



BOWLS

Choose Greens, Rice or Soba Noodles Base
Add egg \$2

SUPERBOWL (V) \$14

PONZU TAMARI + TAHINI DRESSING,
AVOCADO, CUCUMBER, RED BELL PEPPER,
RADISH, PEA SPROUTS, HUMMUS, CHICKPEAS,
CARROTS, CASHEW CREAM, JALAPEÑOS,
SCALLIONS, CABBAGE, HOUSE PICKLED
ONIONS, APRICOTS, MIXED NUTS,
GOMASIO, PUMPKIN AND SUNFLOWER
SEEDS

\$14

SHREDDER (V)

PONZU TAMARI + TAHINI DRESSING, BEETS,
CUCUMBER, TOMATOES, PICKLED ONIONS,
FENNEL SLAW, APRICOTS, MARINATED
MUSHROOMS, CARROT SLAW, SMOKED
HUMMUS, AVOCADO, SESAME SEEDS,
PUMPKIN SEEDS, MICROGREENS

\$14

CRUNCH (V+)

ALMOND LIME DRESSING, CARROTS,
FENNEL SLAW, BEETS, CUCUMBER,
TOMATOES, PICKLED ONIONS, SMOKED
HUMMUS, AVOCADO, MIXED NUTS

BRUNCH

AVOCADO PLATE \$13

(V)
AVOCADO TOAST, ROSTI, CUCUMBER,
SMOKED HUMMUS, GREENS, FRUITS

FRITTATA (V) \$13

EGGS, POTATOES, MUSHROOMS, PICKLED
ONIONS, TOMATOES, SMOKED HUMMUS,
CUCUMBER, GREENS, TOAST, FRUITS

SOUP OF THE DAY (V+) \$5



TACOS

MUSHROOM TACOS (V+) \$10

ROASTED MUSHROOMS, CABBAGE, SCALLIONS, CILANTRO,
MICROGREENS, JALAPEÑOS, TAHINI DRESSING

SANDWICHES

Add Side Salad - \$3

PEAR GRILLED CHEESE (V) \$9

PEAR, PICKLED ONION, CHIPOTLE, CHEESE, MAYO

AVOCADO GRILLED CHEESE (V) \$9

AVOCADO, RADISH, CHEESE, MAYO

MUSHROOM GRILLED CHEESE (V) \$9

MARINATED MUSHROOMS, PICKLED ONIONS, NAPA, CHEESE, MAYO

FRITTATA GRILLED CHEESE (V) \$9

EGGS, POTATOES, MUSHROOMS, PICKLED ONIONS, TOMATOES,
SMOKED HUMMUS, CUCUMBER, GREENS, TOAST, FRUITS

NIBBLES

BRUSSELS (V+) \$11

ROASTED BRUSSELS SPROUTS, ENOKI, BURNED RICE, CRUSHED
PEANUTS, MATCHA GRANOLA, JALAPENOS, PICKLED ONIONS,
TAHINI, PONZU TAMARI, MAPLE SYRUP

AVOCADO TOAST (V+) \$8

WHOLE WHEAT BREAD, SPICY CASHEW CREAM, SMASHED
AVOCADO, PICKLED ONIONS, CURRY OIL, MUSTARD SEEDS

HUMMUS TOSTADA (V+) (Substitute Bread for Corn Tortilla - gf) \$8

2 CORN TORTILLAS WITH SMOKED HUMMUS, PICKLED ONION,
SCALLION, CURRY OIL, BLACK SESAME SEEDS

MINI QUESADILLA (V) \$8

TOMATOES, MUSHROOMS, PICKLED ONIONS, SCALLIONS, CHEESE,
CHIPOTLE, MAYO



V Vegetarian
V+ Vegan



SMOOTHIES

ADD VEGAN PROTEIN - \$2
SPIRULINA - \$2

BREAKFAST \$9
SMOOTHIE
OATS, BANANA, PEANUT BUTTER,
CINNAMON VEGAN PROTEIN, AGAVE,
ALMOND MILK, ICE

EVERGREEN \$9
BANANA, KALE, PEANUT BUTTER,
GINGER, LEMON, ALMOND MILK, AGAVE,
ICE

EMERALD RIVER \$9
BANANA, MANGO, KALE,
CILANTRO, GINGER, COCONUT WATER, ICE

BANANA BLUE \$8
BANANA, BLUEBERRIES, ALMOND MILK,
AGAVE, ICE

PURPLE VELVET \$8
CUCUMBER, BLUEBERRIES,
BANANA, CHOCOLATE CHIPS, ALMOND
MILK, ICE

CHOCO \$8
BANANA, DATES, COCOA, HEMP
HEARTS, ALMOND MILK, AGAVE, ICE

JUICES

HAPPINESS \$8
GRAPEFRUIT, APPLE, PINEAPPLE, CARROT

THE FOREST \$8
APPLE, KALE, FENNEL, CUCUMBER, LIME,
GINGER

STRICTLY GREEN \$9
KALE, CUCUMBER, CELERY, LIME, GINGER

DEFENDER \$9
GINGER, CELERY, TURMERIC, ORANGE



ESPRESSO

ALMOND MILK + \$0.50

ESPRESSO \$2.86
AMERICANO \$3.07
MISTO \$3.80
MACCHIATO \$3.10
CAPPUCCINO \$3.80
FLAT WHITE \$3.80
LATTE \$4.04
MOCHA \$4.05

HOT

ALMOND MILK + \$0.50

MATCHA LATTE \$3.81
HOT CHOCOLATE \$3.81
CHAI LATTE \$4.20

ICED

ALMOND MILK + \$0.50

ICED AMERICANO \$3.33
ICED LATTE \$4.05
ICED TEA \$3.10

TEA W/ STEAMED MILK - \$3.81

BLACK TEAS

PRINCE VLADIMIR \$2.86
EARL GREY \$2.86
ENGLISH BREAKFAST \$2.86

GREEN TEAS

GREEN ST. PETERSBURG \$2.86
BB DETOX \$2.86

HERBAL TEAS - (CAFFEINE-FREE)

MINT \$2.86
CHAMOMILE \$2.86