

menu

food offerings

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

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 salad, bacon, egg, tomato, cucumber, avocado, pickled onion, radish, hemp ranch, greek vinaigrette, 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

premium add-ins: +\$4 } smoked salmon (gf), +\$3 } organic chicken salad (gf), +\$2 } goat cheese, feta, quinoa, avocado +\$1.50 } hard boiled egg, roasted sweet potato

soup o.t.d. & bone broth

cup of soup MKT
 bowl of soup MKT
 bone broth 8.00

grab and go

emerald bites (v, gf) 2
 breakfast burrito (vg, gf) 10
 kombucha (v, gf) 6
 perrier (v, gf) 3
 bow wow bowl (v, gf) 6.50
 rotating baked goods (v, gf) MKT

toasts

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

colorado lox (gfo) 11.50/18
 herbed cream cheese, smoked salmon, cucumber, pickled onions, tomatoes, dill, chives, hemp seeds
 sub *vegan cream cheese* +\$1.50

ab&j (vo, gfo) 10.00/16
 almond butter, banana, seasonal jam, chia seeds, honey

avocado toast (vg, gfo) 11.50/18
 avocado, poached egg, pickled onion, chives, dill, lemon zest, olive oil drizzle, sea salt, chili flakes

roasted red pepper chicken (gfo) . 11.00/17
 housemade roasted red pepper spread, chicken salad, microgreens, paprika, sesame seeds, olive oil drizzle

whipped goat (vg, gfo) 10.00/16
 whipped goat cheese, seasonal fruit, local colorado honey, walnuts, pink peppercorn

pink toast (v, gfo) 10.00/16
 housemade beet tahini spread, red cabbage slaw, radish, sea salt, dukkah

dessert toast (vg, gfo) 10.00/16
 housemade vegan chocolate-hazelnut spread, banana, strawberry, cinnamon, chia seeds, honey drizzle

glory days (vg, gfo) 7.50/13
 ghee, coconut sugar, cinnamon

toast flights \$14-20
(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