

Not all desserts are available every day. Please ask for today's choices.

DESSERTS

- Mudslide Pie** 7
Almonds, Coconut, Cacao, Medjool Dates, Cashews, Agave, Coconut Oil, Maple Syrup, Cacao Butter, Vanilla, Sunflower Lecithin, Himalayan Pink Salt
- Key Lime Pie** 7
Macadamia nuts, Pecans, Dates, Coconut, Agave Nectar, Avocado, Lemon Juice, Lime Juice, Irish Moss, Cinnamon, Vanilla, Himalayan Pink Salt, Turmeric
- Dream Bar** 6
Pecans, Walnuts, Coconut, Cacao, Raisins, Coconut Oil, Maple Syrup, Agave Nectar, Vanilla, Himalayan Pink Salt
- Brownie Bite** 3 or 12 for 33
Walnuts, Pecans, Avocado, Cacao, Dates, Cherries, Maple Syrup, Cherry Extract, Vanilla, Himalayan Pink Salt
- Turtle Cheesecake** 7
Walnuts, Pecans, Cashews, Medjool Dates, Almonds, Cacao, Maple Syrup, Cacao Butter, Sunflower Lecithin, Himalayan Pink Salt
- Tiramisu** 8
Almonds, Coconut, Medjool Dates, Coconut Oil, Agave Nectar, Cacao, Irish Moss, Espresso, Sake, Sunflower Lecithin, Vanilla, Himalayan Pink Salt
- Lemon Tart** 6
Macadamia Nuts, Coconut, Lemon, Agave, Dates, Irish Moss, Agar Agar, Sunflower Lecithin, Turmeric, Himalayan Pink Salt
- Apple Baklava** 7
Apples, Walnuts, Almonds, Raisins, Coconut Sugar, Coconut Oil, Lemon, Cinnamon, Vanilla served with French Vanilla Ice Cream
- Lemon Raspberry Poppyseed Cake** 7
Coconut, Almonds, Zucchini, Agave, Lemon, Raspberries, Cashews, Irish Moss, Sunflower Lecithin, Turmeric, Himalayan Pink Salt



SMOOTHIES

- Sweet Greens** 5 8
Nut Milk, Spinach, Banana, Walnuts, Maple Syrup & Vanilla
- Morning Glory** 6 9
Orange Juice, Kale, Pineapple, Mango, Banana, Lemon, Spirulina, Wheatgrass, Chia Seeds
- Strawberry Milkshake** 5 8
Strawberries, Nut Milk, Dates, Vanilla
- Blueberry Hemp** 5 8
Blueberries, Kale, Nut Milk, Banana, Dates, Hemp Seeds, Vanilla
- Funky Monkey** 5 8
Nut Milk, Banana, Chocolate Protein Powder, Almond Butter, Cacao Nibs, Honey, Cacao Sauce
- Green Grapefruit** 5 8
Grapefruit Juice, Banana, Spirulina, Goji Berries & Hemp Seeds
- Berry Blast** 6 9
Blueberries, Raspberries, Strawberries, Acai, Spinach, Banana
- Acai Smoothie Bowl** 10
Acai, Kale and a medley of seasonal Berries topped with Granola

COLD-PRESSED JUICES

- Green Giant** 10
Kale, Cucumber, Green Apple, Celery, Lemon, Parsley, Ginger
- Green Refresher** 9
Pineapple, Cucumber, Green Apple, Mint
- Feel The Beet** 9
Orange, Beet, Kale, Cucumber
- Wacky Watermelon** **Seasonal Availability 10
Watermelon, Beet, Lime, Mint, Green Apple, Jalapeño
- Glowing** 9
Carrot, Red Apple, Green Apple, Ginger, Lemon
- Wake-Up** 8
Grapefruit, Orange, Lemon, Ginger, Cayenne
- Purple Rain** 8
Pineapple, Green Apple, Red Cabbage, Parsley
- Yammy** 9
Yams, Carrots, Red Apple, Green Apple, Cinnamon, Nutmeg
- Orange** 6
Just Oranges
- Apple** 6
Just Apples
- Pineapple** 7
Just Pineapple

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MEDICINAL SHOTS

Wheatgrass	1 oz 2.5 or 2 oz 4
with a Fresh Fruit Chaser	
Immunity	2 oz 4
Lemon, Ginger, Elderberry, Oregano Oil	
Cayenne West	2 oz 4
Pineapple, Water Kefir, Cayenne, Pink Salt	
Inflammation Fighter	2 oz 4
Turmeric, Ginger, Pineapple, Black Pepper Oil, Pink Salt	

DRINKS

BioCoffee	2.5
Caffeine Free Coffee with Wheatgrass	
Kombucha	4
Fermented with Symbiotic Colony of Yeast and Bacteria for a plentiful amount of healthy gut probiotics	
Water Kefir	3
Fermented with Kefir Grains and full of healthy gut probiotics, served Arnold Palmer style with fresh squeezed lemon	
Lemonade	3
Fresh squeezed Lemons & Agave	
Coconut Water	4
Fresh from young Thai Coconuts	
Fruit Infused Water	1.5
Ask for the daily flavor	

SNACKS

Buckwheat Granola	7
Sprouted Buckwheat Granola Served with House-Made Almond Milk & Seasonal Fruit	
Vanilla Chia Pudding Parfait	8
Nut Milk, Chia Seeds, freshly made Coconut Yogurt, Agave Nectar, Vanilla and Cinnamon layered with Seasonal Fruit & topped with Buckwheat Granola	
Banana Crepe	12
Half Order	7.5
Two Banana Crepes stuffed with Cashew Macadamia Cream Cheese, Strawberries, Bananas and Almond Butter	
Hummus & Flax Crackers	7
Sprouted and lightly steamed Chickpea Hummus served with Flax Crackers & Veggie Crudités	
Chips & Guacamole	9
House-Made Guacamole served with Dehydrated Chips and a side of Salsa	
Almond Cheese & Flax Crackers	8.5
Fermented Herb Almond Cheese served with a side of Flax Crackers	

SALADS

Taco Salad Bowl	14
Lettuce, Nut Meat, Tomatoes, Guacamole, Cilantro, Olives, Onion, Salsa, Cashew Sour Cream served with French Style Dressing, Fermented Hot Sauce & side of House-made Chips	
UpScale Kale Salad	12
Kale, Cranberries, Onion, Tangerines, Carrots, Cashews with Orange Vinaigrette Dressing	
Summer Spinach Salad	12
Spinach, Seasonal Berries, Oranges, Avocado, Cucumber, Red Onion, Candied Pecans with Cherry Vinaigrette Dressing	
Mediterranean Kale Salad	13
Kale, Falafel Balls, Olives, Red Onion, Cucumber, Golden Raisins, Pine Nuts and Almond Feta with a Lemon Vinaigrette	
Chinese Salad Bowl	12
Lettuce, Napa Cabbage, Red Bell Pepper, Sprouts, Carrots, Green Onion, Onion Crispies and Pine Nuts with Ginger Sesame Dressing	
Marinated Portobello Salad	13
Spring Mix, Marinated Portobello Mushroom and Red Bell Pepper, Onions, Sprouted Walnuts, Avocado, and Tomato with Balsamic Vinaigrette	

ENTREES

Not Tuna Sandwich	12
Not Tuna (Almonds, Sunflower Seeds, Celery, Onion, Parsley, Lemon Juice, Seaweed, Dill, and Himalayan Pink Salt) with Fermented Onion, Sprouts, Cucumber, Lettuce, Cashew Mayo and Yellow Mustard on Sprouted Onion Flatbread Served with a side of Onion Crispies or Kale Chips	
Collard Burrito Wrap	11
Half Order	6
2 Burritos filled with Nut Meat, Carrot, Red Cabbage, Sprouts, Bell Pepper, wrapped in Collard Green. Served with side of Fermented Hot Sauce, Cashew Sour Cream, Guacamole and Pico De Gallo	
Falafel & Veggie Wrap	11
Falafel, Marinated Veggie Medley, Cucumber, Olives, Sprouts And Hummus Served With Creamy Garlic Tahina Sauce on a Sun-Dried Tomato Tortilla. Served with side of Parsley Tabouli Salad	
Lettuce Eat Tacos	3 for 13 or 1 for 5
Crumbled Taco Meat Stuffed in a Romaine Lettuce Leaf topped with House-Made Guacamole, Salsa, Sprouts and Cashew Sour Cream	

ROLLS

Veggie Rolls	10
3 Nori Rolls filled with Veggies and served with a Miso Dipping Sauce	
Mango Rolls	10
3 Spring Rolls filled with Macadamia Cauliflower Rice, Mango, Avocado and Spring Mix with Sweet & Sour Dipping Sauce	
Ocean Rolls	10
3 Nori Rolls filled with Not Tuna Pate ((Almonds, Sunflower Seeds, Celery, Onion, Parsley, Lemon Juice, Seaweed, Dill, and Himalayan Pink Salt), Cucumber, Carrots and Cilantro with a Garlic Cilantro Dipping Sauce	

Catering available. We would love to make healthy taste delicious for you!