

# menu

## food offerings

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

### salads

- all day (gf, vg) . . . . . 14.00**  
 arugula, roasted sweet potato, shaved fennel, quinoa, pears, pepitas, whipped goat, balsamic vinaigrette
- cobb\* (gf, dfo) . . . . . 20.00**  
 romaine, grilled lemon chicken, bacon, egg, tomato, cucumber, avocado, pickled onion, hemp ranch, greek vinaigrette, herb garnish **+\$1.50** } feta cheese
- med (gf, df, vo) . . . . . 14.00**  
 whipped beet tahini, mixed greens, cucumber, tomato, bell pepper, red cabbage, red onion, feta cheese, parsley, GF croutons, greek vinaigrette
- chopped peanut (gf, v) . . . . . 14.00**  
 chopped romaine, red cabbage, carrot, bell pepper, cucumber, edamame, pickled onion, sesame seed, cashew, sesame peanut dressing, **⚠ contains nuts**
- crunchy caesar\*(gf, vg) . . . . . 12.50**  
 romaine, quinoa, cherry tomato, edamame, crushed croutons, zingy lemon caesar dressing, parmesan, **+\$** choice of protein

### all day eats

- power plate\* (gf, df) . . . . . 16.00**  
 smoked salmon, jammy egg, roasted sweet potato, everything seasoning, avocado, sauerkraut, side salad
- breakfast sando (gfo, dfo) . . . . . 14.50**  
 choice of bread, soft scrambled herb & cheddar eggs, arugula, bacon, tomato and caramelized onion jam, dressed greens

### toasts

- sourdough
- gluten free bread **+\$2** per piece

**1 piece/ 2 pieces**

- colorado lox (gfo) . . . . . 12.50/18**  
 herbed cream cheese, smoked salmon, cucumber, pickled onions, tomatoes, dill, chives, hemp seeds.
- 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 **⚠ contains nuts**
- 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, everything seasoning

**a la carte**

- +\$1.00** } piece of sourdough, **+\$1.50** } side of avocado
- +\$2.00** } soft boiled egg, piece of gluten free bread
- +\$5.00** } chicken salad, smoked salmon

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*



# menu smoothies, juices coffee + tea

## smoothies (gf, df, vo)

**morning boost** ..... 10.75

almond-cashew mylk, banana, cold brew, gf oats, almond butter, date, topped with crushed espresso

**green warrior** ..... 11.50

almond-cashew mylk, banana, spinach, hemp seed, almond butter, vanilla extract, date, topped with bee pollen & coconut shreds

**clean green** ..... 10.50


coconut water, mango, pineapple, spinach, cucumber, lemon, ginger, topped with bee pollen & coconut shreds

**the basic** ..... 10.50

almond-cashew mylk, acai, strawberry, banana, date, topped with bee pollen & coconut shreds

**evergreen** ..... 11.50

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

 **seedlings (for the kiddos)** any 8oz smoothie ..... 7.25

## smoothie bowls (gf, vo, df)

**blue** ..... 13.50

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

**purple** ..... 13.00

almond-cashew mylk, acai, banana, blueberries, strawberries  
**topped with:** granola, banana, strawberries, coconut shreds, cacao nibs, honey drizzle

**green** ..... 13.00

coconut mylk, banana, mango, avocado, spinach, green spirulina, 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, 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

## adaptogenic lattes

**turmeric latte (v, gf)** .. 6.00/7.50

almond-cashew mylk, turmeric, ginger, cardamom, cinnamon, black pepper, cayenne pepper, vanilla

**mushroom hot**

**chocolate (v, gf)** ..... 6.75/8.25

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

**matcha latte (vg, gf)** .. 6.50/8.00

almond-cashew mylk, matcha, honey

**cold snapper (vg, gf)** . 9.00/10.50

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

## juice

**emerald (v, gf)** ..... 10.00

kale, apple, celery, cucumber, spinach, lemon, mint

**sunshine (v, gf)** ..... 10.00

apple, carrot, orange, turmeric, ginger, black pepper

**beest mode(v, gf)** ..... 10.00

beet, orange, carrot, apple, lemon

**detox (v, gf)** ..... 10.00

celery, kale, cucumber, spinach, lime, ginger, parsley

**superblue**

**lemonade (vg, gf)** ..... 10.00

lemon, mint, honey, blueberry, blue spirulina, lavender

**wellness shot (v, gf)** ..... 10.00

turmeric, ginger, lemon, black pepper

## coffee

americano ..... 3.50/5.00

latte ..... 4.75/6.25

cappuccino ..... 4.25

cortado ..... 4.25

cold brew ..... 4.25

double espresso shot .. 3.25

### milks:

- whole, skim, coconut
- housemade almond-cashew, house+ made oat +\$1

## tea

earl grey ..... 5.50/7.00

english breakfast . 3.50/5.00

jasmine green .... 3.50/5.00

herbal ..... 3.50/5.00

chai ..... 5.00/6.50

tea latte ..... 5.25/6.75

### add-ins:

- housemade seasonal syrup, honey, monkfruit sweetener **+\$ .50**
- extra double espresso shot, manuka honey, collagen **+\$1.50**