

# menu

## food offerings

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

### all day breakfast

**breakfast tacos (gf, df, nuts, vo) . . . . . 14.00**  
local heirloom corn tortilla, veggie hash, scrambled egg, pickled onion, chipotle crema, salsa macha, herbs  
+\$1 } white cheddar, +\$2 } bacon

**breakfast sando (gf) . . . . . 14.00**  
sourdough or oat bun, soft scrambled herb & cheddar eggs, arugula, local bacon, tomato and caramelized onion jam, dressed greens

**power plate (gf, df) . . . . . 16.00**  
smoked salmon, jammy egg, veggie hash, everything seasoning, avocado, sauerkraut, dressed greens

**lemon poppy pancakes (gf, df) . . . . . 15.50**  
fluffy gf pancakes, housemade lemon curd & coconut yogurt, poppyseeds, strawberries

**quinoa french toast (gf, v) . . . . . 12.50**  
quinoa custard cake, maple syrup, quinoa crunch, banana, coconut whip

### salads

**the all day (gf, vo) . . . . . 13.50**  
arugula, roasted sweet potato, shaved fennel, quinoa, pepitas, pear, whipped goat, balsamic vinaigrette

**the cobb (gf, df) . . . . . 18.00**  
romaine, chicken, bacon, egg, tomato, cucumber, avocado, pickled onion, radish, hemp ranch, herbs  
+\$1.50 } feta

**the med (gf, df) . . . . . 14.00**  
whipped beet tahini, mixed greens, cucumber, tomato, bell pepper, red cabbage, pickled onion, feta, parsley, crispy chickpeas, greek vinaigrette

**the chopped peanut (gf, dfo, vo) . . . . . 12.50**  
chopped romaine, red cabbage, carrot, bell pepper, cucumber, edamame, pickled onion, radish, sesame seed, cashew, herbs, sesame peanut dressing

**add-ins: +\$6 } grilled lemon chicken, seed crusted tofu (gf, v) +\$8 } blackened salmon, beef rissole**

### soup o.t.d. & bone broth

**cup of soup . . . . . MKT**  
**bowl of soup . . . . . MKT**  
**bone broth . . . . . 8.00**

### plates

**lemon garlic chicken (gf, df, nuts, vo) . . . . 17.50**  
red pepper spread, spiced cauliflower & chickpeas, herb salad, dukkah, pomegranate molasses

**spice rubbed salmon (gf, df, vo) . . . . . 19.00**  
carrot-cauliflower sauce, veggie hash, herb-fennel salad, salsa macha

**grass fed beef rissoles (gf, dfo, vo) . . . . . 18.50**  
tomato, caramelized onion jam, garlic herb fingerling potatoes, dressed greens & feta

*make any plate vegan by subbing seed crusted tofu*

### toasts

**half order (1 piece choose 1 )**  
**full order (2 pieces • choose 1)**

**colorado lox (gfo) . . . . . 10.50/18**  
herbed cream cheese, smoked salmon, cucumber, pickled onions, tomatoes, dill, chives, hemp seeds.  
*sub vegan cream cheese +\$1.50*

**ab&j (v, gfo) . . . . . 9.50/15**  
almond butter, banana, seasonal jam, chia seeds, honey

**avocado toast (vg, gfo) . . . . . 10.50/17**  
avocado, poached egg, pickled onion, chives, dill, lemon zest, olive oil drizzle, sea salt, chili flakes

**roasted red pepper chicken (gfo) . 10.50/17**  
housemade roasted red pepper spread, organic chicken salad, microgreens, paprika, olive oil drizzle

**whipped goat (vg, gfo) . . . . . 9.50/15**  
whipped goat cheese, seasonal fruit, local colorado honey, walnuts

**pink toast (v, gfo) . . . . . 9.50/15**  
housemade beet tahini spread, red cabbage slaw, radish, sea salt, dukkah

**dessert toast (vg, gfo) . . . . . 9.50/15**  
housemade vegan chocolate-hazelnut spread, banana, strawberry, cinnamon, chia seeds, honey drizzle

**toast flights . . . . \$14-16**  
**(3 half pieces • choose up to 3)**  
comes on sourdough

- sub sweet potato +\$.50/piece
- sub gluten free +\$.50/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** ..... 10.00  
coconut mylk, banana, spirulina, mint, matcha, cacao nibs, topped with  
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** ..... 10.00  
coconut mylk, mango, banana, carrot, ginger, turmeric, cinnamon,  
nutmeg, black pepper, topped with bee pollen & coconut shreds

**evergreen** ..... 11.00  
banana, spinach, kale, matcha, spirulina, almond butter, cinnamon  
honey, coconut mylk, topped with cinnamon dusting

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

### 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, strawberries, coconut shreds  
**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** ..... 12.00  
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** .. 3

**milks:** whole +\$.50 } coconut,  
housemade 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



### cold pressed juice

**emerald** ..... 11.00  
kale, apple, celery, cucumber,  
spinach, lemon, mint

**sunshine** ..... 10.50  
apple, carrot, orange, turmeric,  
ginger, black pepper

**detox** ..... 11.25  
celery, kale, cucumber, spinach,  
lime, ginger, parsley

**island dream** ..... 11.00  
pineapple, orange, coconut, mint,  
blue majik

**beest mode** ..... 10.00  
beet, orange, carrot, apple, lemon

**turmeric ginger shot** ..... 5.50  
turmeric, ginger, lemon juice,  
black pepper

### 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 coco (v, gf)** .6.50  
almond-cashew mylk, reishi, chaga,  
lion's mane, cacao, cinnamon, coconut  
sugar

**matcha latte (v, gf)** ..... 6.00  
almond-cashew mylk, matcha, honey

**cold snapper (v, gf)** ..... 8.50  
almond-cashew mylk, blue majik.,  
moringa, astragalus, echinacea, ginger,  
manuka honey