

Slushies

Winter Cure 7

ELECTROLYTE BLEND. BLOOD ORANGE JUICE. LEMON.
COCONUT WATER. CRUSHED ICE.

Pineapple Express 7

PINEAPPLE. APPLE CIDER VINEGAR. MAPLE. CAYENNE.
TURMERIC. WATER. CRUSHED ICE.

Lemon-Aid 7

WOODEN SPOON HERBS MAGIC MAGNESIUM. LEMON.
MAPLE. SEA SALT. WATER. CRUSHED ICE.

Immunity Crush 6.75

TURMERIC. GINGER. LEMON. HONEY. WATER.
CRUSHED ICE.

Ginger Slush 6.75

GINGER. LEMON. MAPLE. WATER. CRUSHED ICE.

Vitamin Sea 7

CHLOROPHYLL. SPIRULINA. LEMON. HONEY. WATER.
CRUSHED ICE.

Extras!

CBD *15MG	3
Trace Minerals	2
Ginger	1.5
Turmeric	1.5
Lemon	1
Electrolytes	2
Local Chaga Mushroom	2
Apple Cider Vinegar	1
Blue Spirulina	1.5
Chlorophyll	2
L-Theanine	2

Smoothie

Pea B & J 11.5

STRAWBERRIES. BANANA. PEANUT BUTTER. PITAYA.
VANILLA PEA PROTEIN 10G. HOUSE ALMOND MILK.

Purple Rain 11

BLUEBERRIES. BANANA. ACAI. ALMOND BUTTER.
HOUSE ALMOND MILK. BEE POLLEN.

Green Machine 11

KALE. SPINACH. BANANA. GINGER. AVOCADO. DATE.
HOUSE ALMOND MILK. HEMP SEEDS.

Ocean Eyes 11

MANGO. PINEAPPLE. BLUE SPIRULINA.
COCONUT YOGURT. COCONUT MILK.

Boyfriend Shake 11.5

CACAO. LOCAL CHAGA. DATE. SEA SALT. MAPLE.
AVOCADO. BANANA. COCONUT YOGURT. HOUSE
ALMOND MILK. CACAO NIBS.

Gut-Check 12

PINEAPPLE. BLOOD ORANGE. CARROT. BANANA.
TURMERIC. GINGER. COCONUT MILK.
CHOOSE BOVINE / VEGAN COCONUT COLLAGEN

Marry Me 12

BLUEBERRIES. PINEAPPLE. VANILLA PEA PROTEIN 10G.
VEGAN COCONUT COLLAGEN. COCONUT YOGURT. CHIA SEEDS.
COCONUT WATER.

Tahini Date Shake 11

COLD BREW COFFEE. BANANA. DATES. TAHINI. MACA.
HOUSE ALMOND MILK. SESAME SEEDS.

Extras!

Pea Protein - Vanilla *10g/20g	3/5
Pea Protein - Chocolate *10g/20g	3/5
Whey Protein - Unflavored *10g/20g	3/5
Collagen - Bovine	3
Collagen - Vegan Coconut	3
Creatine *2.5g	2
L-Theanine	2
Adaptogens *MACA, ASHWANGANDHA, REISHI	3
Local Chaga Mushroom	2
Espresso *DOUBLE SHOT	2.5
CBD *15MG	3
Almond Butter	2
Peanut Butter	1.5
Maca	1
Chia	1

DRINK

Coffee

Drip	4
Nitro Cold Brew	5.5
Espresso *DOUBLE SHOT	4
Decaf Espresso *DOUBLE SHOT	4
Americano	4
Cortado	4.25
Cappuccino	4.5
Latte	5.5
Mocha	6

Vegan Coconut Caramel Latte 6.75
ESPRESSO. OAT MILK. COCONUT CREAM. VANILLA.
MAPLE. SEA SALT.

Banana Milk Latte 6.75
ESPRESSO. HOUSE BANANA OAT MILK.

Brown Sugar Shaken Espresso 6
ESPRESSO. BROWN SUGAR. CINNAMON. VANILLA.
*ICED ONLY. CHOOSE YOUR MILK.

Salty Coffee 6
ESPRESSO. SEA SALT. MAPLE. *CHOOSE YOUR MILK.

Shroom Shield 6.5
ESPRESSO. TURKEY TAIL. REISHI. CACAO. CINNAMON.
MAPLE. *CHOOSE YOUR MILK

Tea

Iced Tea 4.25
UNSWEETED JASMINE BLACK TEA.

Draft Kombucha 5
ROTATING FLAVORS.

Chamomile	4
Earl Grey	4
Mint	4
Emerald Green	4
Breakfast Black	4
Tulsi Rose	4
Immunithea	4

LB. Bone Broth

OUR SIPPING, MINIERAL-RICH BROTH IS DESIGNED
FOR DAILY RITUAL, NOURISHMENT AND LONGEVITY.

Small [10oz]	7
Large [12oz]	9

LOCAL CHICKEN BONES. ORGANIC CELERY. ONIONS. CARROTS.
ORGANIC HERBS. APPLE CIDER VINEGAR. GARLIC. GINGER.
SEA SALT. PEPPER.

Functional

CHOOSE YOUR MILK

Matcha 6.5
CEREMONIAL GRADE MATCHA.

Houjicha 6
JAPANESE ROASTED GREEN TEA. *LOW CAFFEINE.

Classic Chai 6
BLACK TEA. CINNAMON. GINGER. CARDAMOM. CLOVES.
BLACK PEPPER. MOLASSES. SUGAR.

Black Sesame Houjicha 7.5
JAPANESE ROASTED GREEN TEA. BLACK SESAME SEEDS. MAPLE.
CANE SUGAR. CARDAMOM. CINNAMON. *LOW CAFFEINE.

Marzipan Matcha 7
CEREMONIAL GRADE MATCHA. OREAGT. ALMOND MILK.

Golden Milk 6
LAKADONG TURMERIC. MAKHIR GINGER. INIYA CARDAMOM.
PENI MIRIS CINNAMON. ARANYA BLACK PEPPER.

Portland Fog 7.5
BLACK TEA. ROSE WATER. CBD 15MG. VANILLA SIMPLE SYRUP.
OAT MILK. *HOT ONLY.

Mimosa Rx 9
ORANGE JUICE. TURMERIC. CAVA.

Milks

Whole Milk	
Half and Half	
Oat	.75
Almond	.75
Pistachio	.75
Coconut	.75

House Syrups

Honey	.50
Maple	.50
Simple	.50
Vanilla	.75
Lavender	.75
Vegan Coconut Caramel	.75
Cherry Almond Vanilla	.75

Extras!

Espresso *DOUBLE SHOT	2.5
CBD *15MG	3
Adaptogens *MACA, ASHWANGANDHA, REISHI	3
MCT Oil	1
Collagen - Bovine	3
Collagen - Vegan Coconut	3
Pea Protein - Vanilla *10G	3
Pea Protein - Chocolate *10G	3
Whey Protein - Unflavored *10G	3
L-Theanine	2

Breakfast-ish

GF/VO	Golden Milk Pancakes 15.5 GF FLOUR, EGGS, BUTTERMILK. GOLDEN MILK SPICE BLEND. BUTTER. MAPLE SYRUP. ADD-IN MAINE BLUEBERRIES 2. *VEGAN OPTION AVAILABLE
	Eggs & Toast* 14.5 2 FRIED EGGS. AVOCADO. DEMI SALAD. GRILLED SOURDOUGH. BUTTER. ADD SIDE BACON 6.5 / SUB HOUSE GF BREAD 2
GF	Breakfast Salad* 13.5 CRISPY GREENS. JAMMY EGG. AVOCADO. KIMCHI. RADISH. CITRUS VINAIGRETTE.
GF/VO	The Daily* 17 2 FRIED EGGS. BROWN RICE. AVOCADO. SESAME-TAMARI ARUGULA. ALMONDS. PICKLED CARROTS. SRIRACHA MAYO. CASHEW CHEESE. MICROGREENS. HEMP SEEDS. SUB TOFU “FRIED EGG”
GF/V	Oats 11 / 13 SWEET: OATS. ALMOND BUTTER. ALMOND MILK. MAPLE. GOLDEN RASINS. CARDAMOM. TOASTED COCONUT. ALMONDS.
GF	SAVORY*: OATS. LB BONE BROTH. FRIED EGG. STEAMED GREENS. GARLIC CHILI OIL.
GF/VO	Bircher 11.5 OVERNIGHT OATS. CHIA SEEDS. ALMOND MILK. MAPLE SYRUP. SEA SALT. TOPPED WITH WILD MAINE BLUEBERRY COMPOTE. BANANA. BEE POLLEN. CHOOSE PEANUT BUTTER / ALMOND BUTTER 2 / VANILLA PROTEIN ALMOND BUTTER 3.
GF/VO	Yogurt Mess 11 YOGURT. TOPPED WITH HOUSE NUT-FREE GRANOLA. CRANBERRY APPLE COMPOTE. CHOOSE WHOLE MILK YOGURT / COCONUT 2
GF/V	Banana Bread Chia Parfait 10 CHIA. CHAI SPICE. MAPLE. ALMOND MILK. ALMOND BUTTER. TOPPED WITH BANANA. HOUSE NUT-FREE GRANOLA. CINNAMON.
GF/V	Açaí Bowl 14 BLUEBERRIES. ACAI. BANANA HOUSE ALMOND MILK. TOPPED WITH STRAWBERRIES. FRESH BANANA. HOUSE NUT-FREE GRANOLA. HEMP SEEDS. CHOOSE PEANUT BUTTER / ALMOND BUTTER 2 / VANILLA PROTEIN ALMOND BUTTER 3

Toasts + Sandwiches

SUB GF BREAD 2 *CONTAINS EGG

	Super Basic* 11.5 FRIED EGG. LOCAL BACON. PROVOLONE. VEGAN SRIRACHA MAYO. LOCAL WHITE BREAD. ADD SLICED AVOCADO 3 / TRUFFLE AVOCADO MASH 3.5 / SUB CARROT BACON
VO	All Day 14.5 LOCAL BACON. TOMATO. LETTUCE. AVOCADO. PICKLED JALAPENOS. VEGAN SRIRACHA MAYO. LOCAL WHITE BREAD. ADD FRIED EGG 2.5 / SUB CARROT BACON
V	Vegan Breakfast Sandwich 14 GRILLED TOFU. CARROT BACON. ARUGULA. CASHEW CHEESE. VEGAN SRIRACHA MAYO. LOCAL SPROUTED WHEAT BREAD. ADD SLICED AVO 3 / TRUFFLE AVO MASH 3.5 / TOMATO 1.5 / PICKLED THINGS 3
V	Avocado Toast 13 AVOCADO. TRUFFLE OIL. SMOKY SPICES. MICRO ARUGULA. HEMP SEEDS. LOCAL SOURDOUGH. ADD FRIED EGG 2.5 / CHOPPED BACON 4.5.
	Berry Toast 13 WHIPPED COTTAGE CHEESE. HONEY. BLUEBERRY COMPOTE. LOCAL SOURDOUGH. MINT.
	Tuna Melt Toast 16 TUNA SALAD. CHEDDAR CHEESE. LOCAL NORMANDY WHITE BREAD. DILL.
	Whipped Cottage Cheese Toast* 14.5 WHIPPED COTTAGE CHEESE. LEMON. JAMMY EGG. NUT + SEED CONFETTI. LOCAL SOURDOUGH. DILL.
	Fancy Grilled Cheese 12 CHEDDAR. GRUYERE. BUTTER. LOCAL NORMANDY WHITE BREAD. ADD TOMATO 1.5 / KIMCHI 2 / BACON 6.5 / PESTO 2 / PICKLED JALAPENO 1.5

Bowls + Salads

GF/V	LB. Bowl 16.5 BROWN RICE. HOUSE PICKLED VEG. KIMCHI. AVOCADO. MISO SLAW. ARUGULA. SWEET CHILI SAUCE. VEGAN SRIRACHA MAYO. HEMP SEEDS.
GF/V	Miso Mushroom 18 ROASTED MUSHROOM. MISO HEMP CABBAGE CARROT SLAW. CHILLED COCONUT GLAZED TOFU. BROWN RICE. CUCUMBER. TOPPED WITH CILANTRO, LIME, SCALLION AND HEMP SEEDS.
GF	The Seasonal 15 FRISEE. ROMAINE. GREEN APPLE. RED ONION. ALMONDS. DRIED CRANBERRIES. BLUE CHEESE. DIJON VINAIGRETTE.
GF	Harissa Hash* 16 HARISSA SWEET POTATO & CARAMELIZED ONION HASH. FRIED EGG. BLACK BEANS. ARUGULA. HARISSA CREME FRAICHE. HEMP SEEDS. SUB CASHEW CHEESE 1
GF	The Keto* 20 GRILLED SALMON. SAUTÉED SESAME-TAMARI KALE & SPINACH. ARUGULA. BEET-PICKLED EGG. AVOCADO. SESAME SEEDS. PARSLEY-OLIVE PESTO. *NUT-FREE
GF/V	Green on Grain 15.5 STEAMED BROCCOLI, KALE & SPINACH. BROWN RICE. AVOCADO. LEMON-TAMARI NUTRITIONAL YEAST SAUCE. TOASTED ALMONDS.
GF/V	Kale Caesar 15 KALE. ROMAINE. CASHEW CHEESE. CHICKPEAS. SUNFLOWER SEEDS. VEGAN CAESAR DRESSING.
GF/VO	Community Bowl 13 BROWN RICE. BLACK BEANS. TOMATO. AVOCADO. ARUGULA. CREME FRAICHE. ADD PICKLED JALAPENOS 1.5 / SUB SRIRACHA MAYO \$1 FROM EVERY BOWL IS DONATED TO IMPACTFUL LOCAL COMMUNITY ORGANIZATIONS

Sides

	Grilled Toast 5.5 BUTTER AND/OR JAM SUB GF BREAD 2 *CONTAINS EGG
GF	Local Bacon 6.5 FOUR SLICES
GF/V	Perfect Little Salad 5 CRISPY GREENS. RADISH. CITRUS VINAIGRETTE.
GF/VO	Solo Pancake 5 BUTTER. MAPLE SYRUP.

Kids

	BLT Sammy 8.5 LOCAL BACON. TOMATO. LETTUCE. VEGAN MAYO. LOCAL WHITE BREAD.
V	AB & Jam Sammy 6 COCONUT ALMOND BUTTER. HOUSE JAM. LOCAL WHITE BREAD. *CONTAINS COCONUT
	Grilled Cheese 7 PROVOLONE CHEESE. LOCAL WHITE BREAD.
GF/V	Strawberry Banana Smoo 8 STRAWBERRY. BANANA. MAPLE. HOUSE ALMOND MILK.
GF/V	Fruit Cup 5.5 BANANA. STRAWBERRIES. BLUEBERRIES.

Add a Protein

Grilled Chicken*	5.75
Grilled Salmon*	7
Sweet Chili Tofu	5.25
Tofu ‘Fried Egg’	4.5
Local Chopped Bacon	4.5
Fried Egg*	2.5
Jammy Egg*	2.5
Beet-Pickled Egg	3

GF / GLUTEN FREE
V / VEGAN
VO / VEGAN OPTION

*Our kitchen works with gluten, dairy, egg, soy, fish, coconut, tree nuts, peanuts and sesame. Our primary cooking oil is coconut. We are happy to take extra care to prevent cross contact. Just note that allergy orders may take extra time. Please let us know about food allergies before you order.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



ALL DAY MENU

DAILY 7→4
207 775 2695

LB. KITCHEN