

# 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) ..... 9.50/18

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

ab&j (v, gfo) ..... 7/13

almond butter, banana, seasonal jam, chia seeds

avocado toast (vg, gfo) ..... 7.50/14

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

roasted red pepper chicken (gfo) . 8/15

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

whipped goat (vg, gfo) ..... 6.50/12

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) ..... 7.00/13.00

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 ..... \$8.50-\$14.25

(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** ..... 13.00

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

**pink** ..... 12.50

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

### 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 seasonal syrup, honey, monkfruit sweetener **+\$1.50** } extra espresso shot, manuka honey **+\$1.50** } collagen

vegan +  
gluten  
free

### 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