



## 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