

# menu

## food offerings

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

### all day eats

**all day tacos (gf,vg)..... 12.00**

corn tortilla, veggie hash, pickled onion, cashew-chipotle crema, salsa macha, cilantro, +\$ choice of protein ☹ contains nuts

**breakfast sando (gfo, dfo)..... 14.50**

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

**chicken bacon ranch sando (gfo, dfo). 15.00**

choice of bread, pulled chicken, bacon, tomato jam, avocado, greens, hemp ranch

**power plate\* (gf, df)..... 16.00**

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

**baby cakes (vg, gf, df)..... 14.50**

fluffy miniature gluten free pancakes, housemade date caramel, housemade coconut yogurt, maple syrup, candied pecans, cinnamon

#### protein add-ins:

- soft scrambled herby eggs +\$2.50
- bacon +\$3
- chicken salad +\$5.00
- chilled grilled lemon chicken, grilled chicken thigh, seed crusted tofu nugget (gf,v) +\$6
- blackened salmon, shredded short rib +\$8

### 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

### bowls

**machita bowl (gf, df, vo)..... 14.00**

roasted veggie hash, quinoa, spring mix with cumin lime vinaigrette, avocado, pickled onion, cashew-chipotle crema, salsa macha, cilantro, +\$ choice of protein ☹ contains nuts

**umami bowl (gf, df, vo)..... 13.50**

kimchi, roasted mushroom and greens, sesame cucumbers, rice, miso tahini dressing, furikake, +\$ choice of protein

**backyard bowl (gf, df, vo)..... 14.00**

avocado, sweet potato, cabbage and fennel slaw, rice, pickle chips, potato crisps, hemp ranch and housemade buffalo sauce, +\$ choice of protein

**mezze bowl (gfo, dfo, vo)..... 13.50**

greek style cucumber-tomato salad, calvestrano olives, romesco, whipped beet tahini, feta, toasted sourdough +\$ choice of protein

### 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. 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 ☹ 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

*\*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 ..... 7.00

## 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)** .. 6.00/7.00  
almond-cashew mylk, turmeric, ginger, cardamom, cinnamon, black pepper, cayenne pepper, vanilla
- mushroom hot chocolate (v, gf)** ..... 6.75/7.75  
almond-cashew mylk, reishi, chaga, lion's mane, cacao, cinnamon, coconut sugar
- matcha latte (vg, gf)** .. 6.50/7.50  
almond-cashew mylk, matcha, honey
- cold snapper (vg, gf)** .9.00/10.00  
almond-cashew mylk, blue majik, moringa, astragalus, echinacea, ginger, manuka honey

## kids menu

- breakfast plate(gfo)** ..... 10.00  
scrambled eggs, toast or one baby cake, bacon, fruit
- seedlings bowl (gf, df, vo)** .. 10.00  
rice, sweet potato, cucumber slices, edamame, avocado, choice of protein
- kids avocado toast (gfo, v)** .. 8.50  
sourdough, avocado spread, sea salt

## coffee

- americano ..... 3.50/4.50
- latte ..... 4.75/5.75
- cappuccino ..... 4.25
- cortado ..... 4.25
- cold brew ..... 4.25
- double espresso shot .. 3.20

### milks:

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

## tea

- earl grey ..... 5.50/6.50
- english breakfast . 3.50/4.50
- jasmine green .... 3.50/4.50
- herbal ..... 3.50/4.50
- chai latte ..... 5.25/6.25

### add-ins:

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