

menu

food offerings

(v) vegan
(vg) vegetarian
(gf) gluten free
(gfo) gluten free option

salads 8.50

(5 basic toppings included)

bases (choose 1 or a combination)

spinach, romaine, spring mix

basic toppings

(choose 5 + 25¢ per additional)

cucumber, carrot, celery, shredded red cabbage, pickled onion, bell pepper, roasted sweet potato, edamame, cherry tomato, blueberry, apple, strawberry, slivered almonds, walnuts, cashews, hems seeds, mint, parsley

premiums toppings

+\$1 } hard boiled egg, goat cheese, tofu feta (v),

+\$1.50 } avocado,

+\$3 } chicken salad (gf),

+\$4 } smoked salmon (gf)

dressings (gf, v) tossed or on the side

hemp ranch, carrot ginger, sesame peanut, shallot vinaigrette, olive oil & balsamic vinegar

soup o.t.d. & bone broth

cup of soup MKT

bowl of soup MKT

bone broth 7.50

grab and go

chia pudding (v, gf) 7

muesli (v, gf) 7

steamed mylk, cold mylk, or overnight

emerald bites (v, gf) 2

kombucha (v, gf) 6

rotating baked goods (v, gf) MKT

toasts

half order (1 piece choose 1)

full order (2 pieces • choose 1)

colorado lox (gfo) 7.75/14.50

herbed cream cheese, smoked salmon, cucumber, pickled onions, tomatoes, dill, hemp seeds.
sub vegan cream cheese +\$1.50

ab&j (v, gfo) 7/12.50

almond butter, banana, seasonal jam, chia seeds

avocado toast (vg, gfo) 7.25/13

avocado, poached egg, pickled onion, chives, dill, lemon zest, olive oil drizzle, sea salt, chili flakes

roasted red pepper chicken (gfo) . 7.50/14

housemade roasted red pepper spread, organic chicken salad, microgreens, paprika, olive oil drizzle

whipped goat (vg, gfo) 6.25/11.75

whipped goat cheese, pear, local colorado honey, walnuts

pink toast (v, gfo) 5.75/10.25

housemade beet tahini spread, red cabbage slaw, radish, sea salt

dessert toast (vg, gfo) 7.75/14.25

housemade vegan chocolate-hazelnut spread, banana, strawberry, cinnamon, chia seeds, honey drizzle

glory days (vg, gfo) 5.75/10.25

ghee, coconut sugar, cinnamon

toast flights \$8.25-\$11.25

(3 half pieces • choose up to 3)

comes on sourdough

• sub sweet potato +\$.50/piece

• sub grain free bread +\$1/piece



menu

smoothies, juices coffee + tea

smoothies

morning boost 10.00

almond-cashew mylk, banana, cold brew, gf oats, almond butter, date, topped with crushed espresso

green warrior 11.00

almond-cashew mylk, banana, spinach, hemp seed, almond butter, vanilla extract, date, topped with bee pollen & coconut shreds

matcha mint chip 9.50

coconut mylk, banana, spirulina, mint, matcha, cacao nibs, topped with mint & cacao nibs

clean green 10.50


coconut water, mango, pineapple, spinach, cucumber, lemon, ginger, topped with bee pollen & coconut shreds

the basic 10.00

almond-cashew mylk, acai, strawberry, banana, date, topped with bee pollen & coconut shreds

golden mylk 9.50

coconut mylk, mango, banana, carrot, ginger, turmeric, cinnamon, nutmeg, black pepper, topped with bee pollen & coconut shreds

 **seedlings (for the kiddos)** any 8oz smoothie for half the price

smoothie bowls 10

blue 12.50

coconut mylk, banana, blueberries, blue majik, pineapple
topped with: granola, banana, blueberries, chia seeds, coconut shreds, honey drizzle

pink 12.00

coconut mylk, banana, pitaya, maca, raspberries, coconut
topped with: granola, banana, strawberries, hemp seeds, goji berries, honey drizzle

purple 12.00

almond-cashew mylk, acai, banana, blueberries, strawberries
topped with: granola, banana, strawberries, coconut shreds, cacao nibs, honey drizzle

green 11.00

coconut mylk, banana, mango, avocado, spinach, chlorella, flax seeds
topped with: granola, banana, blueberries, slivered almonds, chia seeds, honey drizzle

add-ins: +\$.50 } almond butter, ashwaganda, astragalus, cacao nibs, cacao powder, chia seeds, cinnamon, chlorella, maca, moringa, echinacea, hemp seeds, lion's mane, kale, peanut butter, spinach, spirulina, reishi, turmeric
+\$1 } chaga, matcha **+\$1.50** } chocolate or vanilla vegan protein powder, collagen
+\$2 } blue majik *sub cauliflower for banana for \$1



cold pressed juice

emerald 10.00

kale, apple, celery, cucumber, spinach, lemon, mint

sunshine 10.50

apple, carrot, orange, turmeric, ginger, black pepper

detox 11.00

celery, kale, cucumber, spinach, lime, ginger, parsley

island dream 10.50

pineapple, orange, coconut, mint, blue majik

beest mode 9.50

beet, orange, carrot, apple, lemon

turmeric ginger shot 5.00

beet, orange, carrot, apple, lemon

adaptogenic lattes

turmeric latte (v, gf) 5.50

almond-cashew mylk, turmeric, ginger, ashwaganda, cinnamon, vanilla extract, coconut oil, coconut sugar, black pepper

mushroom hot choc (v, gf) .6.50

almond-cashew mylk, reishi, chaga, lion's mane, cacao, cinnamon, coconut sugar

matcha latte (v, gf) 5.50

almond-cashew mylk, matcha, honey

cold snapper (v, gf) 8.50

almond-cashew mylk, blue majik, moringa, astragalus, echinacea, ginger, manuka honey

coffee

americano 3.25/4.25

latte 4.25/5.25

cappuccino 3.75

cold brew 4/5

double espresso shot .. 1.50

milks: skim, whole, coconut, oat
+\$1 } housemade almond cashew

tea

black 3.25/4.25

green 3.25/4.25

oolong 3.75/4.75

chamomile ... 3.75/4.75

butterfly tea .. 3.25/4.25

chai latte 5.00/6.00

tea latte 5.00/6.00

add-ins: +\$.50 } housemade vanilla syrup, housemade lavender syrup, honey, monkfruit sweetener **+\$1.50** } extra espresso shot, manuka honey **+\$1.50** } collagen