

## BREAKFAST

available until 11am

**YOGURT BOWL** 9  
organic coconut cream yogurt, strawberry rosewater compote, quinoa cardamom crumble, mint **V | GF**

**BREAKFAST GRAIN BOWL** 8  
ancient grains, organic coconut milk, strawberries, banana, almond butter, mulberries, cinnamon **V | GF**

**EGG SANDWICH** 7  
organic baked eggs, havarti, zesty cashew mayo, arugula, focaccia | *add bacon +2, smoked salmon +5* **VG**

**SWEET TURMERIC BAGEL** 7  
house cashew cream cheese, strawberry rhubarb vanilla bean jam, pistachio **V**

**SAVORY TURMERIC BAGEL** 7  
house cashew cream cheese, organic purple kraut, arugula | *add fried egg +2, bacon +2, smoked salmon +5* **V**

## SMOOTHIE BOWLS **V | GF**

**BLUEBERRY ALMOND BUTTER** 8  
acai, banana, blueberries, almond butter, almond milk, topped with banana, granola, coconut, goji berries

**CHERRY CHEEZECAKE** 9  
acai, cherries, vanilla cashew cream, almond milk, topped with granola, almond butter, cranberry pecan no-bake

**NUTTY DRAGON** 9  
dragon fruit, banana, peanut butter, strawberries, maple, almond milk, topped with puffed quinoa, cacao nibs, coconut

**CHUNKY MONKEY** 8.5  
acai, banana, peanut butter, cacao, maple, almond milk, topped with peanut butter cacao no-bake, coconut, cacao nibs

**COOKIE MONSTER** 9.5  
banana, cashew butter, vanilla brown rice protein, blue majik, maple, almond milk, topped with cookie dough no-bake and cacao nibs

**RIO** 8  
acai, banana, orange juice, topped with granola and banana

## SMOOTHIES **V | GF**

**BLUE MAJIK** 8  
pineapple, banana, coconut cream, blue majik, lime, maple, almond milk

**GREEN MONSTER** 7  
banana, pineapple, kale, spirulina, orange juice

**BREAKFAST** 7.5  
blueberries, banana, almond butter, oats, maple, almond milk

**BREAKFAST II** 8  
blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, maple, almond milk

**PEANUT BUTTER POWER** 7  
banana, peanut butter, cacao, maple, almond milk

**BLUEBERRY CACAO** 7.5  
blueberries, cacao, hemp seeds, avocado, vanilla, maple, almond milk

**DRAGON FRUIT** 8  
dragon fruit, banana, pineapple, coconut, lime, salt, orange juice

**BLUEBERRY DETOX** 7.5  
blueberries, kale, avocado, turmeric, black pepper, maple, almond milk

**VEG HEAD** 8  
avocado, cauliflower, spinach, kale, cucumber, vanilla brown rice protein, almond milk

**MORNING GLORY** 6  
strawberries, banana, orange juice

## SMOOTHIE ADD-INS

organic brown rice protein, grass-fed whey protein, blue majik, cold brew +1.5

spinach, kale, chia seeds, hemp seeds, yogurt, goji berries, bee pollen, matcha, coffee beans +1

spirulina, ginger, coconut, flax seeds, cacao powder, cacao nibs, turmeric +.75

## À LA CARTE

available until 11am

**ORGANIC EGGS** 4  
**NITRATE-FREE BACON** 3  
**SMOKED SALMON** 5

**TRI POTATO KALE HASH** 4  
**TOAST AND JAM** 3  
**AVOCADO HALF** 1.5



**SOUTH SIDE**  
625 PARSONS AVE.  
COLUMBUS, OH 43206

**GRANDVIEW**  
1439 GRANDVIEW AVE.  
COLUMBUS, OH 43212



## SANDWICHES

available at 11am

sub gluten free bread +2

### BBQ JACKFRUIT 8.5

organic bbq jackfruit, herb cashew cream, purple cabbage slaw, ciabatta **v**

### BASIL PORTOBELLO 8.5

roasted portobello, herb cashew cream, arugula, roasted red pepper, red onion, ciabatta **v**

### JALAPEÑO TURKEY 8.5

natural turkey, black bean spread, pepper jack cheese, micro greens, tomato, whole wheat

### HUMMUS HEMP PESTO 8

hummus, hemp pesto, avocado, tomato, micro greens, whole wheat **v**

### ROAST BEEF 8.5

natural roast beef, swiss cheese, zesty cashew mayo, tomato, micro greens, whole wheat

### BLT 8.5

nitrate-free bacon (or portobello bacon), vegan mayo, avocado, tomato, spinach, whole wheat add fried egg +2, add smoked salmon +5

### BEET REUBEN 8.5

roasted beets (or roast beef), organic kraut, swiss, vegan russian dressing, pumpernickel **VG**

## NOT SANDWICHES

available at 11am

### FIESTA GREEN SALAD 9

spinach, black beans, ancient grains, charred pineapple, avocado, red onion, baked organic blue corn tortilla chips, cilantro lime hemp dressing | add salmon +5 **v | GF**

### KALE CAESAR SALAD 9

baby kale, carrots, toasted lemon chickpeas, vegan caesar, cashew parm, hazelnuts add salmon +5 **v | GF**

### POWER BOWL 11

ancient grains, hemp pesto, kalebouli, tri potato kale hash, hummus, bulgarian feta, raw purple kraut, hazelnuts, micro greens add poached egg +2, salmon +5 **VG | GF**

### VEG TACO TRIO 12

organic blue corn tortillas, organic jackfruit, charred pineapple, purple cabbage slaw, shawarma sauce, herb cashew cream, cilantro **v | GF**

### FISH TACO TRIO 14

organic blue corn tortillas, verlasso salmon, charred pineapple, purple cabbage slaw, harissa labneh, shawarma sauce, cilantro **GF**

## TOAST **v**

sub gluten free bread +1

add organic poached egg +2

### AVOCADO 3.5

avocado, salt, red pepper flakes, micro greens, whole wheat

### PESTO AVOCADO 3.5

avocado, hemp walnut pesto, hemp seeds, salt, whole wheat

### STRAWBERRY AVOCADO 3.5

avocado, strawberries, coconut, raw honey, whole wheat

### PB&J 3.5

peanut butter, strawberry rhubarb vanilla bean jam, granola, whole wheat

### BACONANA 3.5

almond butter, banana, coconut bacon, smoked sea salt, maple, whole wheat

## SNACKS **v | GF**

CHOCOLATE AVOCADO PUDDING 5

CHIA PUDDING 5

NO-BAKE BITE VARIETY PACK 5

SUPERFOOD DONUT 3.5

SPICY STRAWBERRY COCONUT 4

MINT CACAO TRUFFLES 4

GOLDEN GRANOLA 3.5

COCONUT BACON 4

SOUP 5

## BEVERAGES

HOOF HEARTED DRIP COFFEE 3

COLD BREW COFFEE 3

HOOF HEARTED NITRO COLD BREW 4

NUMI HOT TEA 2.5

ICED ALMOND MILK LATTE 3.5

SUPERFOOD LATTES 4.5

pink rose | matcha vanilla bean | majik mint | turmeric spice

**BY SUPPORTING US, YOU'RE ALSO SUPPORTING OUR LOCAL FARMERS, PURVEYORS, AND COMMUNITY.**

VG | VEGETARIAN

V | VEGAN

GF | GLUTEN FREE