sides
2. Optional Protein

Smoky Chicken  +3.49
Basil Turkey Meatballs  +4.99
Roasted Salmon  +6.99
Avocado Mash   +2.99
Miso Tofu   +3.49

3. Choose a Signature Sauce



Comes with a GF Cornbread Muffin



Summer Sides 5.00

- Harissa Sweet Potatoes GF V
- Mac & Cheese
- Green Goddess Slaw GF
- Roasted Carrots GF V
- Elote Corn Salad GF
- Tomatoes & Peaches GF
- Sweet & Sour Cucumbers GF
- Roasted Red Peppers, Chickpeas & Feta GF

Smoothies

*All smoothies contain nuts

- SunButter Berry GF V N 10.99
Strawberries, Raspberries, SunButter, Dates, Almond Milk

- Blueberry Almond GF V N 10.99
Blueberries, Banana, Almonds, Cinnamon, Dates, Almond Milk

- Green Glow GF V N 10.99
Spinach, Lemon, Mango, Avocado, Dates, Almond Milk

- + Avocado 1.50
- + Hemp Seeds 1.50
- + Flax Seeds 1.50
- + Chia Seeds 1.50
- + Plant Protein 1.50
- + Collagen 1.50

Coffee

Oat and Almond Milk Available + 0.95

- Drip Coffee 3.00
- Cold Brew 3.00
- Espresso 3.25
- Red Eye 4.99
- Macchiato 4.25
- Cortado 4.25
- Flat White 4.25
- Cappuccino 4.25
- Caffe Americano / Hot or Iced 3.25
- Caffe Latte / Hot or Iced 4.35
- Mocha Latte / Hot or Iced 4.99
- Vanilla Latte / Hot or Iced 4.99
- Seasonal Pistachio Latte / Hot or Iced 4.99
- Seasonal Lavender Latte / Hot or Iced 4.99
- Kombucha Espresso Tonic 6.99

Tea & Other Beverages

- Rishi Hot Tea 3.75
- Iced Black Tea 4.50
- Iced Elderberry Hibiscus Tea 4.50
- Chai Tea Latte / Hot or Iced 4.99
- Matcha Latte / Hot or Iced 5.49
- Matcha Lemonade 5.49
- Seasonal Lavendar Lemonade 5.49
- Lemonade 4.50

Breakfast

- Overnight Oats GF V 4.99
Gluten Free Oats, Chia Seeds, Oat Milk, Seasonal Compote

- Greek Yogurt Parfait GF 4.99
Greek Yogurt, Seasonal Compote, Gluten Free Granola

- Egg Wrap 7.99
Wheat Tortilla, Scrambled Organic Eggs, Feta, Spinach, Sweet Potato, Roasted Red Pepper Sauce

- Egg White Bites GF 4.49
Egg Whites, Feta, Spinach, Herbs, Spicy Red Pepper Sauce

- Egg Sandwich 8.99
English Muffin, Scrambled Organic Eggs, Caramelized Onions, Havarti Cheese

- Scrambled Egg Bowl GF 9.99
Sweet Potato Hash, Soft Scrambled Organic Eggs, Onions, Spicy Red Pepper Sauce, Cornbread Muffin

- Breakfast Add-ons
 - + Scrambled Eggs GF 4.00
 - + Smoked Bacon GF 2.50
 - + Avocado Mash GF V 1.99
 - + Spicy Red Pepper Sauce GF V 0.99

Sweets

- Chocolate Chip Cookie GF V N 1.99
Oat + Almond Flour, Dark Chocolate

- Tahini Brownie GF 3.99
Tahini, Cage Free Eggs, Oat Flour, Cacao Powder

- Seedy Cookie GF V 1.99
Hemp, Sunflower, Pumpkin + Flax Seeds

- Mini Cornbread Muffin GF V 0.99
Roasted Pumpkin, Oat Flour, Cornmeal, Olive Oil, Maple Syrup

GF Gluten Free V Vegan N Contains Nuts

GF Gluten Free V Vegan N Contains Nuts

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