

# menu

## food offerings

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

### all day brunch

#### breakfast tacos (gf) . . . . . 14.00

corn tortilla, veggie hash, scrambled egg, pickled onion, cashew-chipotle crema, salsa macha, cilantro +\$1 } white cheddar, +\$2.50 } bacon

#### breakfast sando (gfo, dfo) . . . . . 14.00

choice of bread, soft scrambled herb & cheddar eggs, arugula, bacon, tomato and caramelized onion jam

#### chicken sando (gfo, dfo) . . . . . 14.00

choice of bread, grilled lemon chicken, bacon, avocado, hemp ranch, dressed greens +\$1 } white cheddar

#### power plate (gf, df) . . . . . 16.00

smoked salmon, jammy egg, roasted sweet potato, everything seasoning, avocado, sauerkraut, side salad

#### lemon poppy pancakes (gf, df) . . . 15.50

housemade lemon curd & coconut yogurt, poppyseeds, strawberries

#### quinoa french toast (gf, df) . . . . . 14.50

quinoa custard cake, maple syrup, coconut yogurt, quinoa crunch, banana

#### the bowl (gf, df, vo) . . . . . 12.00

choice of protein, roasted veggie hash, quinoa, spring mix, pickled onion, avocado, cumin-lime vinaigrette, cashew-chipotle crema, salsa macha, cilantro

+\$3 } bacon, +\$2.50 } soft scrambled herby eggs

+\$6 } grilled lemon chicken, seed crusted tofu

nugget +\$8 } blackened salmon

### salads

#### the all day (gf, vg) . . . . . 13.50

arugula, roasted sweet potato, shaved fennel, quinoa, pears, pepitas, whipped goat, balsamic vinaigrette

#### the cobb (gf, dfo) . . . . . 18.00

romaine, grilled lemon chicken, bacon, egg, tomato, cucumber, avocado, pickled onion, hemp ranch, greek vinaigrette, herb garnish +\$1.50 } feta cheese

#### the med (gf, df, vo) . . . . . 14.00

whipped beet tahini, mixed greens, cucumber, tomato, bell pepper, red cabbage, red onion, feta cheese, parsley, crispy chickpeas, greek vinaigrette

#### the chopped peanut (gf, v) . . . . 14.00

chopped romaine, red cabbage, carrot, bell pepper, cucumber, edamame, pickled onion, sesame seed, cashew, sesame peanut dressing

**add-ins: +\$6** } grilled lemon chicken, seed crusted tofu nugget +\$8 } blackened salmon

### toasts

choice of sourdough, gluten-free, or sliced sweet potato

#### half order (1 piece choose 1 )

#### full order (2 pieces • choose 1)

#### colorado lox (gfo) . . . . . 12.50/18

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

#### roasted red pepper chicken (gfo) . 11.50/17

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

#### whipped goat (vg, gfo) . . . . . 10.00/16

whipped goat cheese, seasonal fruit, local colorado honey, walnuts, pink peppercorns

#### 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

**toast flights . . . . \$14-21**  
**(3 half pieces • choose up to 3)**

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

cup of soup . . . . . MKT

bowl of soup . . . . . MKT

bone broth . . . . . 8.00



# menu

## smoothies, juices coffee + tea

### smoothies (gf, df)

**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 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** ..... 10.00

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

**evergreen** ..... 11.00

coconut mylk, banana, spinach, kale, matcha, spirulina, almond butter, cinnamon, honey

 **seedlings (for the kiddos)** any 8oz smoothie ..... 7.00

### smoothie bowls (gf, df)

**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** ..... 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** ..... 4.00

**cold brew** ..... 4.00

**double espresso shot** .. 3.00

**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 double 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 choc (v, gf)**. 6.50

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

**matcha latte (vg, gf)** ..... 6.00

almond-cashew mylk, matcha, honey

**cold snapper (vg, gf)** ..... 8.50

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