

menu

food offerings

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

all day breakfast

- breakfast tacos (gf) 14.00**
grain free tortilla, veggie hash, scrambled egg, pickled onion, cashew crema, salsa macha, microgreen (cheese)
- breakfast sando (gf) 14.00**
oat bun, soft scrambled herb & cheddar eggs, arugula, bacon, tomato and caramelized onion jam
- power plate (gf, df) 16.00**
smoked salmon, jammy egg, veggie hash, everything seasoning avocado, sauerkraut, side salad
- lemon poppy pancakes (gf, df) 15.50**
housemade lemon curd & coconut yogurt, poppyseeds, berries
- quinoa french toast (gf, df) 12.50**
quinoa custard cake, maple syrup, coconut yogurt, quinoa crunch, berries

salads

- the all day (gf) 13.50**
arugula, roasted sweet potato, avocado, shaved fennel quinoa, goji berries, pepitas, whipped goat, balsamic vinaigrette
- the cobb (gf) 18.00**
romaine, chicken, bacon, egg, tomato, cucumber, avocado, pickled onion, hemb ranch, herb garnish
- the med (gf, df) 14.00**
whipped beet tahini, mixed greens, cucumber, tomato, bell pepper, red cabbage, red onion, feta, parsley, crispy chickpeas, greek vinaigrette
- the chopped peanut (gf, df) 12.50**
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

- 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, jammy 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, 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 \$14-16
(3 half pieces • choose up to 3)
comes on sourdough

- sub sweet potato +\$.50/piece
- sub gluten free +\$.50/piece

soup o.t.d. & bone broth

- cup of soup MKT
- bowl of soup MKT
- bone broth 8.00



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 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

 **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 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



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 (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

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