

Our Winter Menu

Bowls

**Smoky Chicken Bowl** GF 13.99  
Lemony Kale, House Grains, Green Goddess Slaw, Harissa Sweet Potatoes, Creamy Tahini

**Turkey Meatball Bowl** N 14.99  
House Grains, Squash & Farro, Broccoli & Grape Salad, Greek Yogurt Ranch

**Salmon Bowl** GF N 16.99  
Lemony Kale, Romesco Chickpeas, Harissa Sweet Potatoes, Herby Pesto

**Miso Tofu Veggie Bowl** GF V N 13.99  
Lemony Kale, Cauliflower & Cabbage, Romesco Chickpeas, Creamy Tahini

+ **Cornbread Muffin** GF V 0.99

Winter Sides 5.00

Harissa Sweet Potatoes GF V

Mac & Cheese

Green Goddess Slaw GF

Roasted Carrots GF V

Cauliflower & Cabbage GF V

Broccoli & Grape Salad GF V N

Plates

All plates include a Cornbread Muffin

**Smoky Chicken Plate** 15.99  
Harissa Sweet Potatoes, Green Goddess Slaw, Mac & Cheese, Spicy Red Pepper Sauce

**Turkey Meatball Plate** N GF 16.99  
Broccoli & Grape Salad, Cauliflower & Cabbage, Harissa Sweet Potatoes, Greek Yogurt Ranch

**Salmon Plate** GF 18.99  
House Grains, Cauliflower & Cabbage, Roasted Carrots, Creamy Tahini

**Miso Tofu Plate** V GF N 15.99  
Romesco Chickpeas, Broccoli & Grape Salad, Roasted Carrots, Creamy Tahini

Squash & Farro

Romesco Chickpeas GF V N

**Sweet Potato Turkey Chili** GF 8.50

Turkey, Sweet Potatoes, Tomatoes, Black Beans, Cornbread Muffin

Craft Your Own

Bowl

Starting at 11.99

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

Smoky Chicken GF +3.49  
Basil Turkey Meatballs GF +4.99  
Roasted Salmon GF +6.99  
Avocado Mash GF V +1.50  
Miso Tofu GF V +3.49

- 4. Choose a Signature Sauce



Plate

Starting at 13.99

- 1. Choose 3 Sides
- 2. Optional Protein

Smoky Chicken GF +3.49  
Basil Turkey Meatballs GF +4.99  
Roasted Salmon GF +6.99  
Avocado Mash GF V +1.50  
Miso Tofu GF V +3.49

- 3. Choose a Signature Sauce



Includes a Cornbread Muffin

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

Add-ons

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

GF Gluten Free V Vegan N Contains Nuts



Coffee

Oat and Almond Milk Available + 0.95

- Drip Coffee 3.00
- Cold Brew 4.99
- 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
- Caramel Latte / Hot or Iced 4.99
- Seasonal Pumpkin Latte / Hot or Iced 4.99
- Seasonal Peppermint Latte / Hot or Iced 4.99

Tea & Other Beverages

- Rishi Hot Tea 3.75
- Hot Chocolate 4.99
- 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
- Pumpkin Chai Tea Latte / Hot or Iced 4.99
- 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, Bacon, Pesto, Cheddar, Parmesan

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

**Egg Sandwich** 8.99  
English Muffin, Two Organic Eggs, Caramelized Onions, Havarti Cheese

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

Breakfast Add-ons

- + Scrambled Eggs GF 4.00
- + Smoked Bacon GF 2.50
- + Avocado Mash GF V 1.50
- + Spicy Red Pepper Sauce GF V 0.99
- + Cheddar Cheese GF 0.99

GF Gluten Free V Vegan N Contains Nuts

Sweets

**Chocolate Chip Cookie** GF N 1.99  
Oat Flour, Almond Flour, Organic Eggs, Maple Syrup, Coconut Sugar, Dark Chocolate

**Tahini Brownie** GF 3.99  
Tahini, Organic Eggs, Oat Flour, Cacao Powder

**Toasted Almond Bread** N GF 3.99  
Oat Flour, Almond Flour, Organic Eggs, Coconut Sugar, Maple Syrup, Sweet Potato, Almonds

**Seedy Cookie** GF V 1.99  
GF Oats, SunButter, Maple Syrup, Hemp Seeds, Pumpkin Seeds, Flax Seeds

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

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