

# WELCOME



## GRAIN BOWLS

### POWER BOWL — \$10.00

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)

### FIESTA BOWL — \$10.25

organic black rice, southwest salsa, poblano cabbage slaw, mild cheddar, black bean dip, cilantro, tortilla strips, salsa roja (V) (GF)

### THAI BOWL — \$10.00

organic black rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto (VG) (V) (GF)

### TUNA POKE BOWL\* — \$15.25

organic black rice, line caught sashimi tuna in a sesame-tamari vinaigrette, cucumber salad, pickled onions, avocado, radish, topped with green onion and pickled ginger mayo (dairy-free)



THAI BOWL

## GREENS & GRAINS

### CASHEW BOWL — \$12.00

organic black rice, mixed greens, roasted broccoli, 5 spice cauliflower, cucumber salad, sunflower sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette (V) (GF)

### CLUB MED BOWL — \$10.50

arugula, quinoa, med salad (cucumber, tomato, red onion, mint), golden raisins, feta cheese, hummus, cilantro, pita chips and tzatziki (V)

### AVOCADO CRUNCH — \$13.50

organic black rice, romaine, poblano cabbage slaw, guacamole, tortilla strips, pickled red onions, smoked salmon, avocado green goddess (GF)



CASHEW BOWL

## SALADS

### CULTURED COBB — \$15.00

romaine, sweet corn, tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette (GF)

### CHICKEN CAESAR\* — \$13.25

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar

### LOCAL ROOTS — \$11.00

kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic (V) (GF)

### SOUTHWEST RANCH — \$14.00

hot honey chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortillas, spicy ranch

## PLATES

### JAPANESE BBQ — \$16.50

japanese bbq beef meatballs with organic black rice, roasted broccoli, cauliflower and carrots (seasoned with rice wine vinegar, tamari, sesame oil, ginger & garlic), topped with crispy togarashi onions

### GOLDEN GREEK — \$15.00

hot honey chicken with quinoa, roasted green beans, feta, med salad (cucumber, tomato, red onion, mint), chickpeas, golden raisins and tzatziki

## FEATURED

NEW

### THAT FRENCH SALAD — \$12.00

arugula, roasted green beans, roasted baby red potatoes, tomatoes, kalamata olives, hard boiled egg, herbed smoked salmon spread, togarashi onions and roasted fennel vinaigrette

### SPRING ROLL BOWL — \$16.00

chilled soba noodles, carrot, cucumber, bean sprouts, roasted cashews, fresh mint and cilantro, japanese bbq meatballs and thai cashew

## WRAPS

### CHICKEN BACON CAESAR WRAP\* — \$11.50

romaine, chicken, hard boiled egg, shaved parmesan, bacon, everything-bagel sourdough crouton crumble and caesar in a flour tortilla (omissions OK)

### SOUTHWEST RANCH WRAP — \$12.00

hot honey chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortillas and spicy ranch in a flour tortilla (omissions OK)

## PROTEINS

ROASTED CHICKEN (GF)	\$3.50	HARD BOILED EGG	\$2.00
HOT HONEY CHICKEN	\$4.50	HERBED SMOKED SALMON SPREAD (GF)	\$3.50
ROASTED TOFU (VG) (V) (GF)	\$3.50	BEEF MEATBALLS (2)	\$5.00
ROASTED TEMPEH (VG) (V) (GF)	\$3.50	SMOKED SALMON (GF)	\$7.00
LENTIL MEATBALLS (3) (V) (GF)	\$3.50	TUNA POKE*	\$7.00

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

## BEVERAGES

KOMBUCHA	\$4.00	FORAGE REFRESHERS	\$3.25
TEPACHE	\$4.00	BOTTLED STILL OR SPARKLING WATER	\$3.50

(VG) VEGAN (V) VEGETARIAN (GF) GLUTEN-FREE

## VALUE MENU

### SMALL POWER OR THAI BOWL — \$7.00

no substitutions, omissions are ok, protein addition is ok (VG) (V) (GF)

### SMALL CULTURED COBB — \$9.75

no substitutions, omissions are ok, includes choice of protein (GF)

### MAKE YOUR OWN BOWL — \$7.25

regular-sized bowl includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

## SOUPS

NEW

### CARROT GINGER SOUP — \$4.00 (CUP) \$6.50 (BOWL)

carrot and ginger with hints of garlic, honey, and apple cider vinegar. finished with fresh cilantro

## KIDS MENU

### KIDS MAKE YOUR OWN BOWL — \$5.25

includes your choice of any four ingredients we offer (limit one protein) + \$3.50 for tuna poke\* or smoked salmon

### KIDS POWER BOWL — \$5.25

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)

## BASES

ORGANIC BLACK RICE • ORGANIC QUINOA • CAULIFLOWER RICE • ROMAINE MIXED GREENS • KALE • ARUGULA • SPINACH

ADD A CUP OF SOUP FOR \$3.50 (IN-STORE ONLY)

SCAN HERE FOR  
NUTRITIONAL  
INFO

