

PLANT POWERED

summer menu

SANDWICHES | \$9

on choice of wrap, panini or sourdough
with chips, apple, pickle or side salad

Summer Veggie

hummus, cucumber, carrot, greens,
red onion, sun-dried tomato/fresh
tomato*, EVOO & smoked gouda *(optional)*

Caprese

mozzarella, pesto, sun-dried tomato/
fresh tomato*, basil, spinach,
EVOO & balsamic glaze

SALADS | \$9

choice of dressing - *ask for available options!*

Kale Powerhouse (V & GF)

kale, quinoa, avocado, peppers, walnuts,
carrot, hemp seed, fresh berries,
fresh herbs* & choice of dressing

Mediterranean Waves (V & GF)

mixed greens, chickpeas, peppers,
red onion, artichoke, feta, kalamata
olives & choice of dressing

TOASTS | \$6

on sourdough

Avocado Toast

smashed avocado, lemon,
EVOO & everything spice

Hummus Toast

choice of house-made hummus
& choice of 3 toppings

ACAI & PITAYA BOWLS

pick 3 topping: GF granola, coconut,
cacao nibs, hemp/chia seed, nut butter,
fresh fruit, honey/agave

Calm (V & GF) | \$9

acai, mixed berries & banana

PB Lovers (V & GF) | \$10

acai, peanut butter,
banana & mixed berries

Soulful (V & GF) | \$10

pitaya, coconut water/milk,
banana & strawberries

Restore (V & GF) | \$10

pitaya, almond milk, banana, almond
butter, strawberry & raw cacao

BREAKFAST

served all day!

Summer Love Waffle (GF) | \$9

protein waffle with local yogurt, fresh
fruit, maple syrup/honey/agave, nut
butter & chia seed *(or make your way)*

Veggie Egg Wrap | \$7

2 eggs, provolone cheese, spinach,
onion & sun-dried tomato all wrapped
up with a side of chips, apple or side salad

Yogurt Bowl | \$5.50

locally sourced yogurt + 3 toppings**

Chia Pudding | \$5.50

coconut milk base + 3 toppings**

*picked fresh from the garden when available

**while supplies last

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NOURISHING SIPS | \$6.50

add sweetness with honey/agave/maple syrup

Coconut Cold Brew

beauty + energy
cold brew, coconut cream
& digestive bitters

Mushroom Mocha

beauty + energy
raw cacao, 7 mushroom blend (*Reishi, Chaga, Cordyceps, Lions Mane, Agaricus, Shiitake, Maitake*), coconut cream & drip coffee with your choice of steamed milk

Allure Elixir (hot or iced)

mood + immunity
Matcha green tea, Jasmine tocos, He Shou Wu, Anandamide (*Raw Cacao, Tocos, Mucuna Pruriens, Ashwagandha, Reishi Mushroom, Astragalus, Maca, Moringa, Rose Petals, Cardamom, Turmeric, Cayenne, Cinnamon, Black Pepper, Himalayan Salt Crystals*) and choice of milk topped with dried rose petals

Blissful Rose Water Lemonade

stress relief + cool down
lemon, rose water and happy tonic over ice & topped with a lemon wheel & rose petals

MEAL REPLACEMENT | \$4

manage weight, increase energy, reduce hunger, improve nutrient absorption

Square Meals

organic vanilla, plant or whey protein blended with water or choice of milk

SPECIALITY COFFEE & TEA \$5.50

add sweetness with honey/agave/maple syrup

Bee's Knees (hot or iced)

espresso, lavender, vanilla, honey, rosemary & choice of milk

Summer Nights Iced Tea

elderflower & all heart green tea
(*green tea, pink rosebuds and petals, montmorency cherry*)

Double Trouble Latte (hot or iced)

espresso, hazelnut, toasted almond, chocolate & choice of milk

Caribbean Mocha (hot or iced)

espresso, chocolate, caramel, coconut, himalayan sea salt & choice of milk

SMOOTHIES & BLENDS | \$8

Into the Woods

almond milk, banana, gf granola, vanilla/chocolate protein, nut butter & cinnamon

Tropical Dragon

lime, pitaya, mango, pineapple, banana, coconut milk

Island Breeze by Rick

coconut milk, lime, mango, banana, shredded coconut & vanilla protein

Milk Options: Organic Whole, Unsweetened

Almond or Unsweetened Coconut (.75)

CBD Honey (\$1.50)

Sub Plant Protein Van/Choc (.50)

Add a Supplement, check out our Add In Menu!